

Development of a gratitude app to support people struggling with the COVID-19 crisis (+ Demonstration)

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Introduction: Gratitude is the appreciation of the good in one's life and goodness of others. Gratitude can be learned and contributes to mental resilience and well-being. However, effects of most current single and short gratitude interventions are limited. We aimed to develop and test a more extensive gratitude app for people with reduced well-being due to the COVID-19 crisis. **Methods:** The gratitude app was developed in two steps. First, a six-week gratitude intervention in pdf e-mail format was created, and effectiveness was compared to an active and waitlist control in 217 participants with reduced well-being. Second, this intervention was converted in an app. Usability and acceptability studies of the app are planned with various samples, and an RCT to compare the effectiveness of the app to a waitlist control for 224 people with reduced well-being due to Covid-19. **Results:** The pdf e-mail intervention was effective in promoting mental well-being ($d = .63-.93$) and effects were maintained at six weeks follow-up ($d = .40-.66$). The gratitude app is now available, including introductory video's, tracking completed exercises, daily quotes, photos and various persuasive elements. Outcomes of the usability pilot with students, and baseline measures of the RCT are presented. **Conclusion:** A six-week gratitude intervention has promising results in improving well-being, and the gratitude app has great potential for large-scale support of people struggling with the effects of the COVID-19 crisis. Our tests of effectiveness, usability and acceptability with students, secretaries and healthcare professionals will outline the degree of applicability in various contexts.