

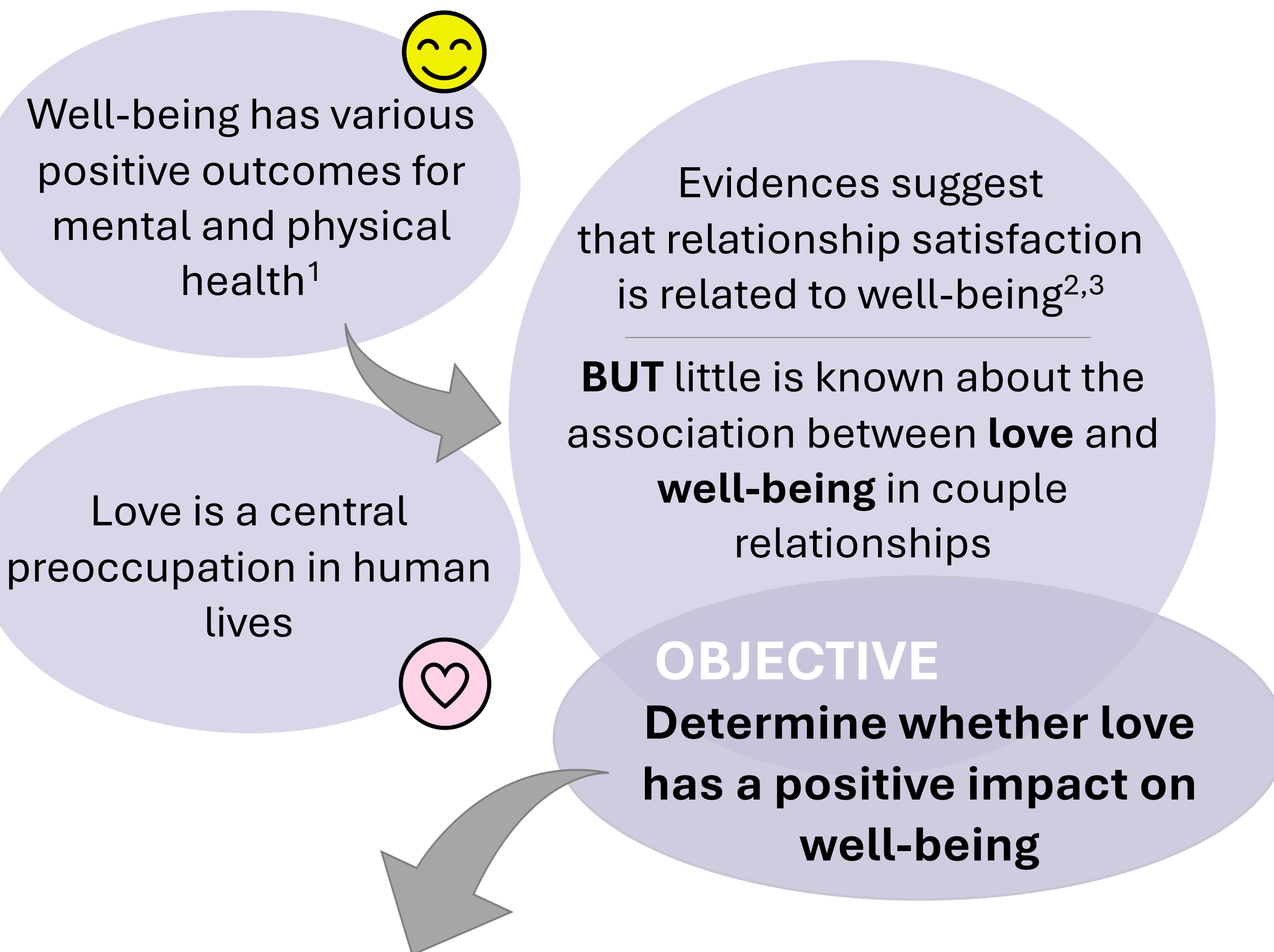


Does Love for a Romantic Partner Promote Well-Being?

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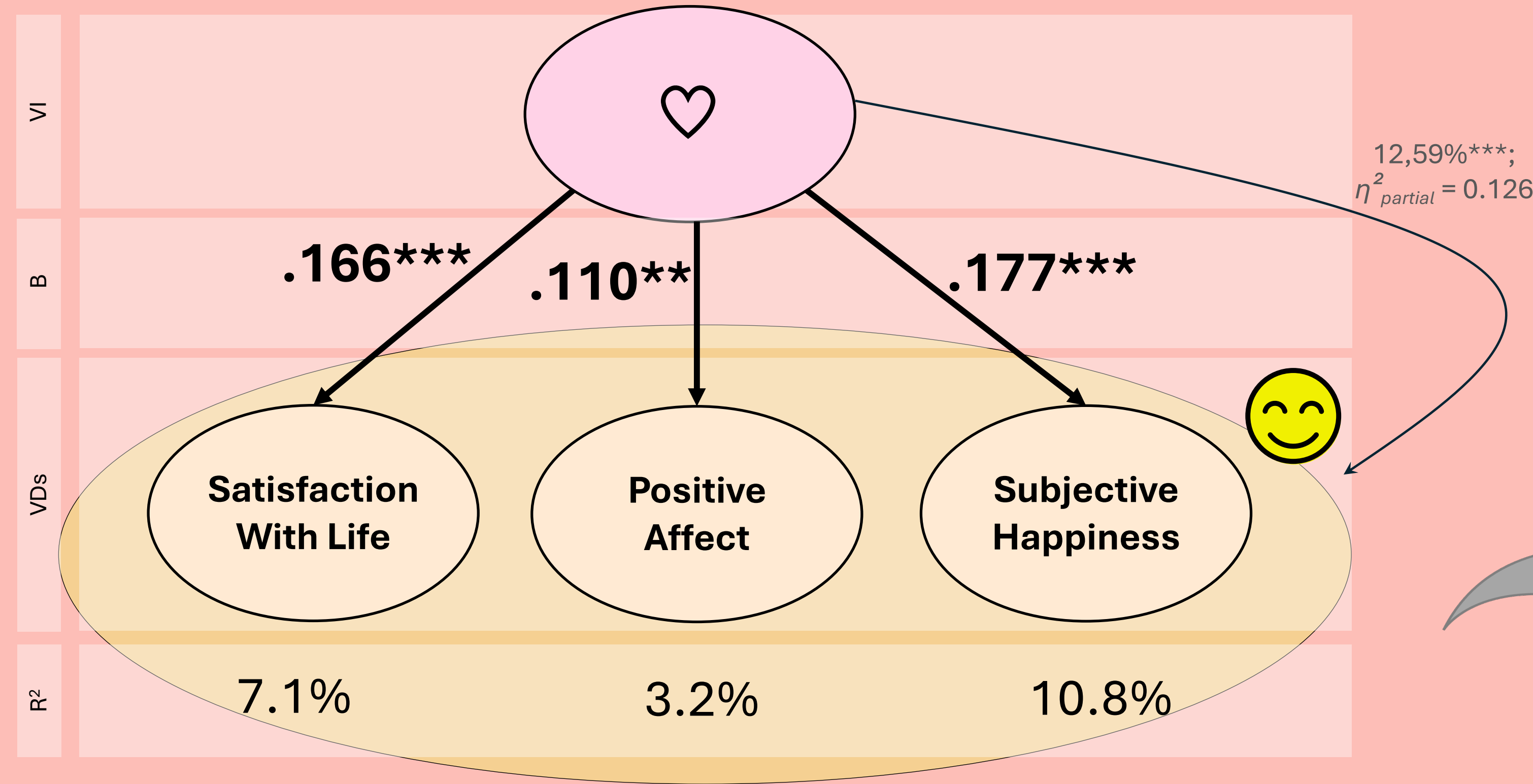
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BACKGROUND



RESULTS

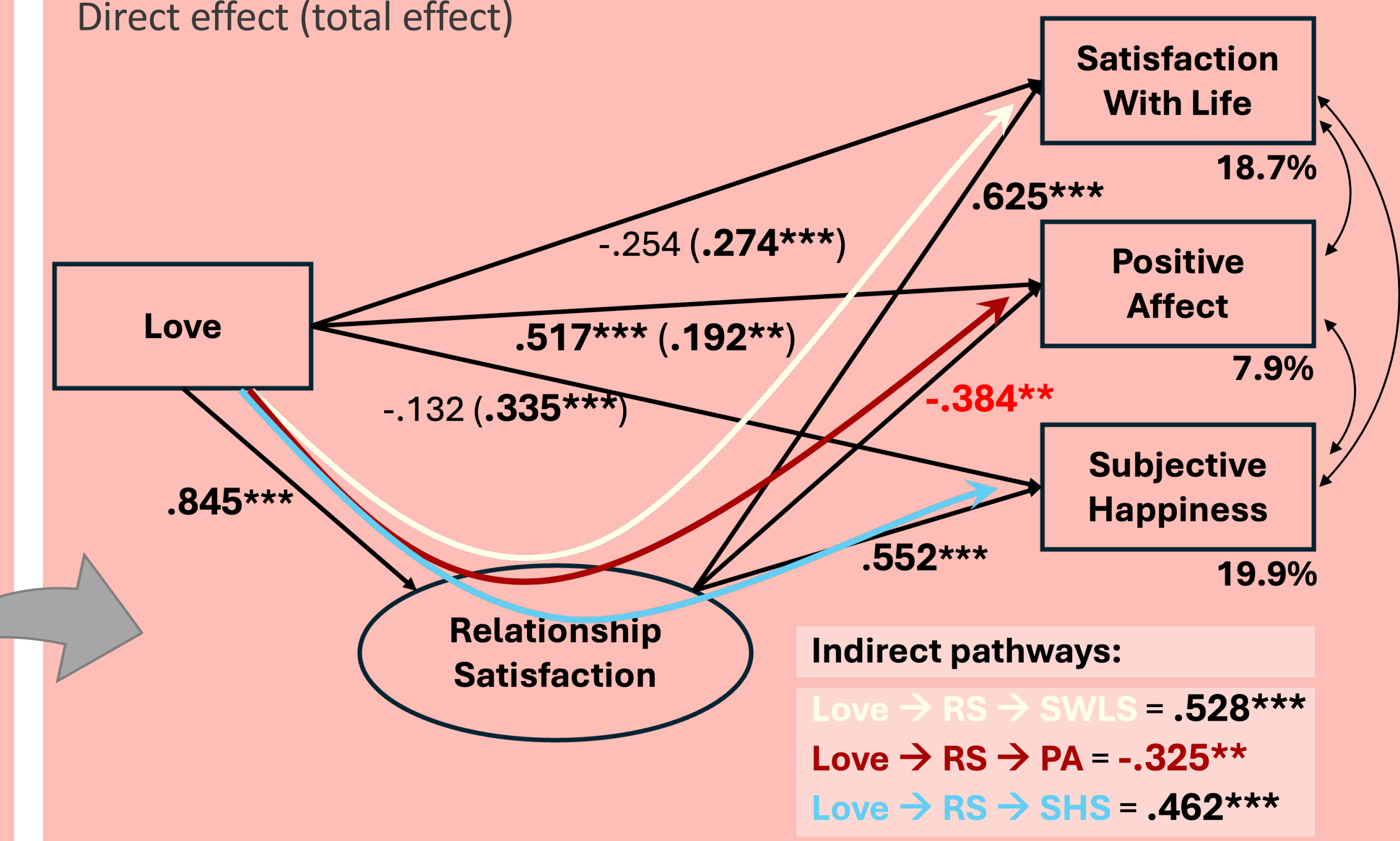
Confirmatory



TLS positively predicts SWLS, PANAS-PA and SHS and explains respectively 7.1%, 3.2% and 10.8% of their variance.

Exploratory SEM

Direct effect (total effect)



TLS predicts more positive affect alone, and less with RS. Though, TLS predicts SWLS and SHS positively only through RS.

METHODS

- 210 participants (178 F; $M_{age} = 31.2 \pm 7.91$ years),
➤ Based on a simulation power analysis (pilot study: $N = 158$)
- Relationship length: 6 months to 30 years, Participants answered an online survey

LOVE

TLS: Triangular Love Scale

WELL-BEING

SWLS: Satisfaction with Life Scale

PANAS-PA: Positive Affect Subscale

SHS: Subjective Happiness Scale

RELATIONSHIP SATISFACTION (RS)

RAS: Relationship Assessment Scale

DAS: Dyadic Adjustment Scale

Confirmatory: Multivariate Regression (robust HC3)

→ 90% power for each DV

Exploratory: Structural Equation Modelling

CONCLUSIONS

Love is a **positive predictor** of well-being indicators

Being in love enhance positive emotions BUT part of this effect might be mitigated by relationship satisfaction, which is associated with less intense positive emotions

Considering **love** for the partner **AND** **relationship satisfaction** provides a more comprehensive understanding of why and how romantic relationships are **beneficial** for individual's **well-being**

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>
- ²Hudson, N. W., Lucas, R. E., & Donnellan, M. B. (2020). The highs and lows of love: Romantic relationship quality moderates whether spending time with one's partner predicts gains or losses in well-being. *Personality and social psychology bulletin*, 46(4), 572–589.
- ³Perelli-Harris, B., Hoherz, S., Lappegård, T., & Evans, A. (2019). Mind the "happiness" gap: The relationship between cohabitation, marriage, and subjective well-being in the United Kingdom, Australia, Germany, and Norway. *Demography*, 56(4), 1219–1246.

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OSF Preregistration of this study



OSF pilot study (power analysis)

