

Psychometric Review of the Love Styles Test

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Overall assessment

The supplied results provide an encouraging psychometric foundation for the IDRlabs [Love Styles Test](#) as an educational self-report measure of preferences for receiving affection and support. Across 287,420 completed sittings, the 35-item test shows strong overall internal consistency, positive item-total relationships throughout, and meaningful variation across its seven proposed styles. [1-3]

The scale demonstrates satisfactory psychometric properties. The clearest value is a profile that helps people articulate several ways they appreciate care and connection. Five facets show solid internal consistency for brief scales; The psychometric properties of the Focus and Intellect subscales suggest that further refinement may be warranted. The results support continued educational use and further validation, while leaving structural validity and relationship outcomes to be established.

Internal consistency

Overall Cronbach's alpha is .913 (.91 when rounded). The seven five-item facets range from .67 to .83. Touch (.83) and Gifts (.80) are strongest, followed by Money (.78), Acts (.72), and Words (.71). Focus (.69) and Intellect (.67) are somewhat less consistent. [1, 2]

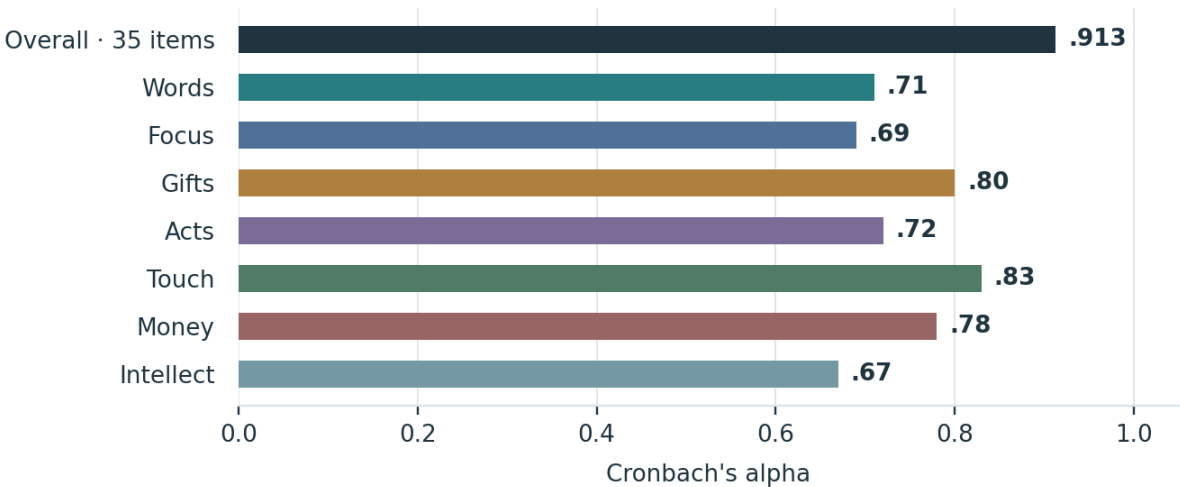


Figure 1. Reported internal consistency for the overall score and seven five-item styles. [1, 2]

This is a useful starting point for a short, multidimensional questionnaire. The lower facet estimates suggest opportunities to improve precision, rather than grounds to dismiss the profile. Alpha reflects item covariance in this sample; it does not by itself establish distinct factors, temporal stability, or the meaning of an overall score.

Sample quality and score interpretation

The package covers all deduplicated, gradable sittings logged from 30 July to 9 September 2026 across 21 locales. Of 288,423 result-page records, 1,003 same-visitor, identical-answer repeats were removed, leaving 287,420 sittings. No additional records were excluded as incomplete or out of range, and no time-based filter was applied. Median completion time was 3 minutes 47 seconds among 114,247 timed sittings. [1, 2]

These are sittings rather than verified unique people. The 267,643 sittings with a browser identifier represent 250,615 distinct identifiers; 14,920 identifiers occur in more than one sitting. A further 19,777 sittings lack an identifier. Browser identifiers support deduplication but are not a complete person-level sampling frame. [2]

Straight-line responses were retained in 4,847 sittings (1.69%), including 3,971 all-maximum, 377 midpoint, and 279 all-minimum patterns. Uniformly positive answers may reflect genuine appreciation of several forms of affection as well as response style. Their influence should be tested through sensitivity analyses rather than assumed to indicate invalid responding. [1]

Score distribution

The overall mean is 77.7/100, the median is 79, and the standard deviation is 12.7. The middle half falls between 71 and 86; the 5th and 95th percentiles are 56 and 96. Skewness is -1.03 and excess kurtosis is 3.09. Scores cluster toward the upper end, with a longer lower tail. There is useful variation, but relatively little headroom among the highest scorers. [1]

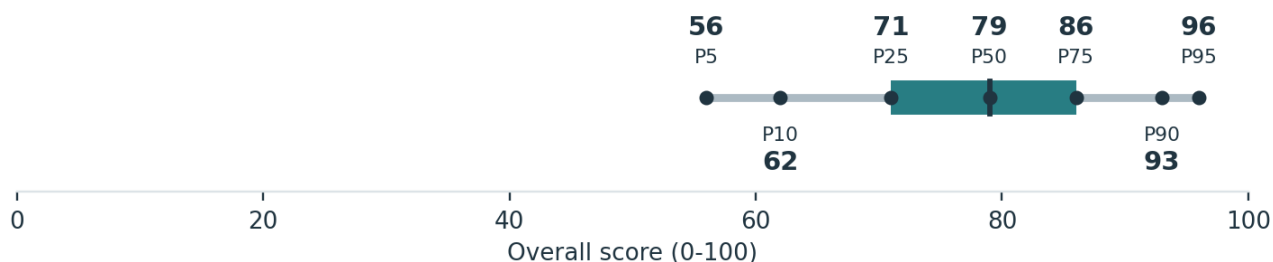


Figure 2. Reported overall-score percentiles. The teal segment marks the middle 50% of sittings; this is a quantile summary, not a reconstructed histogram. [1]

Scoring and reference values

The overall score uses the 35-item sum divided by 140, multiplied by 100, with one final rounding. A score of 80 is 80% of the possible item total, not the 80th percentile. [1-3]

The reference values describe self-selected website sittings, not representative population norms. A high overall score means broad endorsement of the listed forms of affection and support; it should not be interpreted as greater capacity to love, a stronger relationship, or better relationship skills.

Style profiles and shared variance

The seven styles offer a readily understandable vocabulary for preferences. Focus, Touch, and Intellect receive the highest average endorsement. Gifts and Money are lower on average but show wider score variation. These are sample patterns, not a ranking of which forms of affection are more valuable. [1]

Facet	Items	Mean	SD	Alpha
Words	5	81.5	16.1	.71
Focus	5	85.4	14.3	.69
Gifts	5	68.2	21.3	.80
Acts	5	75.1	17.6	.72
Touch	5	84.4	18.9	.83
Money	5	66.0	21.5	.78
Intellect	5	83.5	14.3	.67

Table 1. Style means and standard deviations use the 0-100 scoring scale. [1]

	1	2	3	4	5	6	7
1 Words	1.00	.62	.36	.44	.54	.36	.58
2 Focus	.62	1.00	.37	.47	.52	.35	.65
3 Gifts	.36	.37	1.00	.44	.20	.69	.32
4 Acts	.44	.47	.44	1.00	.31	.53	.55
5 Touch	.54	.52	.20	.31	1.00	.16	.41
6 Money	.36	.35	.69	.53	.16	1.00	.35
7 Intellect	.58	.65	.32	.55	.41	.35	1.00

Figure 3. Reported Pearson correlations between style scores across all sittings. Column numbers follow the row numbering. [1]

Correlations range from .16 to .69. Gifts and Money overlap most strongly (.69), followed by Focus and Intellect (.65) and Words and Focus (.62). Touch is less closely related to Money (.16) and Gifts (.20). This differentiated pattern is encouraging for a profile: the scores do not all carry the same information. [1]

The overlap is also understandable from the item content. Material support can resemble gift-giving, while attention, discussion, and feeling understood span Focus and Intellect. Factor analysis is needed to determine whether the seven proposed dimensions are sufficiently distinct and whether each contributes useful information beyond shared appreciation of care.

Item performance and content review

All 35 corrected item-total correlations are positive, ranging from .36 to .55. First-principal-component loadings range from .40 to .62. No item stands out as markedly disconnected from the overall item set. These consistent positive relationships are a strength, although within-style item analyses are still needed: the reported correlations concern the overall scale. [1]

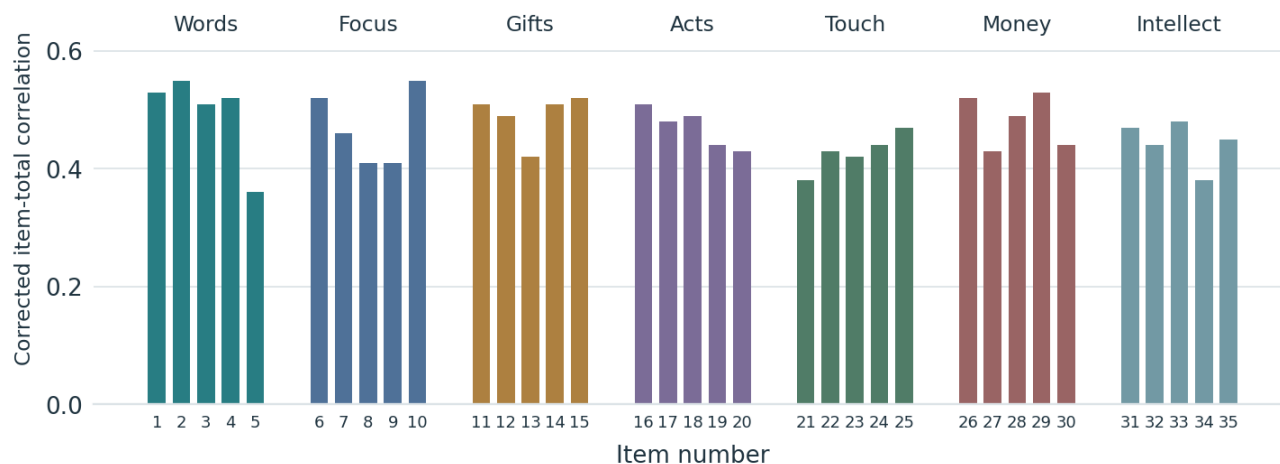


Figure 4. Corrected item-total correlations in item order, grouped by style. All items have positive relationships with the remaining total. [1, 3]

Refining the broader styles

Focus combines shared experiences, undivided attention, discussion of decisions, and openness about thoughts. Intellect combines interest in hobbies, emotional support, discussion of goals, recognition of intelligence, and respect for opinions. This breadth may help explain their modest alphas and their correlation of .65. The content is useful, but its organisation and labels deserve closer testing. [1, 3]

For example, Item 32 concerns being able to unburden worries when feeling down. It appears to describe emotional support more directly than intellectual connection. Cognitive interviews and within-facet analyses could establish whether the current label fits respondents' understanding or whether wording and content allocation need adjustment.

Targeted checks and response context

Item 5 has the lowest item-total correlation (.36). It asks whether hearing “I love you” is used to gauge relationship strength, which may capture reliance on verbal reassurance as well as enjoyment of affirming words. Its contribution should be examined within Words, including differences by language and relationship context. [1, 3]

Money items should be interpreted in light of financial circumstances and opportunities to receive support. The questionnaire also alternates between a partner and loved ones more generally. Clear instructions would help respondents use a consistent relationship frame. All items are positively keyed; response-style sensitivity and upper-end item discrimination merit examination.

Interpretation and validation priorities

A flexible profile of preferences

The test draws on the familiar love-languages vocabulary while expanding the profile to seven styles. Its separate agreement ratings allow several styles to be important simultaneously, a useful feature for self-reflection. The item wording primarily concerns receiving or appreciating affection; it does not establish how respondents actually express care. [3, 4]

Research on the original love-languages model is mixed. A study of 100 heterosexual couples linked closer alignment between preferred and received affection with greater satisfaction, but did not establish causation. A subsequent review found limited support for fixed primary languages, an exclusive five-category structure, or special benefits of matching a primary language. Neither validates this seven-style implementation directly. [5, 6]

Results are best presented as a set of preferences rather than a fixed identity. Tied or nearby scores can be shown together. A one-category change on one item shifts its facet score by five points, so small differences between the highest styles should not be treated as decisive without evidence on the reliability of those differences.

Conclusion and reviewer assessment

The Love Styles Test has an encouraging internal psychometric foundation and a clear educational purpose. Its large dataset, consistently positive item performance, and differentiated style correlations support continued development as a tool for articulating preferences for affection and support. Several brief facets already show solid internal consistency.

The main opportunities are focused and tractable: clarify Focus and Intellect, examine high-score compression, confirm the proposed structure, and establish the stability and usefulness of individual profiles. The strong overall alpha is reassuring about shared item content, while the seven-style profile remains the more directly interpretable feature of the questionnaire.

Used as an invitation to reflection and discussion, the test is promising. The evidence supports describing what respondents appreciate, while leaving claims about fixed types, partner compatibility, and improvements in relationship satisfaction to future validation. This distinction allows a positive assessment without overstating what the current results demonstrate.

Sources and scope

This assessment uses the supplied report, README, and English item codebook. The respondent-level responses.csv was not supplied; statistics are reviewed as reported rather than independently recalculated.

[1] IDRlabs. *Love Styles Test - Results Package*. report(4).html, prepared 9 September 2026. Sample, distributions, reliabilities, correlations, and item statistics.

[2] IDRlabs. *Love Styles Test - reviewer data package*. README(4).md, prepared 9 September 2026. Sampling, identifiers, scoring, and overall alpha to three decimal places.

[3] IDRlabs. *Item codebook*. items(4).csv. English wording, style assignments, response options, and keys for the 35-item implementation.

[4] IDRlabs. *Love Styles Test*. idrlabs.com/love-styles/test.php (accessed 14 October 2026).

[5] Mostova, O., Stolarski, M., & Matthews, G. (2022). I love the way you love me: Responding to partner's love language preferences boosts satisfaction in romantic heterosexual couples. *PLOS ONE*, 17(6), e0269429. doi:10.1371/journal.pone.0269429.

[6] Impett, E. A., Park, H. G., & Muise, A. (2024). Popular psychology through a scientific lens: Evaluating love languages from a relationship science perspective. *Current Directions in Psychological Science*, 33(2), 87-92. doi:10.1177/09637214231217663.



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