

The Love Scale

The Love Scale comprises of 15 aspects involved in love.

No.	Aspects of love
1	Attachment
2	Warmth
3	Attention
4	Communication
5	Concern
6	Comfort
7	Understanding
8	Acceptance
9	Positive Reinforcement
10	Praise
11	Guidance
12	Financial Support
13	Trust
14	Protection
15	Sacrifice

These 15 aspects constitute a single factor i.e. Love, as demonstrated in exploratory and confirmatory factor analyses.

The Love Scale can be administered in several ways. A person may want to know how much s/he loves another person or how much the other person loves him/her. The instructions of this scale can be modified based on the context in which the test may be administered.

Following are two examples in this regard.

Example 1

Keep one person in mind who you think you love. There are Five possible options against each aspect of love. Analyze each aspect of love carefully, apply it to the person you have kept in your mind for this test, and accept the first response which comes to your mind immediately after analyzing the aspect. Rate your response according to the following criteria:

Extremely False = 1 Slightly False = 2 Neutral = 3 Slightly True =4 Extremely True =5

Sr.	I:	Your response
1.	Love him/her	
2.	Express my love through hugging, kissing and other gestures	
3.	Spare quality time for him/her	
4.	Express love through communication	
5.	Worry about him/her	
6.	Do things for his/her comfort	
7.	Know him/her well	
8.	Recognize his/her abilities	
9.	Give him/her gifts on his/her achievements / occasions	
10.	Appreciate him/her	
11.	Give feasible advice to him/her	
12.	Help him/her financially	
13.	Trust him/her	
14.	Protect him/her from harms & dangers	
15.	Take pain for him/her	

Example 2

Keep one person in mind who you want to be analyzed for his/her love towards you. There are Five possible options against each statement. Read each statement carefully, apply it to the person you have kept in your mind for this test, and accept the first response which comes to your mind immediately after reading the statement. Rate your response according to the following criteria:

Extremely False = 1 Slightly False = 2 Neutral = 3 Slightly True =4 Extremely True =5

Sr.	The person:	Your response
16.	Loves me	
17.	Expresses love through hugging, kissing and other gestures	
18.	Spares quality time for me	
19.	Expresses love through communication	
20.	Worries about me	
21.	Does things for my comfort	
22.	Knows me well	
23.	Recognizes my abilities	
24.	Gives me gifts on my achievements / occasions	
25.	Appreciates me	
26.	Gives feasible advice	
27.	Helps me financially	
28.	Trusts me	
29.	Protects me from harms & dangers	
30.	Takes pain for me	

Psychometric Properties

Scale: The Love Scale

Description: The Love Scale is a multidimensional psychometric instrument developed to assess the construct of love as a comprehensive psychosocial phenomenon, extending beyond romantic affection to include the broader emotional, cognitive, and behavioral dynamics of interpersonal care. Unlike traditional love measures that focus narrowly on romantic passion or attachment styles, this scale conceptualizes love as a multi-aspect relational force foundational to human psychosocial development, wellbeing, and intimacy. Grounded in principles of Natural Psychology and psychosocial health, the Love Scale evaluates the presence and quality of fifteen core components that constitute meaningful, nurturing, and enduring love:

- Attachment – emotional closeness and bonding;
- Warmth – affectionate regard and emotional comfort;
- Attention – active noticing and presence;
- Communication – verbal and non-verbal relational expression;
- Concern – emotional investment in the other’s wellbeing;
- Comfort – provision of emotional and physical solace;
- Understanding – empathic resonance and cognitive insight into the other’s experiences;
- Acceptance – unconditional regard and nonjudgmental inclusion;
- Positive Reinforcement – encouraging feedback that affirms the other;
- Praise – verbal acknowledgment of the other’s worth;
- Guidance – constructive direction for growth and decision-making;
- Financial Support – tangible investment in the other’s security and needs;
- Trust – reliance and belief in the other’s integrity and reliability;
- Protection – active safeguarding of the other from harm;
- Sacrifice – willingness to forego personal comfort or gain for the other’s benefit.

The Love Scale is flexibly designed for multiple relational contexts, including romantic relationships, familial bonds, friendships, and caregiving roles. Its administration can be customized based on the respondent’s purpose—whether evaluating how much they love another person, or how much they perceive themselves to be loved. This bidirectionality allows for a deeper exploration of relational reciprocity, emotional expectations, and perceived fulfillment, making the scale highly versatile in both research and applied settings. In addition to its clinical and research utility, the Love Scale serves as a reflective tool for individuals and couples seeking to assess and enrich the quality of their emotional relationships. It facilitates the identification of strengths and deficits across the fifteen dimensions, thereby enabling targeted interventions in psychotherapy, relationship counseling, and psychosocial education. This instrument also contributes to the broader discourse on human flourishing, emotional intelligence, and psychosocial health, situating love as not merely an emotion or behavior, but as a dynamic and measurable psychosocial force central to individual and collective wellbeing.

Language: English

Items: 15

Sub-scales: Nil

Reverse coded items: Nil

Response sheet: Extremely False (scored 1), Slightly False (scored 2), Neutral (scored 3), Slightly True (scored 4), Extremely True (scored 5)

Participants: 656 unmarried

EFA (love of parents toward unmarried sons as perceived by parents): $n=80$; fathers=33; mothers=47; age=40-63(M=49)

CFA: (love of husbands toward wives as perceived by wives) $n=740$ wives; age=18-69(M=31); Education=5-20(M=15)

Reliability:

Cronbach's alpha: 0.987

Item-total correlations range from 0.832 to 0.970 with $p < 0.01$ (mean=0.919)

Construct Validity: Chi-square test: Baseline model: $\chi^2 = 3520.513$, $df = 105$, Factor model: $\chi^2 = 268.133$, $df = 90$, $p < 0.001$; Additional Fit Measures: Comparative Fit Index (CFI): 0.948; Tucker-Lewis Index (TLI): 0.939; Bentler-Bonett Non-normed Fit Index (NNFI): 0.939; Bentler-Bonett Normed Fit Index (NFI): 0.924; Parsimony Normed Fit Index (PNFI): 0.792; Bollen's Relative Fit Index (RFI): 0.911; Bollen's Incremental Fit Index (IFI): 0.948; Relative Noncentrality Index (RNI): 0.948; Information Criteria: Log-likelihood: -17502.595, Number of free parameters: 45, Akaike (AIC): 35095.189, Bayesian (BIC): 35302.489, Sample-size adjusted Bayesian (SSABIC): 35159.598; Root mean square error of approximation (RMSEA): 0.052; RMSEA 90% CI lower bound: 0.045; RMSEA 90% CI upper bound: 0.059; RMSEA p-value: 0.335; Standardized root mean square residual (SRMR): 0.035; Hoelter's critical N ($\alpha = .05$): 313.261; Hoelter's critical N ($\alpha = .01$): 343.539; Goodness of fit index (GFI): 0.986; McDonald fit index (MFI): 0.887; Expected cross-validation index (ECVI): 0.484; Kaiser-Meyer-Olkin (KMO) Test: Overall KMO: 0.943; KMO for individual indicators ranged from 0.915 to 0.957; Bartlett's Test of Sphericity: $\chi^2 = 3488.004$, $df = 105$, $p < 0.001$; R-Squared: Explained variance (R^2) for each item ranged from 0.199 to 0.453

Interpretation of Results:

15 to 45 = No love

46 to 60 = Little love

61 to 75 = Satisfactory love

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