

Does Love for a Romantic Partner Promote Well-Being: A Pilot Study

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BACKGROUND

Well-being has various positive outcomes for mental and physical health¹

Love is a central preoccupation in human lives

Evidences suggest that couple relationships are related to well-being^{2,3}

But little is known about the relationship between **love** and **well-being**

Objective: Providing data to allow power computation

METHODS



- 175 participants (149 F; $M_{age} = 27,61 \pm 5.93$ years),
- Relationship length: 6 month to 30 years, Participants answered an online survey

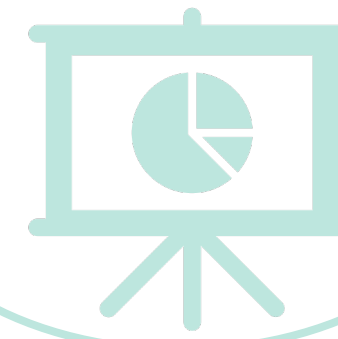
Online survey



TLS: Triangular Love Scale
LAS: Love Attitude Scale
➤ Agape, Eros, Ludus, Mania, Pragma, Storge
PLS: Passionate Love Scale

SWLS: Satisfaction with Life Scale
PANAS: Positive Affect, Negative Affect Schedule
SHS: Subjective Happiness Scale
PWB: Ryff's Psychological Well-Being Scale

LOVE WELL-BEING



Multivariate Multiple Regression was computed before power simulation based on data's structure

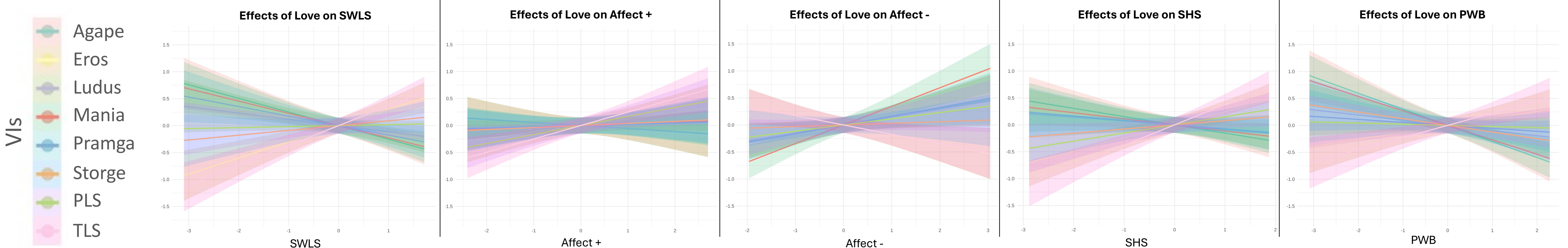
CONCLUSIONS

This pilot study:

- Identified TLS as the main predictor of well-being
- Revealed a sample of 270 participants is required to reach >80% power for all well-being measures

RESULTS

	SWLS $R^2 = .221^{***}$		Affect + $R^2 = .049^*$		Affect - $R^2 = .143^{***}$		SHS $R^2 = .141^{***}$		PWB $R^2 = .125^{***}$	
	β	p	β	p	β	p	β	p	β	p
Agape	-0.221	.005**	-0.115	.177	0.060	.455	-0.181	.026*	-0.297	<.001***
Eros	0.130	.211	-0.170	.139	-0.188	.084.	-0.075	.490	-0.049	.652
Ludus	-0.034	.639	-0.010	.899	0.077	.305	0.015	.839	-0.019	.798
Mania	-0.047	.537	0.100	.239	0.238	.003**	0.016	.840	-0.157	.050*
Pragma	-0.137	.045*	0.031	.679	0.116	.104	-0.055	.441	-0.022	.760
Storge	0.052	.454	-0.020	.806	0.007	.928	0.008	.909	-0.149	.041*
PLS	-0.143	.157	0.071	.522	0.169	.110	0.009	.931	0.049	.637
TLS	0.330	.007**	0.368	.007**	-0.053	.676	0.444	<.001***	0.238	.059.



→ TLS was used to compute, by simulation, required sample size to reach at least 80% of statistical power for each dependant variable:

POWER for N = 270	1.000	0.983	0.825	1.000	0.967
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References:

- ¹Howell, R. T., Kern, M. L., & Lyubomirsky, S. (2007). Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes. *Health Psychology Review*, 1(1), 83-136. <https://doi.org/10.1080/17437190701492486>
²Yucel, D., & Latshaw, B. A. (2023). Mental Health Across the Life Course for Men and Women in Married, Cohabiting, and Living Apart Together Relationships. *Journal of Family Issues*, 44(8), 2025-2053. <https://doi.org/10.1177/0192513X211068038>
³Kraval, Ø., Wörn, J., & Reme, B.-A. (2023). Mental health benefits of cohabitation and marriage: A longitudinal analysis of Norwegian register data. *Population Studies*, 77(1), 91-110. <https://doi.org/10.1080/00324728.2022.2063933>

OSF project of this pilot

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Preregistration of the next study

