Impact of Relationship Education on Couple Functioning

To explore how relationship education workshops improved couples’ relationships, parenting, and individual functioning.

### RECRUITMENT

Project Harmony was a randomized-controlled trial that included a six-month wait list. All study participants were recruited from the greater Orlando, Florida area. It is during the study enrollment appointment where couples were randomly assigned in real-time to either program A (the intervention group), or program B (the wait-list control). The enrollment appointment was conducted in a group with other couples representing a cohort. Cohorts were tracked throughout the study so that appropriate timing for data collection could be implemented.

#### Recruitment Strategies

**Active recruitment strategies included a team of recruiters who regularly visited:**
- local county health departments
- libraries
- women infants and children (WIC) waiting rooms
- back to school and other community events

**Passive recruitment strategies included:**
- Couples learning about Project Harmony from previous participants
- The project website
- Other social media websites (i.e. Facebook and Instagram)
- Fliers posted throughout the community

### Reasons Couples Did Not Attend

- Changes to work schedules
- Unexpected issues with children (e.g., illness)
- Not being able to navigate rush-hour traffic in order to reach the facility in time for the start of the workshop.

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<tr>
<th>Couples initially screened during recruitment</th>
<th>Total sample of everyone</th>
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<td>7,093</td>
<td>2836</td>
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### Changes to work schedules

#### Individual Psychological Distress

Improvements in emotional regulation and individual psychological distress immediately after completing the intervention.

#### Positive Experience

Reported by 99% of couples who completed the program services.

#### Program Recommendation

92% of couples did, or would, recommend the program to family or friends.

### DISCLAIMER

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