

# PREPARE ENRICH

• *building strong marriages* •

4/01/11

## Healthy Marriages Data Summary by type

Pre and post-test comparisons were run to evaluate if there were positive changes in Communication, Conflict Resolution, Financial Management and Overall Couple Satisfaction as measured on the PREPARE/ENRICH and Couple Checkup assessment (Larson & Olson, 2008).

### Pre-Test versus Post-Test on Couple Scores (MARRIED COUPLES)

Couple Scores are based on the percentage of Positive (healthy) Agreement with the items in each scale by both partners.

A pre-test was run for 70 married participants and compared to a group of 70 who completed a post-test.

- The group mean on the Communication scale increased from 27.71 to 42.57 at the post-test.
- Couple Conflict Resolution scores increased from 22.86 at the pre-test to 34.71 at the post-test.
- Finance scores increased from 38.14 to 46.43 post-test.
- Couple Relationship Satisfaction scores increased from 40.91 at pre-test to 48.29 at the post-test.

### Pre-Test versus Post-Test on Couple Scores (NONMARRIED COUPLES)

Couple Scores are based on the percentage of Positive (healthy) Agreement with the items in each scale by both partners.

A pre-test was run for 45 participants and compared to a group of 45 who completed a post-test.

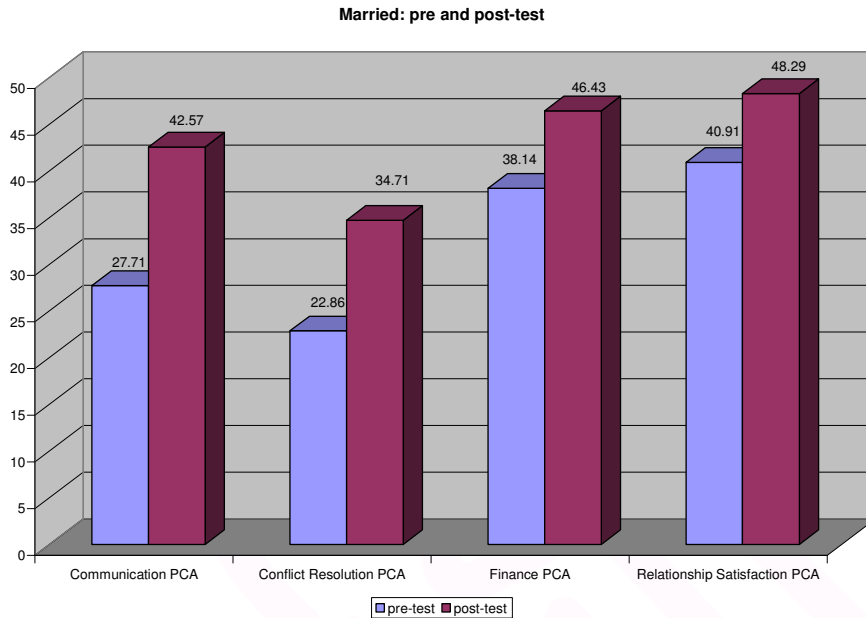
- The group mean on the Communication scale increased from 49.11 to 59.11 at the post-test.
- Couple Conflict Resolution scores increased from 38.0 at the pre-test to 48.44 at the post-test.
- Finance scores increased from 45.78 to 56.0 at post-test.
- Couple Relationship Satisfaction scores increased from 48.56 at pre-test to 60.44 at the post-test.

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In summary, this program demonstrates positive outcomes at the couple level for communication, conflict resolution, financial management and overall relationship satisfaction.

## MARRIED COUPLES



## UNMARRIED COUPLES

