Individual Oriented Relationship Education

**PURPOSE**
To understand intervention effects on adjustment, emotion regulation, and distress for individuals who received RE using the WMR curriculum.

### DEMOGRAPHICS

- **INCOME PER MONTH**
  - $0-$200: 8%
  - $201-$1000: 22%
  - $1001-$2000: 31%
  - $2001+$: 29%

- **EMOTIONAL STATUS**
  - Working Full-time: 32%
  - Not Working: 68%

- **ETHNICITY**
  - Latinx: 60.5%
  - White: 42.8%
  - Other-Identified: 26.7%
  - Black/AA: 25.1%

- **INCOME PER MONTH**
  - $0-$500: 34%
  - $500-$1000: 30%
  - $1001-$2000: 25%
  - $2001+: 11%

### TREATMENT

- **Treatment group** received 12 hours of RE over 4 weeks.
- **Waitlist control group** received 8 hours of RE after completing the 6 month follow-up assessments.

- **Treatment**
  - Treatment group received the Career Pathways Programs at 90 & 180 days.
  - Treatment group received the Career Pathways Programs at 30 & 90 days.

- **Waitlist**
  - Waitlist control group received the Career Pathways Programs at 30 & 90 days.
  - Waitlist control group received the Career Pathways Programs at 90 & 180 days.

### RESULTS

- Psychological distress & difficulty with emotion regulation decreased over time.
- Statistically significant difference was found for increased positive encouragement for the parent-child relationship subscale.
- No significant change was found for family adjustment over 6 months, however, participants reported improved parental adjustment.

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