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Validation of the Slovenian Capacity to love inventory: A preliminary study

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Our study examined psychometric properties of the Slovenian version of the Capacity to Love – Inventory (CTL-I; Kapusta et al., 2018), a self-report questionnaire originally developed and tested in Austria. The CTL-I is based on findings from clinical practice and psychodynamic theory, but relates to both clinically relevant symptoms as well as healthier manifestations of personality. The CTL-I measures six dimensions: interest in the life project of the other, basic trust, gratitude, common ego ideal, permanence of sexual passion and loss and mourning. Due to the concept of capacity to love being closely related to relationship quality, we used the Quality of Relationship Inventory (QRI; Pierce et al., 1999) as a criterion measure. Our sample included 224 non-clinical adults (female 79%). Overall, the CTL-I showed satisfactory model fit comparable to that of previous validation studies, an satisfactory internal reliability of its subscales. Those were meaningfully associated with most of the QRI subscales. As we tested the instrument on a small convenience sample, our promising findings are preliminary and call for further investigation.

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