Visual abstract: Development and Validation of the Assessment Inventory on relationship Risks and Resources (AIRR)

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Key Research Question
How to assess and interpret risks and resources in romantic relationships?

Background and objective
In couple therapy, a conceptualization of the couple’s key strengths and concerns is often an important clinical task. The AIRR is a multidimensional yet brief self-report measure of relationship health.

Design and method
- Sample: 1,371 representative Danish Citizens, 18-69 years of age, living with romantic partner
- Data: Online Survey, self-reports
- Analyses: Exploratory and confirmatory factor analyses with split-data design

Conclusion and implications
Findings support that the AIRR reliably assesses relationship risks and resources. The AIRR is a flexible tool for case formulation and for measuring progress or effects.