

Psychometric Review of the Capacity to Love Test

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I conducted a preliminary psychometric review of the IDRlabs Capacity to Love Test using datasets comprising 30 items and 332,561 valid test sessions. The purpose was to evaluate data quality, score distribution, internal consistency, item behaviour, and the functioning of the six proposed facets: Interest, Trust, Gratitude, Mutuality, Passion, and Mourning.

1. Data quality

The original dataset contained 334,555 records. After duplicate sittings were identified and removed, 332,561 valid sessions remained. No sessions were excluded for incomplete or malformed responses.

The available data include individual item responses, six facet scores, overall scores, test language, and limited geographic and technical information where available. Respondents are identified only through a pseudonymous visitor identifier, and no names or contact information are contained in the dataset.

A total of 2,829 respondents, approximately 0.85% of the sample, selected the same response option for all 30 items. These records were retained in the supplied dataset. Such response patterns account for several isolated peaks in the score distribution.

The sample is exceptionally large for an initial psychometric evaluation. However, because respondents are self-selected internet users, it should not be considered a representative normative sample of the general population.

2. Score distribution

The overall score distribution has the following characteristics:

- Mean = 65.36/100
- Median = 68
- SD = 14.20
- Skewness = -0.69
- Excess kurtosis = 0.49

The distribution therefore shows moderate negative skew, with somewhat greater concentration toward the higher end of the scale, but remains sufficiently broad to differentiate substantially among respondents.

The facet means vary considerably:

- Interest: 74.0
- Trust: 61.3
- Gratitude: 67.1

- Mutuality: 73.9
- Passion: 67.5
- Mourning: 48.3

This variation indicates that respondents are not simply producing a uniform response profile across the six proposed dimensions.

Several isolated peaks in the total-score distribution correspond to straight-line response patterns. Because these responses constitute less than 1% of the sample, they do not materially determine the broader distribution.

3. Internal consistency

The complete 30-item instrument demonstrates good internal consistency:

Cronbach's $\alpha = .879$

After exclusion of straight-line responders:

Cronbach's $\alpha = .880$

The negligible difference indicates that the overall reliability estimate is not being artificially produced by these unusual response patterns.

Internal consistency for the six five-item facets is as follows:

- Interest: $\alpha = .768$
- Trust: $\alpha = .751$
- Gratitude: $\alpha = .618$
- Mutuality: $\alpha = .798$
- Passion: $\alpha = .648$
- Mourning: $\alpha = .568$

Interest, Trust, and Mutuality show good internal consistency for brief five-item scales. Passion and Gratitude show more modest but potentially usable reliability.

Mourning has the weakest internal consistency and warrants further investigation.

4. Item behaviour

Most items show positive corrected item-total correlations and contribute meaningfully to the overall score.

Across the full instrument, corrected item-total correlations range from approximately $r = -.25$ to $r = .69$.

The majority of items fall in a useful positive range. However, several items stand out as potential areas for revision.

Item 15 has a relatively weak corrected item-total correlation of approximately $r = .16$. Within the Gratitude facet, its relationship with the remaining four items is particularly weak. Removing Item 15 increases Gratitude reliability from $\alpha = .618$ to approximately $\alpha = .715$.

Item 10 also appears somewhat weaker than the remaining Trust items. Removing it increases Trust reliability from $\alpha = .751$ to approximately $\alpha = .777$.

The more substantial issue occurs in the Mourning facet. Items 27, 28, and 29 have corrected item-total correlations of approximately $r = -.07$, $-.25$, and $-.18$, respectively, with the full instrument.

Negative item-total correlations indicate that higher scores on these items tend to be associated with lower scores on the remainder of the instrument, despite their scoring direction implying that they should contribute positively to the overall Capacity to Love score.

These items should therefore be examined carefully for scoring direction, wording, and conceptual fit.

5. Relationship between the facets

The relationships among the six facets reveal an important feature of the present instrument.

Interest, Trust, Gratitude, Mutuality, and Passion are substantially and positively related to one another. Their pairwise correlations range approximately from $r = .53$ to $r = .74$.

This is consistent with the idea that these five dimensions share a broader underlying construct while retaining some distinctiveness.

Mourning behaves differently.

Its correlations with the other five facets range approximately from $r = -.15$ to $r = .03$. In practical terms, Mourning is largely independent of, and in some cases weakly inversely related to, the other components of the instrument.

This is also reflected in the reliability analysis. Cronbach's alpha for the complete 30-item instrument is .879, whereas the 25 items belonging to the other five facets have an alpha of approximately .916 when the Mourning items are omitted.

This does not necessarily demonstrate that Mourning is an invalid psychological construct. The capacity to process loss and separation may reasonably represent a distinct aspect of interpersonal functioning. However, the present data raise a substantive question about whether Mourning should contribute equally to a single overall Capacity to Love score.

Further analysis should therefore distinguish between two possibilities: that the Mourning items require revision or re-keying, or that Mourning represents a conceptually meaningful but psychometrically distinct dimension that should not be incorporated into the same total score in its present form.

6. Construct interpretation

The current findings provide encouraging evidence for several parts of the instrument.

The overall measure has good internal consistency, a broad score distribution, and generally useful item discrimination. Five of the six proposed facets also show substantial positive relationships with one another, supporting the presence of a coherent common dimension involving interpersonal interest, trust, gratitude, mutuality, and passion.

At the same time, internal consistency does not establish construct validity.

"Capacity to love" is a broad psychological concept, and the present dataset does not include external measures that would establish precisely what the overall score represents. The available data also do not demonstrate relationships with independently validated measures of attachment, empathy, intimacy, interpersonal functioning, relationship quality, or related constructs.

Further validation should therefore include:

- confirmatory and exploratory factor analysis of the six proposed facets;
- investigation of the conceptual and statistical position of the Mourning facet;
- review of Items 10, 15, and the weaker Mourning items;
- convergent validity against established measures of related interpersonal constructs;
- discriminant validity against theoretically distinct personality characteristics;
- test-retest reliability;
- examination of measurement invariance across languages and relevant demographic groups.

7. Overall conclusion

The initial psychometric evidence for the Capacity to Love Test is promising, while also identifying a clear area for further development.

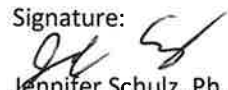
The complete 30-item instrument demonstrates good internal consistency and substantial variation across respondents. Interest, Trust, Gratitude, Mutuality, and Passion form a reasonably coherent group of positively associated dimensions, with generally acceptable reliability for brief five-item scales.

The principal psychometric question concerns Mourning. This facet has lower internal consistency, contains several items that correlate negatively with the overall measure, and shows little relationship with the other five facets. Its inclusion in the overall Capacity to Love score should therefore be reconsidered or further validated before strong interpretation of the total score is warranted.

The very large dataset provides an unusually strong foundation for this next stage of development.

At present, the instrument is best regarded as a multidimensional self-report measure of interpersonal and relationship-related characteristics. Further factor-analytic and external validation work is needed to establish whether the six facets can defensibly be represented by a single overall Capacity to Love construct.

Signature:



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