

Supplementary Information

Model fit indices for various exploratory models

Model	CFI	TLI	RMSEA	SRMR	χ^2 (df)	p value
	Study 1 / 2	Study 1 / 2	Study 1 / 2	Study 1 / 2	Study 1 / 2	Study 1 / 2
Model 6: GBJW & PBJW -> Wellbeing. Gratitude, Optimism and Perceived Control as mediators	.993, .978	.963, .876	.055, .092	.042, .036	7.65 (5), 20.30 (5)	.176, .001
Model 7: GBJW & PBJW -> Depression. Gratitude, Optimism and Perceived Control as mediators	.993, .975	.958, .863	.055, .092	.041, .036	7.65 (5), 20.30 (5)	.176, .001
Model 8: PBJW → Wellbeing. Optimism and Perceived Control as mediators. Gratitude as a moderator.	.357, .299	-.446, -.578	.527, .502	.206, .198	601.03 (12), 1112.73 (12)	.000, .000
Model 9: GBJW → Wellbeing. Optimism and Perceived Control as mediators. Gratitude as a moderator.	.384, .301	-.385, -.572	.460, .476	.190, .162	464.78 (12), 1002.13 (12)	.000, .000
Model 10: PBJW → Depression. Optimism and Perceived Control as mediators. Gratitude as a moderator.	.323, .266	-.524, -.651	.529, .503	.205, .195	605.52 (12), 1118.83 (12)	.000, .000
Model 11: GBJW → Depression. Optimism and Perceived Control as mediators. Gratitude as a moderator.	.348, .268	-.468, -.647	.461, .476	.189, .159	465.19 (12), 1000.44 (12)	.000, .000

Model 12: GBJW → Wellbeing. Perceived control then optimism as 'double mediation'. Gratitude as a single mediator.	.904, .839	.495, .157	.214, .243	.044, .065	36.62 (4), 89.65 (4)	.000, .000
Model 13: PBJW → Wellbeing. Perceived control then optimism as 'double mediation'. Gratitude as a single mediator.	.907, .864	.513, .287	.225, .234	.058, .061	39.89 (4) 83.53 (4)	.000, .000

Note. CFI = Comparative Fit Index. TLI = Tucker-Lewis index. RMSEA = Root Mean Square Error of Approximation. SRMR = Standardised Root Mean Square Residual. χ^2 = Chi Square. Values on the left-hand side of each column are from Study 1. Values on the right-hand side of each column are from Study 2.