



Turkish Adaptation of Relationship Quality Scale: Validity and Reliability Study

İlişki Kalitesi Ölçeği'nin Türkçe Uyarlaması: Geçerlilik ve Güvenilirlik Çalışması

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ABSTRACT

Objective: The purpose of this study is to adapt to psychometric properties of the Relationship Quality Scale which was developed to evaluate the individual's perception of relationship quality in the current relationship, to Turkish culture.

Method: Validity and reliability analyses were analyzed with 371 participants (62.8% female, 37.2% male). Demographic Information Form, Relationship Quality Scale and The Relationship Assessment Scale were used as data collection tools. After the linguistic equivalence analysis of the scale, the validity analysis was started. Validity analyses were tested with construct and convergent validity. Confirmatory Factor Analysis (CFA) was utilized in the construct validity process. The Relationship Assessment Scale was used to convergent validity. Reliability analyses of the Relationship Quality Scale were evaluated with Cronbach's Alpha internal consistency coefficient and test-retest methods.

Results: The CFA results were found to be χ^2 value 71.31, $\chi^2 / df = 2.85$, RMSEA= 0.071, GFI= 0.96, CFI=0.99, NFI=0.99, AGFI= 0.93 and SRMR= 0.021 at 25 degrees of freedom. The factor loadings of the items were found to be between .63 and .89. CFA validated the unidimensional and 9-item structure of the Relationship Quality Scale. A positive and highly significant relationship was found between the Relationship Quality Scale and the Relationship Assessment Scale at the level of .89. The Cronbach's alpha coefficient was determined as .93. The test-retest reliability analysis result was 0.95.

Conclusion: The Relationship Quality Scale has psychometric properties at a level that can measure the relationship quality status of individuals regarding their current relationships and can be used in the relevant literature.

Keywords: Relationship quality, scale adaptation, validity, reliability

ÖZ

Amaç: Bu çalışmada; bireyin mevcut ilişkisindeki ilişki kalitesiyle ilgili algısını değerlendirmek için geliştirilmiş olan İlişki Kalitesi Ölçeği'nin Türk kültürüne uyarlaması yapılarak ölçeğin psikometrik özelliklerinin değerlendirilmesi amaçlanmıştır.

Yöntem: Geçerlik ve güvenilirlik analizleri 371 (%62.8 kadın, %37.2 erkek) katılımcıyla yapılmıştır. Veri toplama aracı olarak; Demografik Bilgi Formu, İlişki Kalitesi Ölçeği ve İlişki Doyum Ölçeği'nden yararlanılmıştır. Uyarlama sürecinde dilsel eşdeğerlik analizinden sonra geçerlik aşamasına geçilmiştir. Geçerlik analizleri; yapı ve benzer ölçek geçerliğiyle test edilmiştir. Yapı geçerliği sürecinde Doğrulamalı Faktör Analizi'nden (DFA) yararlanılmıştır. Benzer ölçek geçerliğini değerlendirmek için İlişki Doyum Ölçeği kullanılmıştır. İlişki Kalitesi Ölçeği'nin güvenilirlik analizleri; Cronbach Alfa iç tutarlık katsayısı ve test tekrar test yöntemleriyle değerlendirilmiştir.

Bulgular: DFA sonuçlarının 25 serbestlik derecesinde χ^2 değeri 71.31, $\chi^2 / df = 2.85$, RMSEA= 0.071, GFI= 0.96, CFI=0.99, NFI=0.99, AGFI= 0.93 ve SRMR= 0.021'dir. Maddelerin faktör yük değerlerinin .63 ile .89 arasında olduğu belirlenmiştir. DFA, İlişki Kalitesi Ölçeği'nin tek boyutlu ve 9 maddeden oluştuğu yapıyı doğrulamaktadır. İlişki Kalitesi Ölçeği ile İlişki Doyumu arasında .89 düzeyinde pozitif yüksek düzeyde manidar bir ilişki bulunmuştur. Güvenirlik analizinde; Cronbach Alfa katsayısı .93 şeklinde belirlenmiştir. Test tekrar test güvenilirlik analiz sonucu 0.95 şeklinde gözlenmektedir.

Sonuç: Yapılan analizler; İlişki Kalitesi Ölçeği'nin bireylerin mevcut ilişkileriyle ilgili ilişki kalitesi durumunu ölçebilecek düzeyde psikometrik özelliklere sahip olduğunu ve ilgili alanyazında kullanılabileceğini göstermektedir.

Anahtar sözcükler: İlişki kalitesi, ölçek uyarlama, geçerlik, güvenilirlik

Introduction

Romantic relationships are critically important for both individual and family well-being, and they have been a central focus of scientific research (Bradbury et al. 2000). For many individuals, romantic and marital relationships are perceived as the closest and most enduring forms of interpersonal connection (Chonody and Gabb 2019). These relationships reflect core aspects of personality and play a vital role in promoting individual well-being. The quality of a person's romantic relationship significantly influences both their physiological and psychological health (Hassebrauck and Fehr 2002, Braithwaite et al. 2010). Because relationships affect individual development and health, studying the quality of these relationships is important.

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Received: 07.03.2025 | **Accepted:** 29.07.2025

In the literature, a wide range of concepts is used to define the overall quality of romantic relationships (Graham et al. 2011). Relationship quality, one of the most frequently studied constructs in the field of close relationships, is often used interchangeably with the terms relationship satisfaction and marital satisfaction (Heyman et al. 1994, Graham et al. 2011). Researchers argue that relationship satisfaction and relationship quality are interchangeable concepts (Fincham and Bradbury 1987, Heyman et al. 1994). These two terms are generally considered synonymous in the literature (Fincham and Rogge 2010, Li and Fung 2011, Cepukienė 2019). Although reliable measurement tools exist in studies on partner relationships, researchers continue to develop new scales. The underlying reason for this issue is the conceptual confusion between relationship satisfaction and relationship quality (Cepukienė 2019). This confusion has led to the development of measurement tools that combine items related to both relationship satisfaction and relationship quality under a single construct. The lack of a comprehensive theoretical framework addressing this issue in the literature has contributed to the persistence of this confusion (Fincham and Rogge 2010, Cepukienė 2019). According to Cepukienė (2019), resolving this ambiguity requires clearly defining and operationalizing the concepts of relationship satisfaction and relationship quality based on their semantic foundations. A review of meta-analytical studies on relationship satisfaction reveals that this concept is often used interchangeably with terms such as quality, satisfaction, compatibility, and happiness (Farooqi 2014, Jardine et al. 2022). Furthermore, research indicates that the interchangeable use of the terms relationship satisfaction and relationship quality does not significantly affect study outcomes (Graham et al. 2006, Graham et al. 2011).

A review of the literature shows that there are several explanations regarding the concept of relationship quality. Relationship quality is defined as an individual's overall subjective evaluation of their romantic relationship (Körner et al. 2024). It is considered an indicator of the positive or negative emotions perceived by individuals toward their relationship (Morry et al. 2010) and encompasses the fulfillment of partners' expectations and needs at both emotional and functional levels (Gabb and Fink 2015, Chonody et al. 2018). Relationship quality can also be defined as a general assessment of the strength of the bond between two individuals (Dagger et al. 2009). Moreover, relationship quality serves as a fundamental indicator for understanding a couple's commitment to the relationship, its functioning, maintenance, and overall stability (Le et al. 2010).

In the existing literature, only a limited number of studies focus on the quality of the relationship between partners (Blom et al. 2023). Research has shown that the quality of close relationships has significant effects on subjective well-being (Myers and Diener 1995), psychological health (Beach et al. 2003), and parenting behaviors (Anayurt 2023). Studies also indicate that high-quality close relationships contribute to both mental and physical well-being, while low-quality relationships tend to increase stress and weaken well-being (Baumeister and Leary 1995, Uchino et al. 1996). Furthermore, high-quality close relationships have been found to predict better health outcomes and overall well-being (Sun 2021). In such relationships, individuals tend to report higher levels of positive emotions (Meyer et al. 2015) and sexual satisfaction (Van den Brink et al. 2018). Conversely, relationships characterized by low relationship quality are often marked by high levels of conflict, as well as emotions such as anger and hostility (Galliher et al. 2004). The literature also emphasizes that couples with high-quality marital relationships have a lower likelihood of divorce (Day et al. 2009). While low relationship quality is associated with various negative outcomes, high-quality relationships are linked to well-being and positive attitudes and behaviors among individuals, children, and families (Vaillant 2012). Russell and Wells (1994) assert that marital quality is by far the strongest predictor of happiness. It has been reported that approximately 50% of the variance in happiness can be explained by the quality of one's marriage (Hassebrauck and Fehr 2002). As seen, the quality of a person's romantic relationship significantly influences their overall quality of life. Therefore, understanding, identifying, and enhancing relationship quality is of great importance.

Although relationship quality plays a significant role in individuals' development and mental health, there is no consensus in the literature on how relationship or marital quality should be defined and measured (Hassebrauck and Fehr 2002). In order to support individuals in maintaining long-term relationships, assessing relationship quality is considered important from both research and applied perspectives (Chonody et al. 2018). To identify couples experiencing difficulties or seeking support in their relationships, and to assess their awareness of how their relationships function, researchers and relationship therapists have developed various relationship quality scales (Johnson 1995). One of the most prominent issues observed in nearly all of these scales is that the item content is not specific to the domain of relationship satisfaction or relationship quality (Hassebrauck and Fehr 2002). Moreover, most existing scales in the field have been validated using problem-focused samples or couples participating in therapy. Therefore, these scales are generally considered to serve a specific function. However, The Relationship Quality Scale developed by Chonody et al. (2018) offers an alternative perspective by aiming to assess the positive aspects of a relationship.

Chonody et al. (2018) advocate an approach that focuses on evaluating the positive aspects of an individual's current relationship by emphasizing its strengths. According to this perspective, a relationship consists of three dimensions: the degree of commitment present in the relationship, the presence of mutual enjoyment (including friendship), and feelings related to whether the partner is perceived as the 'right' person. Therefore, relationship quality is understood not as a static measure but rather as a contemporary, strength-based perspective that considers the dynamic and multifaceted nature of relationship experiences (Lee 2023).

Deciding which scale to use can be quite challenging for researchers aiming to measure relationship quality (Fletcher et al. 2000). The literature includes numerous scales developed to assess individuals' relationship status. However, it has been noted that the terminology used to define the constructs being measured often varies. Several instruments have been developed to measure satisfaction, quality, and status within romantic relationships. Among these are: the Perceived Relationship Quality Components Inventory which includes a 6-item short form adapted into Turkish through a study conducted with university students (Fletcher et al. 2000), the Golombok-Rust Inventory of Marital State designed to assess marital status and applicable to married couples (Rust et al. 1990) and the Romantic Relationship Assessment Inventory developed to evaluate individuals' perceptions of abuse in romantic relationships (Kılınçer and Tuzgöl Dost 2013). Additionally, various other scales developed throughout the 20th century have been used to evaluate the status of partners within romantic relationships. These scales include the Marital Adjustment Test (Locke and Wallace 1959), the Dyadic Adjustment Scale (Spanier 1976), the Kansas Marital Satisfaction Scale (Schumm et al. 1983), and the Relationship Assessment Scale (Hendrick 1988). As can be seen, several limitations exist in the relationship-related measurement tools developed in the literature. Specifically, many of these scales were designed exclusively for use with married individuals, include a large number of items, are outdated in some cases, and were not developed to assess relationship quality among both dating and married couples. Accordingly, the aim of this study is to adapt the Relationship Quality Scale which developed by Chonody et al. (2018) into Turkish and to examine its validity and reliability within this context. The Relationship Quality Scale was designed to assess individuals' perceptions of the quality of their current romantic relationship. Details regarding the scale adaptation process are presented below.

Method

Sample

The study sample consisted of 371 individuals who were dating, engaged, or married in 2021. In the initial stage of the Turkish adaptation of the Relationship Quality Scale, data were collected from 403 participants. Before beginning the analysis, boxplot and univariate outlier analyses were conducted. As a result, data from 25 participants were excluded from further analysis. This left a total of 378 participants. Before conducting the validity and reliability analyses, multivariate outliers were also examined. Based on Mahalanobis distance values, 7 additional participants were excluded from the dataset. All subsequent analyses were conducted with 371 participants (62.8% female, 37.2% male). Accordingly, the final research sample consisted of 371 individuals from a non-clinical population, including those who were dating ($n = 63$), engaged ($n = 19$), and married ($n = 289$). Of the participants, 233 were women and 138 were men. Participants' ages ranged from 18 to 65 years, with a mean age of $\bar{X} = 34.2$. The duration of participants' relationships was distributed as follows: less than 1 year ($n = 29$), 1–5 years ($n = 104$), 6–10 years ($n = 61$), and more than 10 years ($n = 177$). Participants' education levels were as follows: primary education ($n = 16$), high school ($n = 58$), university degree ($n = 226$), and postgraduate education ($n = 71$).

The normality of the data distribution was assessed. For this purpose, histogram plots were examined, and skewness and kurtosis values were calculated as part of the normality analysis. The skewness value was found to be -0.845, and the kurtosis value was 0.288. According to Tabachnick and Fidell (2007), data are considered normally distributed if skewness and kurtosis values fall within the range of -1.5 to +1.5.

Procedure

In order to use the data collection instruments planned for this study, the researchers contacted the original authors via electronic communication channels and obtained the necessary permissions. After receiving the required approvals, ethical clearance was obtained from the Ethics Committee of the Faculty of Social Sciences at Ankara University (Approval Date: 30.11.2020, Decision No: 157) to conduct the study and administer the scales. Participants were informed about the purpose and procedures of the study, provided with an informed consent form and encouraged to participate voluntarily.

To ensure a systematic adaptation process of the scale, the steps commonly accepted in the literature were followed. This study was conducted in accordance with The ITC Guidelines for Translating and Adapting Tests (Second Edition) published by the International Test Commission, as well as the criteria outlined by Sousa and Rojjanasrirat (2011). The steps followed in the adaptation process are detailed below.

In the first stage, the scale was translated from English into Turkish by a subject matter expert familiar with the field and proficient in English, along with English language specialists. In the second step, the resulting translations were compiled into a translation form using a scoring table. This form was then evaluated and scored by three additional subject matter experts who were different from the initial translators and had a strong command of the source language. Items that received a rating of 80% or higher were selected to form the Turkish version of the scale. In the third stage, Turkish language experts reviewed the Turkish version of the scale in terms of linguistic validity and confirmed its appropriateness. At this stage, two English language experts who had not previously seen the original version of the scale translated the finalized Turkish version back into English. In the fourth stage, the experts involved in the translation and back-translation process evaluated the back-translated items for semantic discrepancies compared to the original version. The experts concluded that the items were semantically equivalent and mutually consistent. At this stage, Jill Chonody was contacted, and her opinion regarding the evaluation process of the scale was obtained. Based on these evaluations, it was concluded that there were no significant semantic differences between the original and Turkish versions and the final Turkish version of the scale was established. Following the development of the Turkish version of the Relationship Quality Scale, a pilot study was conducted with 37 participants who were fluent in both languages and held at least a bachelor's degree, in order to assess linguistic validity. This sample consisted of participants who were in a romantic relationship such as dating, engaged, or married and had either completed English preparatory education during their undergraduate studies or completed their education in a foreign language. To assess linguistic validity, the Turkish version of the scale was administered first, followed by the English version two weeks later. Additionally, care was taken to ensure that the appearance and formatting of the two forms were consistent with each other. To evaluate the forms administered to the participants, a paired samples t-test was conducted, and Pearson correlation coefficients were examined. The results of the t-test indicated that there was no significant difference between the scores of the two forms, $t(36) = 0.052$, $p > .05$. A statistically significant correlation was observed between the Turkish version and the original version of the scale. The Pearson correlation coefficient between the two forms was found to be $r = .89$. These findings suggest that the Turkish version and the original version of the scale are linguistically equivalent and the linguistic validity of the adapted scale has been established. In the next phase of the study, the validity and reliability analyses related to the adaptation process of the Relationship Quality Scale were conducted.

Measures

During the research process, data were collected using the Demographic Information Form, the Relationship Quality Scale and the Relationship Assessment Scale.

Demographic Information Form

This form was developed by the researcher to gather demographic information about the participants. Information regarding participants' gender, age, educational background, type of romantic relationship, and relationship duration was collected within the study group.

The Relationship Quality Scale

The Relationship Quality Scale developed by Chonody et al. (2018) measures individuals' perceptions of the quality of their current romantic relationship. The scale can be administered to individuals who are married, cohabiting, engaged or in a dating relationship. The Relationship Quality Scale includes items that assess the degree of commitment exists, the presence of mutual enjoyment (including friendship), and the feeling that one's partner is the "right" person. During the scale development process, twenty-six items were written to reflect these constructs. Thirteen of these items focused on commitment and companionship, while the remaining thirteen addressed behaviors related to the individual's relationship with their partner. The research data were primarily collected from a cross-sectional sample drawn from a combined dataset representing 60 different countries with the majority of participants from the United Kingdom, the United States, and Australia. An exploratory factor analysis leading into confirmatory factor analysis using structural equation modeling resulted in a final 9 items. The scale consists of 9 items and represents a single-factor structure. It is a 5-point Likert-type scale with items rated from 1 (strongly disagree) to 5 (strongly agree). Higher scores on the scale indicate a higher perceived quality of the relationship. The scale includes one reverse-scored item and the

Cronbach's alpha coefficient for internal consistency is .89. Bartlett's test of sphericity ($\chi^2 = 14,780.16$, $df = 36$, $p < .001$) and Kaiser-Meyer-Olkin (KMO)'s measure of sample adequacy were excellent (KMO = .928).

The Relationship Assessment Scale

The Relationship Assessment Scale was developed by Hendrick (1988) to measure relationship satisfaction. The Turkish adaptation of the scale was adapted by Curun (2001). During the adaptation process, data were collected from university students who were in emotional (romantic) relationships. The scale consists of 7 items which is structured as a unidimensional scale, and uses a 5-point Likert-type. Higher scores on the scale indicate greater romantic relationship satisfaction. Curun (2001) reported a Cronbach's alpha coefficient of .86 for the Turkish version.

Statistical Analysis

For the data analysis process, SPSS version 29.0 and LISREL version 8.7 statistical software were used. Correlation and reliability analyses were conducted using SPSS 29.0, while Confirmatory Factor Analysis (CFA) was performed using LISREL 8.7. As the final step of the scale adaptation process, analyses of validity and reliability were conducted. Validity analyses were tested with construct and convergent validity. Construct validity was tested to determine whether the scale accurately measures the intended construct and serves the specified purpose. Confirmatory Factor Analysis (CFA) was conducted to evaluate the construct validity of the Relationship Quality Scale. Additionally, convergent validity was examined by comparing it with the Relationship Assessment Scale (Hendrick 1988) which has demonstrated established reliability and validity. The correlation between the two scales was analyzed to assess the extent to which they measure similar constructs. Reliability analyses of the Relationship Quality Scale were evaluated with Cronbach's Alpha internal consistency coefficient and test-retest methods. The following section presents the findings from the validity and reliability analyses.

Results

Validity Analysis

Construct Validity

In order to determine the construct validity of the Relationship Quality Scale, CFA was examined. In scale adaptation studies, CFA is considered more appropriate than Exploratory Factor Analysis (EFA) (Kline 2005). CFA allows for the evaluation of a pre-specified hypothesis or theory regarding the relationships among variables (Büyüköztürk 2002, Field 2009). Based on the fit indices obtained through CFA, it is possible to assess whether the factors in the scale have a valid structure. The results of the Confirmatory Factor Analysis (CFA) conducted for the Relationship Quality Scale are presented in Figure 1.

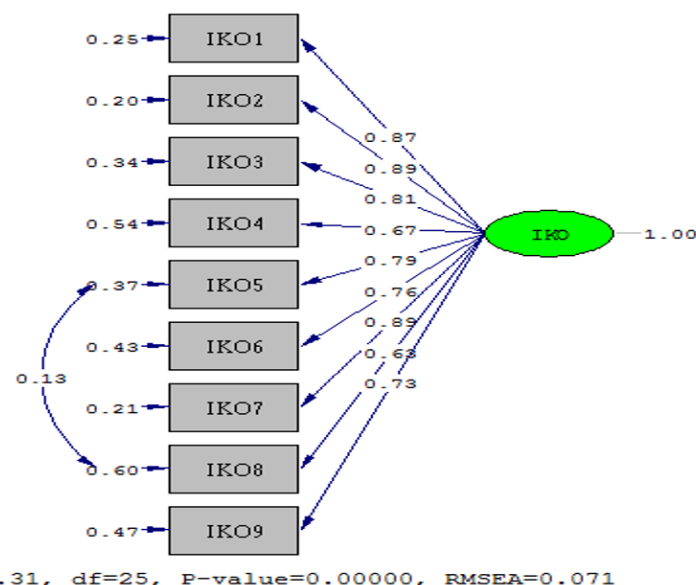


Figure 1. CFA results for the Relationship Quality Scale (Abbreviated as IKO)

The fit indices for the Relationship Quality Scale are shown in Table 1. The fit indices for the Relationship Quality Scale are presented in Table 1. The following fit indices were examined to assess model fit: Chi-square (χ^2), degrees of freedom (df), X2/Df, Adjusted Goodness-of-Fit Index (AGFI), Goodness-of-Fit Index (GFI), Normed Fit Index (NFI), Comparative Fit Index (CFI), Root Mean Square Error of Approximation (RMSEA), and Standardized Root Mean Square Residual (SRMR).

Table 1. Fit indices and CFA results for the Relationship Quality Scale									
	X2	Df	X2/df	AGFI	GFI	NFI	CFI	RMSEA	SRMR
Before modification	121.58	27	4.50	0.89	0.93	0.98	0.98	0.097	0.025
After modification	71.31	25	2.85	0.93	0.96	0.99	0.99	0.071	0.021

Chi-square (χ^2), degrees of freedom (df), X2/Df, Adjusted Goodness-of-Fit Index (AGFI), Goodness-of-Fit Index (GFI), Normed Fit Index (NFI), Comparative Fit Index (CFI), Root Mean Square Error of Approximation (RMSEA), and Standardized Root Mean Square Residual (SRMR).

The literature indicates that the simultaneous use of positively and negatively worded items such as the inclusion of reverse-coded items in a measurement instrument can lead to error variance (Goodboy and Martin 2020, Harrington 2009). Therefore, after the CFA, items with high error covariances were paired based on modification index values (Item 8–Item 5). The factor analysis results presented in Table 1 were found to fall within the acceptable range of fit indices (Klein 2005). The CFA results were found to be χ^2 value 71.31 ($p < .01$), $\chi^2 / df = 2.85$, RMSEA= 0.071, GFI= 0.96, CFI=0.99, NFI=0.99, AGFI= 0.93 and SRMR= 0.021 at 25 degrees of freedom.

As shown in Figure 1 and Table 2, the factor loadings of the items in the scale range from .63 to .89. In the literature, factor loadings of 0.60 and above are considered high while those ranging from 0.30 to 0.59 are regarded as moderate (Büyükoztürk 2002). According to Harrington (2009), factor loadings of 0.71 and above are described as excellent, 0.63 as very good, 0.55 as good, 0.45 as acceptable, and 0.32 as poor. The items of the Relationship Quality Scale, along with their descriptive statistics, item-total correlations, and factor loadings, are presented in Table 2.

Table 2. Descriptive statistics, item-total correlations and factor loadings of Relationship Quality Scale				
	Mean	Standard Deviation	Item-Total Correlations	Factor Loadings
Item1	4.25	.77	.83	.87
Item2	3.80	.95	.84	.89
Item3	3.93	1.06	.77	.81
Item4	4.17	.80	.63	.67
Item5	4.24	.83	.78	.79
Item6	3.90	.96	.73	.76
Item7	3.65	1.07	.86	.89
Item8	4.05	.88	.63	.63
Item9	4.04	.84	.71	.73

The construct validity of the Relationship Quality Scale was examined through CFA and the results indicated that the values were within the acceptable range. Following this, the convergent validity of the scale was assessed.

Convergent Validity

As part of the validity analyses conducted during the adaptation of the Relationship Quality Scale into Turkish convergent validity was also utilized. Convergent validity is based on the assumption that a scale developed or adapted to measure a particular construct should exhibit a high correlation with another scale that measures the same construct or dimension. For assessing the convergent validity of the Relationship Quality Scale, the Relationship Assessment Scale which originally developed by Hendrick (1988) and adapted into Turkish by Curun (2001), was employed. A significant positive and high correlation of .89 ($p < 0.01$) was found between the Relationship Quality Scale and the Relationship Assessment Scale. Based on these findings, it can be stated that the Relationship Quality Scale is a valid instrument for use in the literature. Following the validity analyses, the next section presents the findings obtained from the reliability analysis of the Relationship Quality Scale.

Reliability Analysis

In the reliability analyses of the Relationship Quality Scale, Cronbach's alpha internal consistency coefficient and test-retest analysis were employed. The Cronbach's alpha coefficient of the Relationship Quality Scale was reported as .89 by Chonody et al. (2018). During the adaptation process, the Cronbach's alpha coefficient was found to be .93. In the literature, a reliability value above 0.60 is generally considered adequate (Kılıç 2016,

Özgülven 1994), while an internal consistency coefficient value of 0.70 is regarded as acceptable (Creswell 2005). In this context, the Cronbach's alpha coefficient of the Relationship Quality Scale can be acceptable.

Test-retest reliability analysis was also examined as part of the reliability studies for the Relationship Quality Scale. In this analysis, the period between the two applications is expected to be 2-6 weeks depending on the measured feature. In the test-retest method, at least 30 data should be included and the correlation coefficient should be between -1.00 and +1.00 (Tavşancıl 2005). Therefore, the test-retest reliability analysis of the Relationship Quality Scale was conducted on 45 people at 15-day intervals. As a result of the analysis, the test-retest reliability was 0.95 ($p < 0.01$).

Discussion

In this study, the Relationship Quality Scale developed by Chonody et al. (2018) was adapted into Turkish, and its psychometric properties were evaluated. As part of the study, a linguistic equivalence analysis was conducted. To assess the construct validity of the Relationship Quality Scale, both CFA and convergent validity analysis were employed. The reliability of the scale was examined through Cronbach's alpha internal consistency and test-retest analyses. The CFA results indicated that the fit indices demonstrated a good level of model fit and were within acceptable limits. The analysis of convergent validity revealed a strong positive correlation between the Relationship Quality Scale and the Relationship Assessment Scale. Furthermore, both the Cronbach's alpha coefficient and the test-retest reliability coefficient were found to be high. Based on these findings, the Relationship Quality Scale can be considered a valid and reliable measurement tool. The scale consists of a single factor with 9 items, and all items were found to function as intended, consistent with the original version of the scale.

Romantic interactions are among the most significant interpersonal relationships in contemporary cultures. These relationships involve emotional and physical intimacy and enable couples to jointly organize and manage familial, occupational, and personal responsibilities. Therefore, it is important for researchers and field experts to assess this construct using adequate and valid measurement instruments (Nunes et al. 2022). Individuals in high-quality relationships generally experience greater levels of satisfaction, commitment, intimacy, passion, and love (Fletcher et al. 2000). Couples with higher relationship quality are reported to have a lower likelihood of divorce (Amato and James 2010), whereas individuals in lower-quality relationships are more likely to experience increased risk of divorce (Fowers and Olson 1986, Fowers et al. 1996). Research also suggests that relationship quality has a positive impact on psychological well-being (Myers 2000, Argyle 2001). Furthermore, individuals' perceptions and evaluations of their relationships are considered important in the development or persistence of mental health problems (Meuwly et al. 2012).

In the field of social sciences, self-report instruments are commonly used to measure a wide range of variables. Similarly, the assessment of individuals' relationship quality and satisfaction often relies on self-report methods, and it has been noted that researchers may find it challenging to decide which measurement tool to use (Graham et al. 2011). Moreover, it has been emphasized that existing instruments designed to evaluate individuals' relationships may not be sufficiently effective or sensitive (Funk and Rogge 2007, Fincham and Rogge 2010). Therefore, it is important for researchers and professionals in the field to assess the construct of relationship quality using adequate and valid measurement tools. Understanding how individuals build lasting partnerships is considered essential for both scientific research and practical applications. As an integral part of this process, measuring relationship quality is a fundamental necessity (Chonody et al. 2018). Assessing the quality of one's relationship with a spouse or romantic partner is also crucial for understanding the nature of such relationships and for designing intervention programs aimed at enhancing relationship outcomes.

Scales with established reliability and validity for assessing relationship quality are considered essential tools for researchers (Araz et al. 2019). In the literature, several instruments have been developed to measure satisfaction, quality, and other aspects of romantic relationships (e.g., Perceived Relationship Quality Components Inventory, Golombok-Rust Inventory of Marital State, Romantic Relationship Assessment Inventory, Marital Adjustment Scale, Dyadic Adjustment Scale, Kansas Marital Satisfaction Scale, and the Relationship Assessment Scale). However, some limitations have been noted regarding these instruments. Many were developed specifically for use with married individuals, include a large number of items, are outdated, or were not designed to assess relationship quality in both dating and married couples. Accordingly, the literature highlights the need for a contemporary, brief, easy to administer, and empirically validated scale for measuring relationship quality.

The findings show that the Relationship Quality Scale is a valid and reliable tool for assessing how individuals perceive the quality of their current romantic relationships. Its short items and simple, one-dimensional

structure make it easy to use. This study also contributes to the literature by supporting the assessment of relationship quality and encouraging future experimental and correlational research in this area.

This study has several limitations. The data were collected cross-sectionally using a criterion sampling method which may limit the generalizability of the results. Although the sample included individuals who were dating, engaged or married, the distribution among these groups was not homogeneous. This uneven distribution may restrict the scale's validity and reliability across different relationship statuses and types. In particular, the scale was predominantly administered to married participants, it is important to conduct separate analyses for dating and engaged individuals to assess the scale's psychometric properties within those relationship types. Future studies are recommended to use more balanced and diverse sample groups that represent various relationship statuses. This would help improve the generalizability of measurements related to relationship quality. Additionally, longitudinal data collection is encouraged in future research. Longitudinal studies could provide deeper insights into the dynamics of relationship quality and satisfaction over time. Furthermore, the adapted Relationship Quality Scale could be evaluated in conjunction with other psychological or relational variables to broaden its application and utility in future research.

Conclusion

Romantic relationships play a significant role in individual development and have a direct impact on both physiological and psychological well-being. To support individuals in sustaining long-term relationships, it is essential to assess relationship quality from both research and applied perspectives. The findings of this study demonstrate that the Relationship Quality Scale is a psychometrically suitable instrument for evaluating individuals' perceptions of their current romantic relationships within the Turkish culture. The scale has acceptable standards of validity and reliability. This study is expected to serve as a guiding resource for evaluating individuals' romantic relationships and to contribute meaningfully to the relevant literature.

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Authors Contributions: The author(s) have declared that they have made a significant scientific contribution to the study and have assisted in the preparation or revision of the manuscript

Peer-review: Externally peer-reviewed.

Conflict of Interest: No conflict of interest was declared.

Financial Disclosure: No financial support was declared for this study.

Acknowledgment: This study is derived from a part of the first author's doctoral dissertation titled 'Determinants of Parenting Behaviors of Individuals with Children in the Preschool'

Addendum 1. Turkish Version of Relationship Quality Scale

Please read the following statements about your relationship with your current partner and indicate your level of agreement with the statements.

	Kesinlikle Katılmıyorum	Katılmıyorum	Kararsızım	Katılıyorum	Kesinlikle Katılıyorum
1. İlişkimizden memnunum.	1	2	3	4	5
2. Bu, hep hayalini kurduğum ilişkidir.	1	2	3	4	5
3. Zamanla birbirimizden uzaklaştık.	1	2	3	4	5
4. Bu ilişkinin yürümesi için elimden ne geliyorsa yaparım.	1	2	3	4	5
5. Birbirimizin arkadaşlığından keyif alırız.	1	2	3	4	5
6. Partnerim genellikle ihtiyaçlarımın farkındadır.	1	2	3	4	5
7. Partnerimin ruh eşim olduğunu düşünüyorum.	1	2	3	4	5
8. Partnerim beni güldürür.	1	2	3	4	5
9. Partnerimle ortak değerlere sahibiz.	1	2	3	4	5

Scoring of the Scale

Total score is used in the scale.

There is a reverse coded item in the scale (item 3)

Each item is given a score from one to five.

High scores obtained from the scale indicate that relationship quality is high.