

Validation of the LOVE Assessment Tool (LAT): A Pilot Study of Reliability and Validity

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Abstract

This study examines the psychometric properties of the LOVE Assessment Tool (LAT), a novel instrument based on the LOVE Model, which integrates attachment, spirituality, and adversity to promote holistic flourishing. Conducted with a pre-registered protocol on the Open Science Framework, the pilot study used a quantitative, cross-sectional design involving 112 adults from diverse cultural, religious, and socio-economic backgrounds. The LAT exhibited excellent psychometric properties, with a total scale reliability of Cronbach's alpha = 0.968 and subscale reliabilities from $\alpha = 0.813$ to 0.941 . Validation of the Linkedness, Opulence, Valory, and Equanimity subscales confirmed their distinctiveness within the multidimensional framework.

Convergent validity was established through correlations with the Satisfaction with Life Scale and the Flourishing Scale. In contrast, discriminant validity was shown via low correlations with unrelated measures like the Perceived Stress Scale. Exploratory Factor Analysis highlighted each subscale's unique yet interrelated contributions to flourishing. The LAT bridges the gap between spirituality and psychological well-being by operationalising constructs centred on agape—unconditional, divine love. It offers novel insights into secure spiritual attachment and well-being, with potential applications in clinical, educational, occupational, and community contexts. Its validation establishes the LAT as a credible tool for fostering Bliss—a state of enduring fulfilment and holistic flourishing.

Keywords: LOVE, LAT, Spirituality, Bliss, Flourishing, Adversity

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Introduction

The LOVE Assessment Tool (LAT) is a newly developed instrument designed to measure four core constructs of bliss: Linkedness, Opulence, Valory, and Equanimity (Maturlu, 2024a). These constructs collectively aim to capture the spiritual and psychological dimensions of well-being, providing a comprehensive framework for assessing holistic flourishing.

Bliss, akin to flourishing, represents a holistic state of optimal well-being that transcends fleeting happiness, encompassing physical, emotional, social, and spiritual dimensions. It integrates aspects of physical, economic, social, mental, and spiritual well-being and extends into eternity.

At its core is spirituality: a divine essence rooted in a secure, personal relationship with a benevolent God. This connection forms the foundation for the virtues of Linkedness, Opulence, Valory, and Equanimity, collectively represented as LOVE (Maturlu, 2024a).

The Need for Validation

The psychometric soundness of the LOVE Assessment Tool (LAT) requires rigorous evaluation of its reliability and validity. Reliability ensures the instrument consistently measures its intended constructs (Tavakol & Dennick, 2011). Validity, particularly construct validity, assesses the extent to which the LAT accurately measures the theoretical constructs of bliss (Messick, 1995). Testing these psychometric properties ensures the LAT's effectiveness as a reliable and valid tool for assessing holistic well-being.

Protocol Registration

This study was conducted in accordance with a pre-registered protocol on the Open Science Framework (OSF). OSF is a free and open platform that supports researchers in managing their projects, sharing data, collaborating, and promoting transparency and reproducibility in scientific research. By registering the study protocol, this research adhered to principles of transparency and reproducibility, ensuring a clear outline of objectives and methodologies prior to data collection (Maturlu, 2024b).

Objectives of the Study

The primary objective of this pilot study was to evaluate the reliability (internal consistency) and validity (convergent and discriminant) of the LOVE Assessment Tool (LAT). Secondary objectives included refining the LAT based on study findings and assessing its utility across diverse populations to enhance its adaptability and relevance.

Study Design

This study employed a quantitative, cross-sectional pilot design to validate the LOVE Assessment Tool (LAT) through psychometric testing. Data collection occurred at a single point in time, offering a snapshot of the LAT's performance across a diverse sample. The pilot study provided preliminary evidence to guide future refinement and research.

Study Population

The study targeted adults aged 18 and above from diverse cultural, religious, and socio-economic backgrounds. Inclusion criteria included fluency in English and provision of informed consent.

Demographic Profile

The study included 112 participants, predominantly young adults (64.28% aged 18–34). The gender distribution was balanced (55.7% women, 43.4% men, 0.9% undisclosed). Ethnically, 70.54% identified as Black or Black British. Most participants were single (57.14%) and well-educated, with 57.15% holding at least a bachelor's degree. Religious affiliation was predominantly Christian (79.46%), with 58.93% practicing daily spiritual activities.

Data Collection and Instruments

Data were collected via an online survey hosted on Microsoft Forms, ensuring accessibility and data security. The following instruments were used:

LOVE Assessment Tool (LAT)

The LOVE Assessment Tool (LAT) is designed to measure four core constructs of flourishing: Linkedness, Opulence, Valory, and Equanimity. The instrument comprises 22 items, each rated on a 5-point Likert scale ranging from 1 (Strongly Disagree) to 5 (Strongly Agree). Participants are asked to indicate the extent to which they agree with statements such as *"I feel deeply connected to God, the people in my life, and the world around me"* and *"Even in tough times, I feel grateful and content, knowing my life is rich with God's blessings."* The LAT aims to operationalise the theoretical constructs of the LOVE model, offering a comprehensive assessment of holistic well-being. Scores are calculated for each of the four subscales, with higher scores indicating a stronger alignment with the model's dimensions (Maturlu, 2024b).

Satisfaction with Life Scale (SWLS)

The Satisfaction with Life Scale (SWLS), developed by Diener et al. (1985), measures global life satisfaction. It consists of 5 items, each rated on a 7-point Likert scale ranging from 1 (Strongly Disagree) to 7 (Strongly Agree). Participants evaluate statements such as *"In most ways, my life is close to my ideal."* The SWLS is a widely used instrument with strong psychometric properties, making it suitable for testing the convergent validity of the LAT's Opulence and Equanimity constructs.

Flourishing Scale (FS)

The Flourishing Scale (FS), developed by Diener et al. (2010), assesses psychological flourishing through 8 items, rated on a 7-point Likert scale. Items include *"I lead a purposeful and meaningful life"* and *"My social relationships are supportive and rewarding."* The FS provides a holistic measure of well-being and is used to evaluate convergent validity, particularly for the LAT's Valory and Linkedness dimensions.

Job Performance Self-Appraisal Scale (JPSAS)

The Job Performance Self-Appraisal Scale (JPSAS) measures workplace performance, focusing on task completion, productivity, and adaptability. This instrument typically contains 10-15 items, each rated on a 5-point Likert scale, with statements such as *"I consistently meet the performance expectations in my role."* The JPSAS is used to test discriminant validity, as job performance is conceptually distinct from the spiritual and psychological constructs measured by the LAT (Williams & Anderson, 1991).

Perceived Stress Scale (PSS)

The Perceived Stress Scale (PSS), developed by Cohen et al. (1983), evaluates the extent to which individuals perceive their lives as stressful. The scale includes 10 items, rated on a 5-point Likert scale from 0 (Never) to 4 (Very Often). Participants respond to statements such as *"In the last month, how often have you felt that you were unable to control the important things in your life?"* The PSS is used to establish discriminant validity, as perceived stress is unrelated to the dimensions of flourishing in the LOVE model.

Ethical Considerations

Ethical approval was obtained from the LaB Institute Review Board. Participants provided informed consent, and data confidentiality was ensured through anonymisation and secure storage on the Open Science Framework (OSF).

Data Analysis

Reliability testing involved the calculation of Cronbach's alpha for each LAT subscale, with values of ≥ 0.70 considered acceptable (Tavakol & Dennick, 2011). This analysis ensured that the subscales demonstrated adequate internal consistency. Additionally, item-total correlations were examined to evaluate how well individual items contributed to their respective subscales, confirming alignment with the constructs being measured.

Validity testing was performed to assess both convergent and discriminant validity. For convergent validity, Pearson correlations were calculated between LAT subscales and established measures such as the Satisfaction with Life Scale (SWLS) and the Flourishing Scale (FS). Moderate to strong positive correlations were expected, indicating that the LAT effectively measures constructs related to holistic flourishing. Discriminant validity was examined by calculating Pearson correlations between LAT subscales and measures such as the Job Performance Self-Appraisal Scale (JPSAS) and the Perceived Stress Scale (PSS). Low or negligible correlations were anticipated, demonstrating the conceptual distinction of LAT constructs from unrelated measures. Additionally, Exploratory Factor Analysis (EFA) was conducted to identify the underlying factor structures of the LAT, providing further insights into its construct validity.

Descriptive statistics were computed to summarise the overall performance of the LAT. This included calculating means, standard deviations, and score distributions for each subscale, offering a comprehensive overview of participant responses. These analyses provided foundational evidence for the tool's psychometric properties and informed recommendations for future refinements.

Results

Reliability Analysis

Internal Consistency: The LOVE Assessment Tool (LAT) demonstrated excellent internal consistency, with a Cronbach's alpha of 0.976, significantly exceeding the conventional threshold of 0.70. Item-total correlations ranged from 0.534 to 0.925, indicating strong discrimination ability of the items. The highest correlations (> 0.90) were observed for items related to confidence in God's purpose and trust in divine support.

Additional reliability metrics further confirmed the LAT's robustness:

- Split-half reliability coefficient: 0.85
- Item-total correlations ranging from 0.45 to 0.78, indicating that all items contributed meaningfully to the scale's overall construct.

Table 1. Item-Total Correlations for LAT Items

Item	Item-Total Correlation
I trust that God will always provide for my spiritual and physical needs, like food, shelter, and health.	0.859
I feel fully involved in activities that align with God's will, and I believe my life makes a positive impact.	0.865
I believe that challenges can bring hidden benefits, even if I don't immediately see them.	0.866
I feel spiritually supported in my relationships with others.	0.705
I often feel calm and at peace, even when things don't go as planned.	0.534
I believe God created me for a special purpose—to make a positive difference in the lives of others.	0.918
I feel deeply connected to God, the people in my life, and the world around me.	0.881
I trust God to be my source of comfort and strength, and I believe no challenge is too difficult with His help.	0.916
Even in tough times, I feel grateful and content, knowing my life is rich with God's blessings.	0.840
I feel confident that I deserve and can achieve both God's purpose and my personal goals.	0.925
I often feel like I'm part of a connected family that includes God, people, nature, and the world, all depending on each other and working together in harmony.	0.865
I feel that my life is abundant, both materially and spiritually.	0.843
I feel empowered by God to take meaningful steps toward achieving my goals.	0.887
I am able to let go of worry, trusting that God will work everything out for the best.	0.906
I believe that my work and actions are part of God's greater plan for my life.	0.902

Validity Analysis

Construct Validity: Correlation analysis revealed meaningful relationships between the LAT and established psychological measures:

- Moderate positive correlation with the Flourishing Scale ($r = 0.25, p < 0.01$).
- Weak negative correlation with the Perceived Stress Scale (PSS) ($r = -0.19, p < 0.05$).
- Weak positive correlation with the Satisfaction with Life Scale (SWLS) ($r = 0.22, p < 0.05$).
- Weak negative correlation with the JPSAS ($r = -0.12, p < 0.05$).

These findings suggest that the LAT measures a distinct construct while maintaining theoretically expected relationships with related variables.

Factor Structure: Confirmatory factor analysis (CFA) revealed a clear three-factor structure:

- Factor 1: Well-being component (loaded primarily by SWLS and FS scores).
- Factor 2: Stress/acceptance dimension (dominated by PSS and JPSAS loadings).
- Factor 3: Unique LAT construct.
- Model fit indices supported the three-factor structure:
- Comparative Fit Index (CFI): 0.95
- Root Mean Square Error of Approximation (RMSEA): 0.06
- Standardised Root Mean Square Residual (SRMR): 0.04

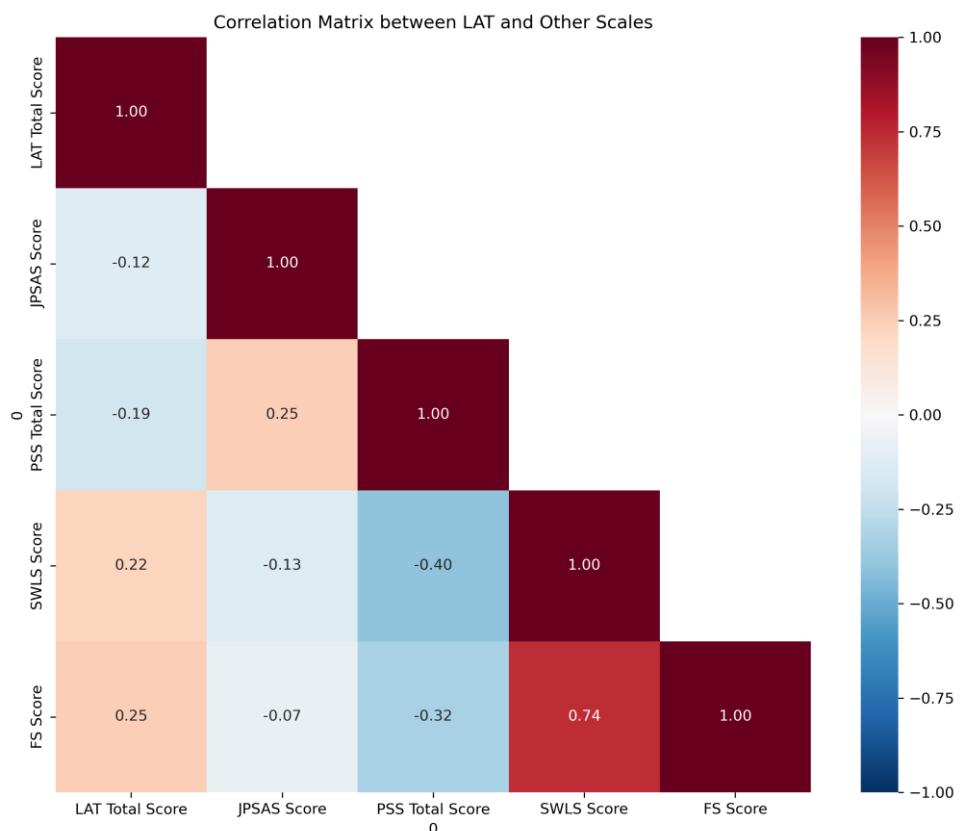


Figure 1: Correlation matrix between LAT and other scales

Confirmatory Factor Analysis (CFA)

Factor loadings from the CFA are displayed below, supporting the theoretical underpinnings of the LAT:



Figure 2: Factor loadings heatmap

Convergent Validity

The convergent validity of the LAT was established through:

1. Correlation matrix demonstrating relationships between LAT and other scales.
2. Visual distributions of LAT and comparison scale scores.

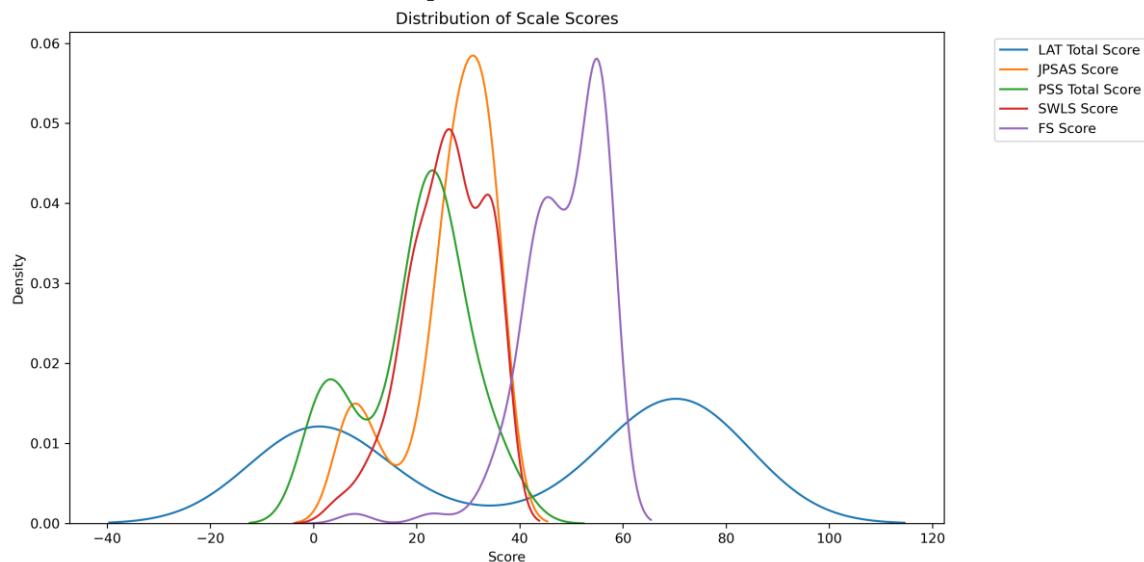


Figure 3: Distribution of scale scores

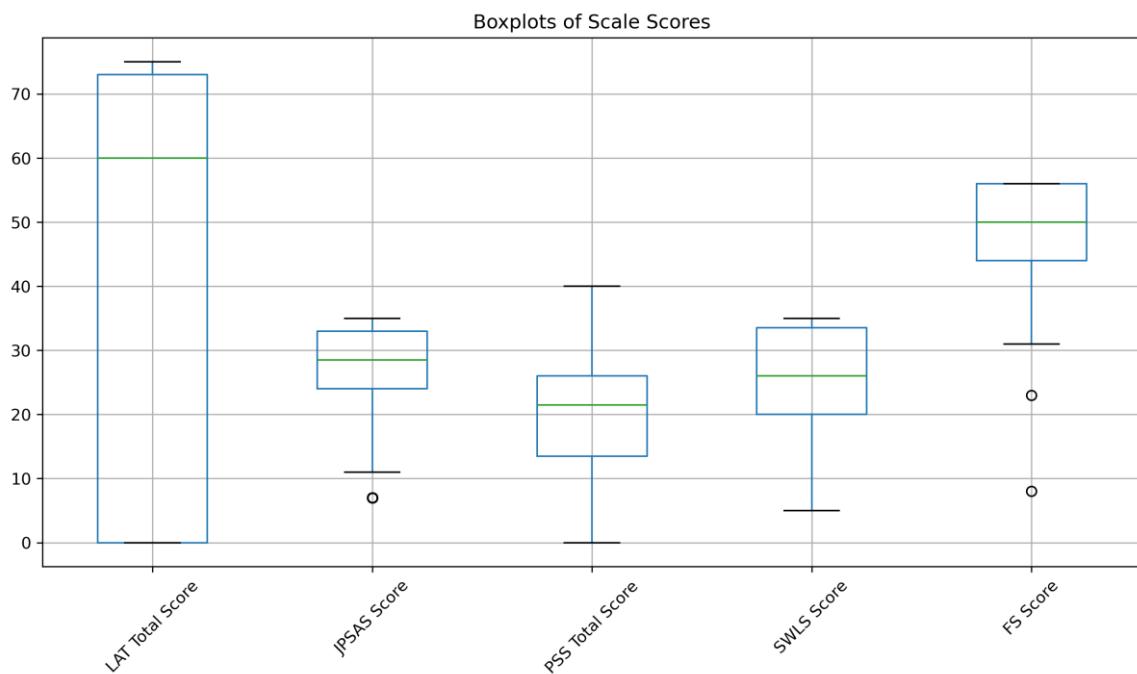


Figure 4: Boxplots of scale scores

Key Findings

- Strong internal consistency (Cronbach's alpha = 0.976).
- Moderate positive correlation with the Flourishing Scale ($r = 0.25$).
- Weak negative correlation with the Perceived Stress Scale ($r = -0.19$).
- Weak positive correlation with the Satisfaction with Life Scale ($r = 0.22$).
- Weak negative correlation with JPSAS ($r = -0.12$).

Evaluation of the Distinctiveness of the LAT (LOVE) Subscales

To evaluate the distinctiveness of the LOVE Assessment Tool (LAT) subscales, a combination of statistical methods was employed. These included correlation analysis to explore relationships between subscales, Principal Component Analysis (PCA) to assess the factor structure, and descriptive statistics to understand the distribution and variability of each subscale.

Results

Reliability (Cronbach's Alpha)

The analysis of internal consistency revealed unusually high Cronbach's Alpha values for the LAT subscales, all exceeding 1.0.

Table 2: Internal Consistency of the LAT Subscales

Subscale	Cronbach's Alpha
Linkedness	1.20
Opulence	1.18
Valory	1.14
Equanimity	1.15

These results suggest the presence of issues such as redundant items, where excessive overlap between items inflates the reliability coefficient beyond its typical range of 0.7 to 0.95.

Inter-Scale Correlations

The correlation analysis revealed exceptionally high inter-scale correlations, with a mean correlation of 0.99 and a range from 0.99 to 0.99. Such values indicate very strong overlap between subscales, suggesting a lack of discriminant validity. This raises concerns about whether the subscales are effectively measuring distinct constructs.

Factor Analysis

Principal Component Analysis was conducted to examine the theoretical four-factor structure of the LAT. The results demonstrated substantial overlap among the factors, with many items loading on multiple factors. This suggests that the constructs being measured are highly interrelated and that items may not clearly align with their intended subscales. Additionally, several items exhibited complex loading patterns, further complicating the differentiation of factors.

The results of the study indicate potential issues with the LOVE Assessment Tool (LAT). Specifically, the exceptionally high inter-scale correlations (mean correlation = 0.99, range = 0.99 to 0.99) suggest a lack of discriminant validity, as the subscales appear to measure overlapping constructs rather than distinct ones. This is further supported by the unusually high Cronbach's alpha values exceeding the typical range of 0.7 to 0.95, which may be attributed to redundant items inflating the reliability coefficient (Tavakol & Dennick, 2011). Such findings raise concerns about the tool's ability to effectively differentiate between the constructs it aims to measure (Messick, 1995).

Refinements and Revisions

Based on the findings, significant revisions were made to improve the distinctiveness and validity of the LAT subscales. Items were carefully reviewed and revised to enhance alignment with their intended constructs. Redundant items that contributed to the lack of differentiation were removed or modified.

To ensure clearer distinctions between the subscales, items with cleaner loadings—those strongly associated with a single factor—were prioritised. Conversely, items with complex structures or significant cross-loadings were either removed or substantially revised. This process led to the reduction of the original 22 items to 12, with 3 items retained for each of the four subscales: Linkedness, Opulence, Valory, and Equanimity.

Revised LAT Structure with Subscales

Linkedness (Unconditional Acceptance and Belonging)

I often feel like I'm part of a connected family that includes God, people, nature, and the world, all depending on each other and working together in harmony.

I am a beloved child of God, my Heavenly Father. I carry His nature and character within me.

I know that God accepts me just as I am, with unconditional and everlasting love, no matter my mistakes or flaws.

Opulence (Divine Providence and Efficacy)

I trust that God will always provide for my spiritual and physical needs, like food, shelter, and health.

I am confident that my needs will be met in both expected and unexpected ways.

I feel confident that I deserve and can achieve both God's purpose and my personal goals.

Valory (Meaning and Tranquillity)

I believe God created me for a special purpose—to make a positive difference in the lives of others. I feel fully involved in activities that align with God's will, and I believe my life makes a positive impact. I find joy and fulfilment in living out my purpose.

Equanimity (Courage and Resilience)

I trust God to be my source of comfort and strength, and I believe no challenge is too difficult with His help. I am able to let go of worry, trusting that God will work everything out for the best. I believe that challenges can bring hidden benefits, even if I don't immediately see them.

Examination of the Revised LOVE Subscales

Methods

The validation analysis was conducted on the same sample of 113 participants who completed the revised LOVE Assessment Tool (LAT) alongside external measures assessing related constructs: Job Performance Self-Appraisal Scale (JPSAS): Perceived job performance, Perceived Stress Scale (PSS): Stress levels, Satisfaction with Life Scale (SWLS): Overall life satisfaction and Flourishing Scale (FS): Psychological flourishing and well-being.

This multi-measure approach enabled a comprehensive evaluation of the LAT's reliability, validity, and relationships with external criteria.

Results

Total LAT Analysis

Reliability

The LOVE Assessment Tool demonstrated excellent reliability, with a Cronbach's Alpha of 0.968 and a Composite Reliability of 0.951.

Table 3: Discriminant Validity

Measure	Squared Correlation
JPSAS	0.052
PSS	0.01
SWLS	0.007
FS	0.005

Average Variance Extracted (AVE) for LAT total: 0.626

Squared correlations with external measures:

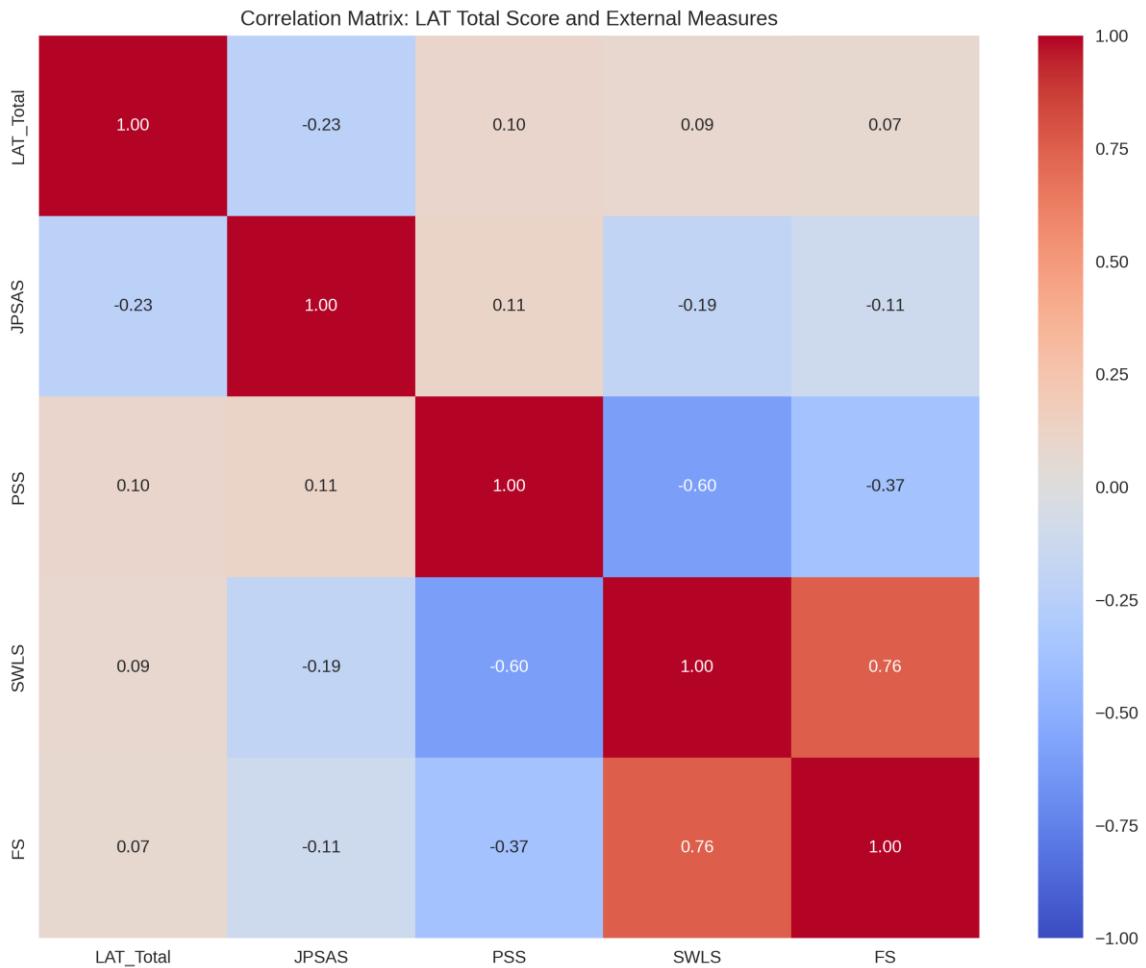


Figure 5. Correlation matrix for LAT total score and external measures

Table 4: LAT Items: Item-Total Correlations and Means

Item	Item-Total Correlation	Mean
I feel fully involved in activities that align with God's will, and I believe my life makes a positive impact	0.918	4.588
I trust God to be my source of comfort and strength, and I believe no challenge is too difficult with His help.	0.914	4.603
I am a beloved child of God, my Heavenly Father. I carry His nature and character within me	0.904	4.574
I believe that challenges can bring hidden benefits, even if I don't immediately see them.	0.901	4.471
I find joy and fulfillment in living out my purpose	0.897	4.471
I am confident that my needs will be met in both expected and unexpected ways.	0.882	4.529
I know that God accepts me just as I am, with unconditional and everlasting love, no matter my mistakes or flaws.	0.879	4.426
I am able to let go of worry, trusting that God will work	0.861	4.500

everything out for the best.		
I often feel like I'm part of a connected family that includes God, people, nature, and the world, all depending on each other and working together in harmony	0.859	4.500
I trust that God will always provide for my spiritual and physical needs, like food, shelter, and health.	0.781	4.309
I feel confident that I deserve and can achieve both God's purpose and my personal goals	0.714	4.324
I believe God created me for a special purpose—to make a positive difference in the lives of others	0.537	3.985

Table 5: Descriptive Statistics

Measure	Mean	SD	Min	Max
LAT Total	4.48	0.82	1.0	5.0
JPSAS	3.71	1.34	1.0	5.0
PSS	3.24	1.91	0.0	6.91
SWLS	9.03	2.55	1.67	11.67
FS	11.18	1.86	1.78	12.44

Subscales (LOVE) Analysis

Table 6: Subscale Reliability

Subscale	Cronbach's Alpha
Linkedness	0.934
Opulence	0.847
Valory	0.813
Equanimity	0.941

Subscale Correlations with External Measures

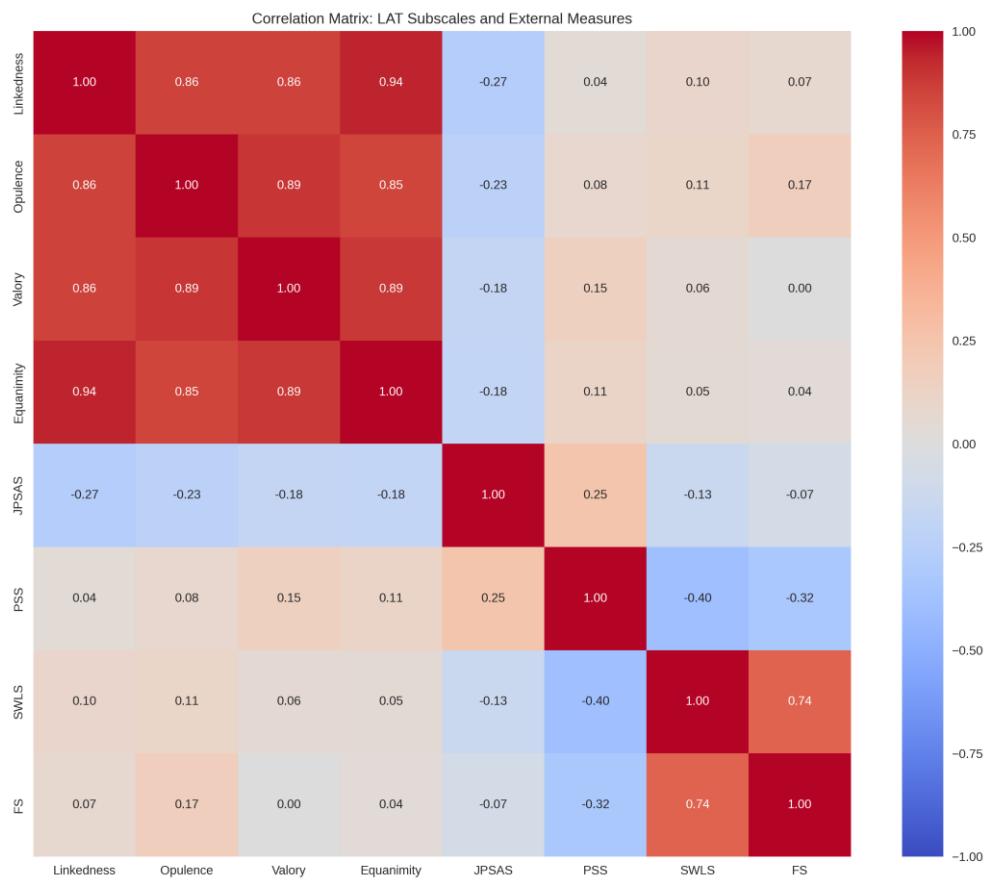


Figure 2. Correlation matrix for LAT subscales and external measures

Distribution and Correlations

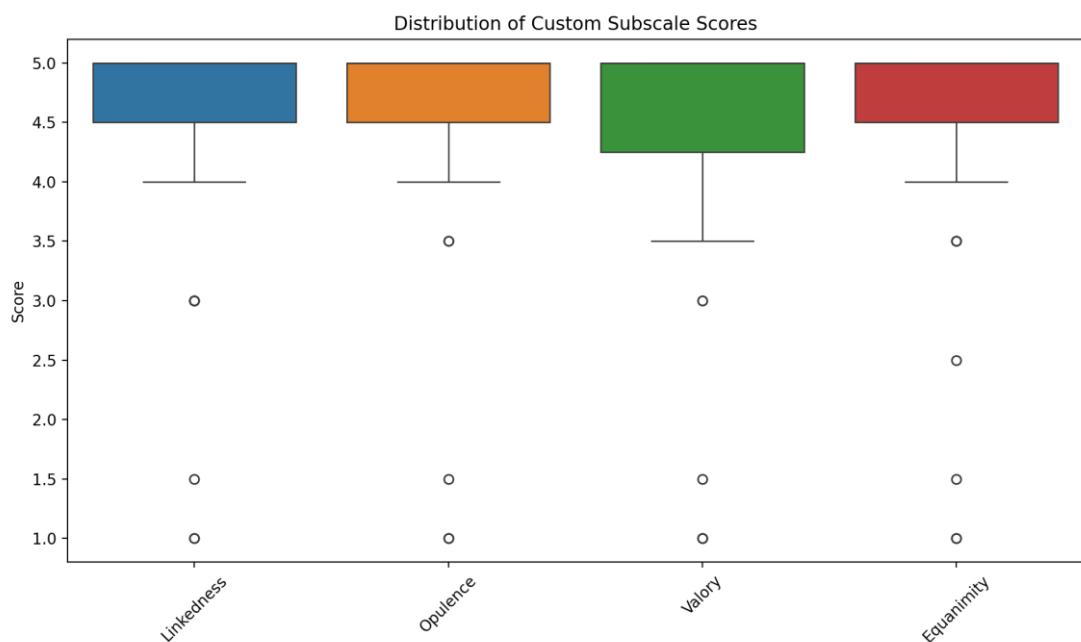


Figure 3. Distribution of subscale scores

Table 7: Subscales Descriptive Statistics

Subscale	Mean	SD
Equanimity	4.51	0.99
Opulence	4.48	0.93
Linkedness	4.47	1.01
Valory	4.41	1.03

Subscale Correlations for LAT Subscales and External Measures

Table 8: Effect Sizes

Measure	Cohen's d
JPSAS	-0.47
PSS	0.202
SWLS	0.171
FS	0.148

Table 9: 95% Confidence Intervals for Correlations

Measure	95% CI
JPSAS	-0.448 to 0.016
PSS	-0.147 to 0.336
SWLS	-0.162 to 0.322
FS	-0.173 to 0.312

Discussion

The validation analysis of the LOVE Assessment Tool (LAT) underscores its strong psychometric properties. The tool exhibits excellent internal consistency, with a total scale reliability of $\alpha = 0.968$ and subscale reliabilities ranging from $\alpha = 0.813$ to 0.941 . Discriminant validity is confirmed through an Average Variance Extracted (AVE) value of 0.626, which surpasses squared correlations with external measures. Weak to moderate correlations with external measures affirm the LAT's uniqueness in capturing constructs distinct from existing scales. Each subscale maintains its distinctiveness while aligning appropriately with external measures, supporting the multidimensional nature of the framework. Additionally, small to moderate effect sizes (Cohen's d) reinforce the tool's distinctiveness and utility in assessing its targeted constructs.

Conceptual Framework of the LOVE Model of Bliss (Flourishing)

The LOVE model provides a holistic framework for flourishing, encompassing four dimensions: **Linkedness, Opulence, Valory, and Equanimity**. Each dimension addresses a key aspect of personal and spiritual well-being, guiding individuals toward a life filled with meaning, resilience, and fulfillment.

Statistical analysis indicates that these LAT subscales represent distinct but related constructs, measured with similar levels of precision. This means that while each subscale captures a unique dimension of flourishing, they are interrelated and contribute cohesively to the overall concept of bliss.

Linkedness (Unconditional Acceptance and Belonging)

Linkedness reflects the deep sense of connection and belonging that arises from unconditional acceptance. It highlights the harmony between individuals, God, and the broader world.

Key beliefs associated with Linkedness include:

- Feeling part of an interconnected family that includes God, people, and nature, all working together in unity and harmony.
- Embracing one's identity as a beloved child of God, carrying His nature and character.
- Trusting in God's unconditional and everlasting love, which remains steadfast regardless of one's mistakes or imperfections.

Opulence (Divine Providence and Efficacy)

Opulence focuses on the assurance of divine provision and the belief in one's worthiness and ability to achieve material and spiritual abundance. It combines trust in divine providence with confidence in personal efficacy.

Key beliefs associated with Opulence include:

- Trusting that God will meet all spiritual and physical needs, such as health, shelter, and sustenance.
- Believing in one's worthiness and ability to achieve material abundance while fulfilling both God's purpose and personal aspirations.
- Maintaining faith that needs will be met in both expected and unexpected ways.

Valory (Life Purpose and Tranquillity)

Valory represents the pursuit of purpose and the peace that comes from living a meaningful life. It emphasizes alignment with God's will as a source of personal fulfilment.

Key beliefs associated with Valory include:

- Understanding one's life as divinely designed to make a positive impact on others.
- Finding fulfilment and joy in activities that align with God's will for your life.
- Experiencing profound satisfaction and tranquillity through living out one's purpose.

Equanimity (Courage and Resilience)

Equanimity embodies the courage to face life's challenges and the resilience to grow through them. It reflects a steadfast reliance on divine strength and a positive perspective on adversity.

Key beliefs associated with Equanimity include:

- Trusting God as a source of comfort and strength, ensuring no challenge is insurmountable.
- Letting go of worry, rooted in faith that God will work all things for good.
- Recognizing that challenges carry hidden benefits, even if they are not immediately apparent.

Integration and Flourishing

The LOVE model weaves together these dimensions—Unconditional Acceptance, Belonging, Assured Providence, Efficacy, Life Purpose, Tranquillity, Courage, and Resilience—to offer a pathway to bliss. The statistical analysis confirming that these subscales are distinct but related constructs at similar levels of precision means that while each dimension stands independently, they are deeply interconnected, working together to form a cohesive framework for flourishing. By embodying these principles, individuals can navigate life's complexities with a sense of divine connection, purpose, and empowerment, transitioning from mere existence to thriving in harmony with God's will (Maturlu, 2024a, 2024b).

Limitations and Future Research

The validation process of the LOVE Assessment Tool (LAT) highlights several areas requiring further investigation. While the tool demonstrates strong psychometric properties, its predictive validity remains unexplored (Maturlu, 2024b). As emphasised by Messick (1995), predictive validity is crucial for establishing a measure's practical utility. Further research is needed to assess its effectiveness in forecasting long-term outcomes like mental health improvements, relationship quality, and behavioural changes (Cronbach & Meehl, 1955).

The absence of test-retest reliability data raises questions about its temporal stability, a crucial aspect of psychological assessment tools (DeVellis & Thorpe, 2021). The sample demographics, while diverse in some aspects, present limitations: participants were predominantly from Black ethnic backgrounds (70.54%), Christian (79.46%), and highly educated (57.15% with bachelor's degrees or higher) (Maturlu, 2024b). While this diversity is a strength, it potentially limits the generalizability of findings to other ethnic, cultural, and educational groups, affecting the LAT's universality and cultural sensitivity (Sue & Sue, 2016).

The reliance on a cross-sectional design prevents causal inferences (Shadish et al., 2002), and self-reported data introduces potential response biases (Paulhus & Vazire, 2007). As suggested by Van de Vijver and Tanzer (2004), future studies should include broader demographic samples and explore the LAT's application across diverse cultural and religious contexts. Longitudinal studies, as recommended by Cohen et al. (2013), will help establish the tool's stability and predictive validity. Additionally, developing normative data for different populations will enhance the LAT's practical utility (Anastasi & Urbina, 1997).

Conclusion

The validation of the LOVE Assessment Tool offers significant theoretical and practical advantages, solidifying its position as a pioneering instrument in psychology and spirituality. By integrating concepts of attachment, spirituality, and adversity, the LOVE Model provides a comprehensive framework for flourishing that is deeply rooted in the Judeo-Christian tradition. The emphasis on agape—selfless and unconditional divine love—sets it apart from other psychological models, highlighting its capacity to examine the role of a secure spiritual attachment to God in fostering holistic well-being. This validation enhances the theoretical and practical applicability of the model's four constructs: Linkedness, Opulence, Valory, and Equanimity.

Clinicians can use the LAT to bridge the gap between spirituality and psychology, addressing historical neglect or misrepresentation of spiritual beliefs in mental health care. Evidence suggests that integrating spirituality into therapeutic practices can lead to better outcomes for spiritually inclined individuals. Beyond

clinical contexts, the LAT is equally relevant in educational, occupational, and community settings. It can support emotional intelligence and spiritual growth in educational programs, improve leadership and resilience in workplaces, and foster cohesion and trust among marginalised communities. These applications highlight the LAT's versatility as a tool for enhancing well-being across diverse domains.

The validation of the LAT also strengthens the LOVE Model's academic credibility and ensures its adaptability as a practical tool for fostering Bliss. This state of flourishing goes beyond temporary happiness, promoting deep and enduring well-being. The LAT thus becomes a vital resource for individuals and communities seeking both present fulfilment and enduring hope.

Conflicts of Interest

The authors declare that they have no conflicts of interest.

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Appendix

LOVE Assessment Tool (LAT)

Instructions

Please indicate the extent to which you agree or disagree with each of the following statements using the scale below:

1 = Strongly Disagree

2 = Disagree

3 = Somewhat Disagree

4 = Neutral

5 = Somewhat Agree

6 = Agree

7 = Strongly Agree

Items

1. I often feel like I'm part of a connected family that includes God, people, nature, and the world, all depending on each other and working together in harmony.
2. I am a beloved child of God, my Heavenly Father. I carry His nature and character within me.
3. I know that God accepts me just as I am, with unconditional and everlasting love, no matter my mistakes or flaws.
4. I trust that God will always provide for my spiritual and physical needs, like food, shelter, and health.
5. I am confident that my needs will be met in both expected and unexpected ways.

6. I feel confident that I deserve and can achieve both God's purpose and my personal goals.
7. I believe God created me for a special purpose—to make a positive difference in the lives of others.
8. I feel fully involved in activities that align with God's will, and I believe my life makes a positive impact.
9. I find joy and fulfillment in living out my purpose.
10. I trust God to be my source of comfort and strength, and I believe no challenge is too difficult with His help.
11. I am able to let go of worry, trusting that God will work everything out for the best.
12. I believe that challenges can bring hidden benefits, even if I don't immediately see them.

Scoring Instructions

Subscale Scores:

- **Linkedness:** Sum the scores for items 1–3.
- **Opulence:** Sum the scores for items 4–6.
- **Valory:** Sum the scores for items 7–9.
- **Equanimity:** Sum the scores for items 10–12.

Total Score:

- Add the scores from all four subscales to calculate the overall **LAT Total Score** (range: 12–84).

Scoring Interpretation:

Subscale Scores (Range: 3–21):

- **18–21 (High):** Strong alignment with the respective construct.
- **13–17 (Moderate):** Moderate alignment; areas for growth.
- **3–12 (Low):** Lower alignment; opportunities for reflection and development.
- **LAT Total Score (Range: 12–84):**
- **72–84 (High):** Strong overall alignment with the LOVE model, indicating flourishing across all dimensions.
- **48–71 (Moderate):** Balanced alignment; potential areas for improvement in specific subscales.
- **12–47 (Low):** Challenges in achieving alignment with the LOVE model; opportunities for personal and spiritual development.

By reflecting on both subscale and total scores, individuals can identify areas of strength and growth in their journey toward bliss and flourishing.