



Strengthening Families, Communities, and a Nation – One Marriage at a Time

Research Resources: Marriage and Relationship Education

a. Youth

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b. Singles

Nielsen, A., Pinsof, W., Rampage, C., Solomon, A. H., & Goldstein, S. (2004). Marriage 101: An integrated academic and experimental undergraduate marriage education course. *Family Relations*, 53(5), 485-494.

c. Premarital/Engaged

Carroll, J. S., & Doherty, W. J. (2003). Evaluating the effectiveness of premarital prevention programs: A meta-analytic review of outcome research. *Family Relations*, 52(2), 105-118.

Hicks, M. W., McWey, L. M., Benson, K. E., & West, S. H. (2004). Using what premarital couples already know to inform marriage education: Integration of a Gottman model perspective. *Contemporary Family Therapy*, 26(1), 97-113.

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Ridley, C. A., & Sladeczek, I. E. (1992). Premarital relationship enhancement: Its effects on needs to relate to others. *Family Relations*, 41, 148-153.

Williams, L. M., Riley, L. A., Risch, G. S., & Van Dyke, David T. (1999). An empirical approach to designing marriage preparation programs. *The American Journal of Family Therapy*, 27, 271-283.

d. Married Couples

Ballard, S. M., & Morris, M. L. (2005). Factors influencing midlife and older adults' attendance in family life education programs. *Family Relations*, 461-472.

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Leon, K., & Angst, E. (2005). Portrayals of stepfamilies in film: Using media images in remarriage education. *Family Relations*, 54, 3-23.

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e. Low-income Couples

Ooms, T., & Wilson, P. (2004). The challenges of offering relationship and marriage education to low-income populations. *Family Relations*, 53(5), 440-447.

f. Research

Ade-Ridder, L. (1985). Quality of marriage: A comparison between golden wedding couples and couples married less than fifty years. *Lifestyles: A Journal of Changing Patterns*, 7, 224-237.

Adler-Baeder, F., Higginbotham, B., & Lamke, L. (2004). Putting empirical knowledge to work: Linking research and programming on marital quality. *Family Relations*, 53(5), 537-546.

Dion, M.R. (2005). Healthy marriage programs: Learning what works. *The Future of Children*, 15(2), 139-156.

Gardner, S. P., Giese, K., & Parrott, S. M. (2004). Evaluation of the Connections: Relationships and Marriage curriculum. *Family Relations*, 53(5), 521-527.

Jakubowski, S. F., Milne, E. P., Brunner, H., & Miller, R. B. (2004). A review of empirically supported marital enrichment programs. *Family Relations*, 53(5), 528-536.