LAI

Love Addiction Inventory (LAI)

The LAI is a brief self-report questionnaire designed to identify addictive manifestations in romantic relationships. It typically explores core dimensions of addiction as applied to the romantic bond, such as pervasive preoccupation with the partner, loss of control, distress in the event of separation or unavailability, continuing the relationship despite its negative consequences, and difficulty reducing these behaviors or thoughts. In clinical practice, it can help screen for addictive emotional dependence and guide further assessment of relational functioning, attachment, impulsivity, self-esteem, and possible dynamics of psychological abuse. It is a screening tool, not a diagnosis on its own.

Number of questions	24 questions
Estimated duration	9 minutes
Language	English
Original name	Love Addiction Inventory
Target audience	Adults
Authors	Costa et al. (2021)
Category	Emotional dependency

Preview of the 24 questions

How often do you...

Feel the urgent need to meet with your partner

Never | Rarely | Sometimes | Often | Very often

How often do you...

Try to urgently see your partner

Never | Rarely | Sometimes | Often | Very often

How often do you...

Feel the urgent need to be with your partner

Never | Rarely | Sometimes | Often | Very often

How often do you...

Feel the urgency of wanting to be in the company of your partner

Never | Rarely | Sometimes | Often | Very often

How often do you...

Feel agitated when you are not with your partner

Never | Rarely | Sometimes | Often | Very often

Scoring & interpretation

Items are usually rated on a 5-point Likert-type scale. Add up the scores to obtain a total score; a higher score indicates more marked love addiction symptoms. Interpretation should remain cautious, as there is no universally established diagnostic cutoff, and should be integrated with the clinical interview and the assessment of functional impact.