

Supplementary Materials

File S1. Questionnaire Development

The study employed both standardized instruments and an author-developed questionnaire. The author-developed questionnaire comprised five thematic sections assessing attitudes toward love, marriage, sexuality, parenthood, and cohabitation. Most items included in the sections on marriage, sexuality, parenthood, and cohabitation were developed on the basis of the educational materials prepared by Komorowska-Pudło [29]. Several items were adapted directly, others were modified for the purposes of the present study, and the remaining items were developed by the authors. Prior to the main study, the questionnaire was pilot-tested, and minor wording modifications were introduced to improve the clarity of selected items. Because the instrument was developed specifically for the purposes of this exploratory study, no formal psychometric validation was performed before its application.

Attitudes toward love were assessed using Wojciszke 21-item Love Questionnaire, based on Sternberg's triangular theory of love [6,30]. The original seven-point response format was adapted to a five-point Likert scale to ensure consistency across all questionnaire sections. Relationship quality was evaluated using the standardized Marital Bond Scale (Skala Więzi Małżeńskiej, SWM) developed by Szopiński [31], whereas the importance of personal values was measured using the Scheler Values Scale (SWS) developed by Brzozowski [32]. The scores obtained with the SWM and SWS were subsequently used to examine their associations with participants' attitudes toward love, marriage, sexuality, parenthood, and cohabitation.

File S2. Questionnaire Items Used in the Study

Stable Vision of Love Scale

Item No.	Questionnaire Item
2	Love is an act of will and a conscious choice, whereas being in love is not.
8	Love is not merely a feeling but an attitude toward one's partner that integrates thoughts, emotions, and behaviors.
13	Love is primarily oriented toward giving rather than receiving.
14	Love requires self-discipline and personal development.

Unstable Vision of Love Scale

Item No.	Questionnaire Item
3	True love is sudden, intense, and short-lived.
4*	Faithful and lifelong love exists.
9	Love ends when sexual desire disappears.
11	Love cannot last forever.

- Reverse-coded item.

File S3. Additional Statistical Information

For clarity and readability, only statistically significant correlations ($p < 0.05$) were presented in the main manuscript tables. Due to the exploratory nature of the study, correction for multiple comparisons was not applied and the findings should therefore be interpreted with caution.

Table S1. Factor loadings for the exploratory factor analysis.

Exploratory factor analysis (EFA) was conducted using principal axis factoring with oblimin rotation. The Kaiser–Meyer–Olkin (KMO) measure indicated borderline acceptable sampling adequacy (KMO = 0.52), and Bartlett’s test of sphericity was statistically significant ($\chi^2 = 143.28$, $p < 0.001$), supporting the suitability of the data for exploratory factor analysis. The two-factor solution explained 32.9% of the total variance. Due to the exploratory nature of the study and the relatively small sample size, the factor structure should be interpreted cautiously and requires replication in larger samples.

Item No.	Questionnaire Item	Factor 1:	Factor 2:
		Unstable Vision of Love	Stable Vision of Love
2	Love is an act of will and a conscious choice		
3	True love is sudden, intense, and short-lived		
4*	Faithful and lifelong love exists		
8	Love is not merely a feeling but an attitude		
9	Love ends when sexual desire disappears		
11	Love cannot last forever		
13	Love is primarily oriented toward giving		
14	Love requires self-discipline and personal development		

Note: Factor loadings ≥ 0.30 are typically interpreted as meaningful.