

# **DGF:** Delay of Gratification Test (The Marshmallow Test)

## Full Profile Review

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Generated: 2024-12-01 10:46:03



## **Name of the measure**

DGF: Delay of Gratification Test (The Marshmallow Test)

## **Author(s) / Publisher(s)**

- French original (FR)

Author: W. Mischel.

Publisher: JC Lattès

## **Age Range**

0-3 years, 3-7 years

## **Age Range Information**

The original experiment was done with 54 months old children. However, there are many investigations that apply the Delay of Gratification Test with different age groups and different gratifications.

## **SEL Skills targeted**

Self-management

## **Scales and Subscales**

A snack is placed in front of the child. The observer states that he will leave the room and if the child waits for him to return, within 15/20 minutes, to eat the snack, he will receive another one as a bonus.

## **Sources of information**

Child

## **Formats for administration**

Observation

## **Administration**

Snacks (e.g. marshmallows).

In the original experiment it required 15 to 20 minutes, but the time is variable.

Individual or in small groups.

## **Scoring**

Manual

## Scoring information

The score is made by counting the minutes that the child can go without eating/receiving the gratification.

## Psychometric Properties

NA

## Training

NA

## Strengths and Weaknesses

NA

## Other Relevant Information

Mischel, W. (2015). *Le Test du marshmallow*. Paris: JC Lattès.

Wulfwer, E., Block, J. A., Ana, E. S., Rodriguez, M. L., & Colzman, M. (2002). Delay of Gratification: Impulsive choices and problem behaviors in early and late adolescence. *Journal of Personality*, 70(4), 543-552.

Studies about the Delay Gratification Test in different countries: Murray, J., Theakston, A., & Wells, A. (2016). Can the attention training technique turn one marshmallow into two? Improving children's ability to delay gratification. *Behaviour Research and Therapy*, 77, 34-39.  
<https://doi.org/10.1016/j.brat.2015.11.009>

## Citation

This document was generated from the database used to create the Assessment Measures Compendium:

Koltcheva, N., C. Peixoto, V. Coelho, (2022). *Social and Emotional Competences and Development of Children Aged Zero to Seven: European Assessment Measures Compendium*. EU-SELF Project. ISBN 978-619-233-217-4 (can be downloaded from <https://euself.nbu.bg>)