





## Investigation of the Psychometric Properties of the Persian Version of the Relationship Flourishing Scale

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### ABSTRACT

**Objective:** This study aimed to validate the Persian version of the Relationship Flourishing Scale (RFS) on a sample of married Iranian students.

**Method:** The study was descriptive-correlational and applied in nature. The sample consisted of 352 individuals (89% female), selected through multi-stage cluster sampling. The data collection tools included the Fowers et al.'s Relationship Flourishing Scale (2016), Adams et al.'s Sexual Mindfulness Questionnaire (2015), and the short form of Booth et al.'s Marital Instability Questionnaire (1989). Data analysis was performed using SPSS26 and AMOS24 software, utilizing descriptive statistics and confirmatory factor analysis (Cronbach's Alpha, Pearson correlation, and construct validity and reliability).

**Findings:** The results of the confirmatory factor analysis were satisfactory, confirming the psychometric properties of the Relationship Flourishing Scale. The factor structure of the questionnaire, consisting of four factors (having meaning, shared goals, personal growth, and being in a relationship), was validated. Cronbach's Alpha calculated for the overall questionnaire was 0.83, and for the factors having meaning, shared goals, personal growth, and being in a relationship, it was 0.82, 0.83, 0.89, and 0.80 respectively, confirming the construct reliability. Fit indices (GFI = 0.90, NFI = 0.92, CFI = 0.94, TLI = 0.91, CMIN/df = 4.92) were within acceptable ranges, and construct validity was confirmed.

**Conclusions:** The factor structure of the original English version of the Relationship Flourishing Scale was replicated, and satisfactory internal reliability was found. Consequently, the translated Persian version of the Relationship Flourishing Scale can serve as a valid tool for assessing the quality of marital relationships in research and clinical settings within the Iranian community.

**Keywords:** Relationship, Flourishing, Psychometric Properties,

### 1. Introduction

Marriage and a satisfying marital relationship are among the most significant factors in the growth and

dynamics of individuals' lives. Marital relationship quality is considered a critical component affecting individual and family well-being (Krys et al., 2019). In recent years, with

the industrialization of countries, the expansion of social networks, and significant cultural changes such as women's employment and financial independence, the necessity of couple relationships for survival needs has decreased. The concept of marital satisfaction has shifted towards fulfilling each other's psychological needs and compassionate love (Coontz, 2005). Couples now expect that in committed marital relationships, each individual should contribute to their partner's self-actualization (Finkel et al., 2014). Changes in the main reasons for divorce in Iran, from violence and severe conflicts to feelings of loneliness, lack of mutual understanding, and absence of communication skills, support this shift (Honarian & Younesi, 2011; Kalantari et al., 2011). Specifically, a satisfying and robust relationship is described where mutual support, effective communication, and consensus exist (Kiani et al., 2022). A quality marital relationship creates common life goals and values (Abedini Chamgordani & Niknejadi, 2022). High-quality marital relationships lead to positive effects such as increased self-confidence and mental health (Safaei Rad et al., 2019). Conversely, research indicates that the absence of empathetic relationships and supportive behaviors and failure to achieve common meaning in life lead to consequences like decreased flourishing and marital disillusionment (Mahmoodpour et al., 2020). Ineffective marital relationships have negative impacts on mental health, such as increased symptoms of depression and anxiety, and adverse physical health outcomes (Bahmani-makavandzadeh & Amanuelahi, 2018; Goldfarb & Trudel, 2019; Kohi et al., 2014). Therefore, in couple and family counseling research, special attention should be given to factors that enhance the quality of marital relationships, aiming to not only elevate individual well-being but also promote relational flourishing among couples.

Well-being is defined as a combination of positive feelings and optimal functioning in various life aspects (Ryff et al., 2021). From this perspective, well-being can be addressed from two viewpoints: hedonistic and eudaimonic (Sedighi Arfaee et al., 2021; Wissing et al., 2021). The hedonistic view, derived from the ancient philosophies of Aristippus and Epicurus (4th century BCE), is based on the premise that inherent good is characterized by increased pleasure and avoidance of pain (Delle Fave et al., 2011). In contrast, eudaimonia can be found in Aristotle's works (4th century BCE), suggesting that humans are meaning-making, self-assessing, and highly social beings (Delle Fave et al., 2011). Eudaimonic well-being includes self-acceptance, positive relations with others, autonomy, mastery over the

environment, and personal growth (Ryff et al., 2021). Talevich, Reed, Walsh, et al. (2017) describe eudaimonic well-being in three components: the first is meaning, which pertains to individuals' feelings about the significance of life and their world (Talevich et al., 2017). Heine, Proulx & Vohs (2006) interpret the meaning of life as understanding who we are, our place in the world, and the design for which we were created (Heine et al., 2006). The second component is goals, reflecting life purposes and future orientations, or in other words, the situations that individuals seek to attain, maintain, or avoid (Thorsteinsen & Vittersø, 2018). The third component, positive interpersonal relations, is crucial for optimal human functioning and refers to aspects such as mutual trust, companionship, support, concern, and care (Fowers et al., 2016). An example of interpersonal well-being is marital well-being, which primarily concerns the relationships between family members and how couples' life satisfaction is achieved (Krys et al., 2019). If couples have effective relationships and engage in meaningful activities aimed at personal growth and shared goals and meaning, relational flourishing is achieved (Fowers et al., 2016).

Given the importance of the eudaimonic aspect in sustaining positive changes, endurance, and enhancing the quality of marital relationships (Hawkins et al., 2008; Moshtaghi, 2018), research in this area is crucial. The aim of this study is to assess the psychometric properties of the Persian version of the Relationship Flourishing Scale. This scale, developed by Fowers et al. in 2016 with twelve items, is designed to measure the quality of marital relationships (Fowers et al., 2016). The results of exploratory and confirmatory factor analysis indicate satisfactory construct validity. This scale is designed to assess the eudaimonic dimension of well-being at the level of couples' relationships. Factor analysis results show that this scale encompasses four components: having meaning (striving to find common meaning in life's challenges), personal growth (helping to maximize each other's potential and abilities), shared goals (finding and striving for common goals), and granting relationships (having warm and reliable interpersonal relationships) (Fowers et al., 2016). Various questionnaires have been designed or validated internationally for assessing marital relationships, such as the Positive Feelings Questionnaire PFQ and the Positive and Negative Relationship Quality PN-RQ (Rogge et al., 2017); however, research shows that these questionnaires assess the hedonistic aspect of flourishing, while the Relationship Flourishing Scale examines the eudaimonic aspect. Additionally, tools exist in the domain of eudaimonic

flourishing of relationships, such as the Partner Affirmation Questionnaire (Derogatis et al., 2002), the Marital Adjustment Questionnaire (Khojasteh Mehr et al., 2018), the Self-Sacrificing Behaviors SBS Questionnaire (Khojasteh Mehr et al., 2017), and the Forgiveness in Marriage FMS Questionnaire (Khojasteh-Mehr et al., 2010) that only consider one aspect of the eudaimonic dimension; however, the Relationship Flourishing Scale encompasses various aspects of the eudaimonic dimension. The primary goal of the current research is to examine the psychometric properties of the Relationship Flourishing Scale in the Iranian community and to answer the following research questions: 1) Does the Relationship Flourishing Scale have satisfactory fit? 2) Does the Relationship Flourishing Scale possess adequate reliability and validity?

## 2. Methods

### 2.1. Study design and Participant

The present study was conducted using a descriptive correlational method to validate the instrument and its implementation. The population included all students from Tehran University and Alzahra University, selected through random cluster sampling. The sampling method involved initially selecting Alzahra University due to the cultural diversity of its students and Tehran University as the main university with both male and female students to facilitate generalizability. Subsequently, a list from both universities was prepared, and based on it, eight faculties were randomly selected from both Tehran University and Alzahra University. The selected faculties included Engineering, Literature and Humanities, Biology, Mathematics from Tehran University; and Theology, Physics and Chemistry, Educational Sciences and Psychology, Physical Education and Sports Sciences from Alzahra University. From each selected faculty, six classes were randomly chosen. Married students in these classes responded to three questionnaires: the Relationship Flourishing Scale (Fowers et al., 2016), Sexual Mindfulness (Adam et al., 2015), and Marital Instability (Booth et al., 1983). Consent from students and being married were criteria for inclusion in the research.

### 2.2. Measures

#### 2.2.1. Relationship Flourishing

This scale was developed by Fowers et al. (2016) with twelve items across four subscales: having meaning, shared goals, personal growth, and relationship presence. Each

subscale comprised three items. The scale is designed with a five-point Likert scale ranging from never (1) to always (5). An example of the items on this scale is "My spouse has helped me grow in ways that I couldn't have on my own." No items on this scale are scored in reverse. The results of exploratory and confirmatory factor analysis confirmed the construct validity of this scale. In the research by Fowers et al. (2016), the construct reliability was validated using Cronbach's alpha coefficient ( $\alpha = 0.93$ ) and construct validity through factor analysis (CFI = 0.9, RMSEA = 0.07, CMIN/df = 3.1) (Fowers et al., 2016). The results from the convergent validity test with the Couple Satisfaction Index (CSI) (Funk & Rogge, 2007) showed a positive correlation, and with the Marital Instability Index (MII) (Booth et al., 1985), a significant negative correlation was observed. For the assessment of face validity, the Relationship Flourishing Scale was initially translated into Persian, and semantic equivalence between the Persian and English versions was established by the research team. Afterward, the Persian version was back-translated by two experts familiar with the English language and necessary revisions were made. Then, to assess participants' understanding of the content and structure of the scale and its practical feasibility, the scale was preliminarily implemented in a random sample group of 30 individuals from the target population, and final modifications were made by replacing terms that were conceptually easier to understand.

#### 2.2.2. Sexual Mindfulness

This scale was developed by Adam et al. (2015) with nineteen items across five subscales. The subscales include observing (four items), describing (four items), acting with awareness (four items), non-judging (three items), and non-reacting (three items). This scale is designed with a five-point Likert scale from never (1) to always (5). An example of the items on this scale is "I easily feel my emotions during sexual activity." Items 2, 3, 6, 8, 9, 14, 16, 19 are scored in reverse (Adam et al., 2015). In the study by Adams et al. (2015), the obtained Cronbach's alpha coefficient ( $\alpha = 0.88$ ) confirmed the construct reliability, and the results from the convergent validity showed that this scale had a positive relationship with the Mindfulness Scale (Baer et al., 2006) and a significant negative relationship with the revised Women's Sexual Stress Scale (Derogatis et al., 2002). The translation of this scale in Iran was conducted using the Brislin translation method (1986), and its reliability was

confirmed by Cronbach's alpha (0.89). In the current study, Cronbach's alpha ( $\alpha = 0.83$ ) was also obtained.

### 2.2.3. Marital Instability

This is a short-form version of the Marital Instability Scale by Booth et al. (1983), consisting of five items and no subscales. This scale is designed with a four-point Likert scale from never (0) to in the last three years (3), which in this study was replaced with the term always. An example of an item from this questionnaire is "Have you seriously discussed the idea of divorce with your spouse in the last three years?" No items in this questionnaire are scored in reverse. In the study by Booth et al. (1983), the construct reliability was confirmed by Cronbach's alpha ( $\alpha = 0.87$ ) (Booth et al., 1983). This scale was first used in Iran by Yaripour (2000), and its reliability was confirmed by Cronbach's alpha (0.7) (Khamsehei, 2007). In the current study, Cronbach's alpha ( $\alpha = 0.85$ ) was also obtained.

### 2.3. Data Analysis

To evaluate the face validity of the Persian version of the Relationship Flourishing Scale, two translators and experts familiar with both English and Persian were asked to translate the twelve items, which were then back-translated into English by a third translator for semantic alignment. Thirty married students from Alzahra and Tehran universities were selected as a small sample from the target population and asked to respond to the translated version of the items. Afterward, opinions about the writing style and clarity of the items were sought, necessary changes were made, and the final version was prepared for the study. Following the content validity procedures, the validated questions were prepared on a reputable online questionnaire creation site, and the link was sent to volunteer students.

Data analysis was conducted using inferential and descriptive statistics. To calculate content validity, the Content Validity Ratio (CVR) and the Content Validity Index (CVI) were used. Cronbach's alpha was used to evaluate the internal reliability of the questionnaire, and Pearson correlation was employed to assess convergent and divergent validity in SPSS-26. For construct validity

assessment, confirmatory factor analysis was performed using AMOS-24 software.

## 3. Findings and Results

A total of 407 married students from Tehran University and Alzahra University completed the Relationship Flourishing Scale. After removing outlier and indifferent data, the sample size was reduced to 352 participants. The average age of participants was 30.4 years with a standard deviation of 7.91 years. Of these, 314 participants (89.2%) were female and 38 (10.8%) were male. Regarding the duration of their marriages, 68 participants (19%) had been married for less than one year, 136 participants (38.6%) for one to five years, 75 participants (21.3%) for five to ten years, and 73 participants (20.7%) for more than ten years. The majority, 332 participants (94.3%), were in their first marriage, and 20 participants (5.7%) were in their second marriage. As for children, 143 participants (40.6%) had no children, 132 participants (37.5%) had one child, 64 participants (18.2%) had two children, and 13 participants (3.7%) had three or more children. The field of study for more than half of the participants, 202 individuals (57.4%), was humanities, 108 participants (30.7%) were in basic sciences, 36 participants (10.2%) were in technical and engineering sciences, and 6 participants (1.7%) were in other fields. Regarding educational level, 10 participants (2.8%) held a diploma, 11 participants (3.2%) held an advanced diploma, 134 participants (38.1%) had a bachelor's degree, 160 participants (45%) had a master's degree, and 37 participants (10.2%) were at the doctoral level.

For the assessment of qualitative content validity, eight experts in counseling and psychology agreed that the items of the scale fully represented the content area of relationship flourishing. Quantitative content is measured using the Content Validity Ratio (CVR) and the Content Validity Index (CVI) (Cook & Beckman, 2006). The CVR value (necessity) and CVI (clarity, simplicity, and relevance) for each item should be greater than 0.7 (with eight experts). As seen in Table 1, the content validity of all items was confirmed.

**Table 1**

*Content Validity Ratios (CVR) and Content Validity Index (CVI) of the Relationship Flourishing Scale Items*

Row	Item	CVR Necessity (1-3)	CVR Simplicity (1-4)	CVI Relevance (1-4)	CVI Clarity and Transparency (1-4)
1	I achieve greater success in reaching important goals with my spouse's help.	0.7	1	0.8	1
2	My spouse and I pursue activities that help us grow as a couple.	0.7	1	0.8	1
3	My spouse has helped me grow in ways I could not have on my own.	0.7	1	1	1
4	I value sharing my personal thoughts with my spouse.	1	1	1	1
5	When making important decisions, I consider whether it will be good for our relationship.	0.7	1	1	1
6	It's easy for me to do things that keep our relationship strong.	1	1	1	1
7	Talking with my life partner helps me see many issues in a new and different light.	0.8	1	1	1
8	It's important to me to celebrate my spouse's successes.	1	1	1	1
9	I do everything I can to improve my relationship with my spouse.	1	1	1	1
10	My spouse shows interest in things that are important to our relationship.	1	1	1	1
11	We do things that are deeply meaningful to us as a couple.	1	1	1	1
12	When my spouse needs to talk, I make time for them.	1	1	1	1

**Table 2**

*Means and Standard Deviations for the Factors and Items of the Relationship Flourishing Scale*

Row	Item	Mean	Standard Deviation
1	I achieve greater success in reaching important goals with my spouse's help.	4.3	1.06
2	My spouse and I pursue activities that help us grow as a couple.	3.97	1.18
3	My spouse has helped me grow in ways I could not have on my own.	3.68	1.29
4	I value sharing my personal thoughts with my spouse.	4.02	1.13
5	When making important decisions, I consider whether it will be good for our relationship.	4.27	0.94
6	It's easy for me to do things that keep our relationship strong.	3.92	0.96
7	Talking with my life partner helps me see many issues in a new and different light.	4	1.05
8	It's important to me to celebrate my spouse's successes.	4.27	0.98
9	I do everything I can to improve my relationship with my spouse.	4.53	0.69
10	My spouse shows interest in things that are important to our relationship.	4.09	1
11	We do things that are deeply meaningful to us as a couple.	4.07	1.04
12	When my spouse needs to talk, I make time for them.	4.37	0.83

The data for this study were entered into SPSS 26, and confirmatory factor analysis was performed in AMOS 24. It was confirmed that there were no missing data. The skewness and kurtosis of the data, obtained using AMOS, fell within the normal range ( $\pm 2$  and  $\pm 5$  respectively), indicating a normal distribution of data (Tabachnick et al., 2013). Mahalanobis distance was used to identify outliers, with the criterion that the highest Mahalanobis numbers divided by the number of questionnaire items should not exceed 4. Items exceeding this ratio were removed from the data (Tabachnick et al., 2013).

To determine the validity of the Relationship Flourishing Scale and confirm its four-factor structure, confirmatory

factor analysis steps were performed. The necessary sample size for confirmatory factor analysis is considered to be 5 to 20 times the number of scale items. Given the scale included twelve items, the sample size was estimated at 20 times the number of items, or 240 participants. However, considering potential data loss and the nature of the research, the sample was increased to 352 participants. The initial step involved examining the factor loadings of each item, which should not be negative, exceed 1, or be less than 0.4; otherwise, the item would be removed from the analysis. The results, as shown in Figure 1, indicated that all items met these conditions, so no items were removed. The results of the confirmatory factor analysis confirmed the four factors of the Relationship



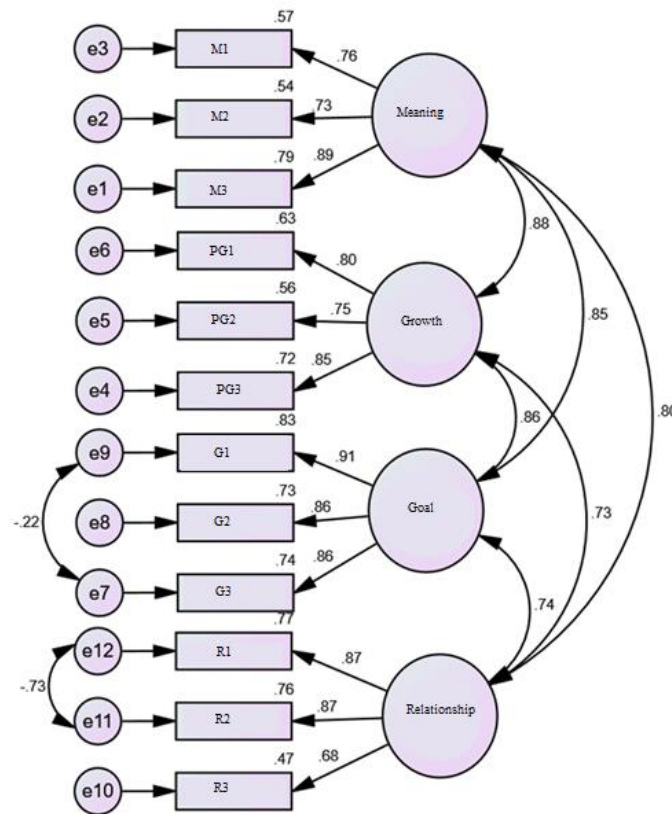
Flourishing Scale (having meaning, personal growth, shared goals, and relationship presence). These factors correlated positively with each other, less than 0.9 ( $p > 0.01$ ), indicating that according to the theoretical basis, the four factors assess one construct but are distinct from each other. As seen in Figure 1, the highest correlation was between personal growth and having meaning (0.88), and the lowest was between personal growth and relationship presence (0.73).

Finally, convergent validity (CV), composite reliability (CR), and Cronbach's alpha were examined. The Average Variance Extracted (AVE) method, which indicates acceptable convergent validity if  $AVE > 0.5$ , was used to

calculate the convergent validity of the four factors of the Relationship Flourishing Scale. As shown in Table 4, the AVE values obtained were 0.6 and 0.7, indicating acceptable convergent validity. Composite reliability and Cronbach's alpha were used to assess internal consistency and reliability of the four factors of the Relationship Flourishing Scale. Composite reliability and Cronbach's alpha greater than 0.7 indicate internal consistency and reliability of the variables (Tabachnick et al., 2013). CR values ranged from 0.94 to 0.96, and Cronbach's alpha ranged from 0.80 to 0.89, indicating acceptable composite reliability and internal consistency (Table 3).

**Figure 1**

*Factor Loadings*



**Table 3**

*Composite Reliability (CR), Average Variance Extracted (AVE), and Cronbach's Alpha for the Four Factors of the Relationship Flourishing Scale*

Factor	Cronbach's Alpha	AVE	CR
Having Meaning	0.82	0.6	0.94
Personal Growth	0.89	0.7	0.95
Shared Goals	0.83	0.6	0.95
Relationship Presence	0.80	0.6	0.96

**Table 4**

*Correlations Between the Studied Variables*

Variable	1	2	3	4	5	6
1) Having Meaning	1					
2) Personal Growth	.82**	1				
3) Shared Goals	.85**	.91**	1			
4) Relationship Presence	.84**	.79**	.82**	1		
5) Marital Instability	-.65**	-.67**	-.71**	-.61**	1	
6) Sexual Mindfulness	.67	.61	.67	.6	-.56**	1

As reported in Table 4, in the assessment of concurrent validity, the correlation between the scores for the factors of Having Meaning, Personal Growth, Shared Goals, and Relationship Presence with the Sexual Mindfulness Scale were .67, .61, .67, and .6, respectively, indicating a significant positive correlation was found between the four factors of the Relationship Flourishing Scale and Sexual Mindfulness. Furthermore, the correlation between the scores for the factors of Having Meaning, Personal Growth, Shared Goals, and Relationship Presence with the Marital Instability Scale were -.65, -.67, -.71, and -.61, respectively, indicating a significant negative correlation exists between the four factors of the Relationship Flourishing Scale and the variable of Marital Instability.

**4. Discussion and Conclusion**

This research was conducted with the aim of examining the psychometric properties of the Relationship Flourishing Scale among Iranian couples. After obtaining permission from the scale designer, the scale was translated by experts familiar with the English language. Then, quantitative and qualitative content validity was assessed. The results showed that the Relationship Flourishing Scale has satisfactory content validity index and content validity ratio according to experts in the field of counseling and family psychology. Additionally, the results of face validity indicated that the questionnaire items were understandable to participants. According to the theoretical framework of Fowers et al. (2016), the construct validity of this study showed that the four dimensions of having meaning, being in a relationship, personal growth, and shared goals of the Relationship Flourishing Scale have a confirmed factor structure (Fowers et al., 2016); in that, the factor loadings of all items were greater than 0.4 and the model had a good fit. Consequently, all dimensions and items of the Relationship Flourishing Scale were retained. Also, Cronbach's alpha coefficients, internal consistency, and average variance extracted indicated satisfactory reliability and validity of the scale,

which can demonstrate that Iranian respondents have a similar understanding of the Persian version of the Relationship Flourishing Scale to respondents of the English version. The results are consistent with the research by Fowers et al. (2016), and thus the Relationship Flourishing Scale can be used among Iranian couples (Fowers et al., 2016).

According to the hypotheses of the research, Pearson correlation analysis showed that relationship flourishing and the factors of meaning (defined by efforts to find common meaning in life's challenges), personal growth (defined by helping to maximize each other's potential and abilities), shared goals (defined by shared overall or specific goals and efforts to achieve them), and granting relationships (defined by having warm and reliable interpersonal relationships and mutual support) have significant and positive correlations with sexual mindfulness, which is interpreted as being present in the moment and awareness and acceptance of each other during sexual relations. This scale has satisfactory convergent validity. This finding aligns with studies (Leavitt et al., 2019; Leavitt et al., 2021). Research has shown that mindfulness has a positive relationship with finding meaning in life (Chu & Mak, 2020). Based on these findings, it can be said that there is a similar relationship between sexual mindfulness and relationship flourishing, which emphasizes the meaning within the relationship. Couples who invest time and show attention during sexual relations may create a space where self-centered attitudes and behaviors are less prevalent, and more genuine awareness emerges. Khaddouma et al. (2017) and Burpee & Langer (2005) reached similar conclusions that improving mindfulness skills brings marital satisfaction (Khaddouma et al., 2017). Mindful awareness and acceptance during sexual relations may help spouses avoid common conflicts and misunderstandings in sexual relations (Leavitt et al., 2019). As explained by the theoretical model of Karremans et al. (2017), the nature of judgmental thoughts and feelings in a relationship can be controlled through mindful acceptance

practice (Karremans et al., 2017). For example, if a sexual experience does not meet one's expectations, a mindful individual may evaluate the experience as disappointing but does not reflect on the performance of the relationship; while a less mindful individual may doubt the efficacy of the relationship. A mindful approach facilitates a more effective response that enhances meaning and personal growth (Deci & Ryan, 2012). Moreover, when couples are aware of their feelings and the details of their sexual interactions, they likely feel more connection, empathy, and purpose in the relationship (Leavitt et al., 2019).

Additionally, the results from correlation analysis showed that relationship flourishing and its four factors have a significant negative correlation with marital instability. Explaining this finding, it can be said that relationship flourishing occurs when couples are able to define a meaningful life, develop personal growth, and share goals (Fowers et al., 2016), and conversely, when couples abandon committed relationships and experience feelings of loneliness, failure, and disappointment, marital instability occurs (Ghafari & Seidi, 2022). In line with these results, research by Mohammadi et al. (2016) shows that training in skills that help self-growth and empathy and problem-solving can lead to reduced burnout and increased stability in marital life (Mohammadi et al., 2016). Research indicates that relationship flourishing is associated with altruistic interpersonal relationships, mutual support, sharing of positive emotions, meaning in life, mental health, marital vitality, and problem-solving skills (Wissing et al., 2021), and conversely, marital instability is associated with a lack of common meaning and goals, low and ineffective communication levels, and marital conflicts (Yucel, 2016). Explaining this relationship further, it can be said that not having common meaning and a satisfactory relationship with a spouse leads to reduced empathy and intimacy among couples, which in turn reduces marital satisfaction and leads to marital instability.

The Relationship Flourishing Scale may have particular value in interventional research. For example, the effects of relationship education often appear negligible when offered to satisfied couples, but are effective when presented to distressed couples (Halford et al., 2017; Hawkins et al., 2008). Small effects in satisfied couples may indicate that the upper end of assessment tools is not sensitive to existing measures for improving relationship quality. Future research should evaluate the effects of relationship training using the Relationship Flourishing Scale with couples who have at least a moderate level of satisfaction.

## 5. Suggestions and Limitations

One limitation of this research is that it was confined to students from Tehran and Alzahra universities and thus cannot be generalized to other parts of Iran. Additionally, data collection was done through self-reporting, which is prone to bias; therefore, it is recommended that this questionnaire be evaluated among other universities and different societal groups in future research. Moreover, in addition to questionnaires, other data collection methods such as interviews should be used to ensure greater assurance. The findings indicate that the translated Relationship Flourishing Scale has acceptable psychometric properties and is a suitable measure for examining relationship flourishing among married Iranian couples, which psychologists and counselors can use in this field.

## Authors' Contributions

All authors have contributed significantly to the research process and the development of the manuscript.

## Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

## Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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## Declaration of Interest

The authors report no conflict of interest.

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## Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.



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