



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.

Couples initially screened during recruitment

7,093

Individuals included in primary analytic sample

1,355

Total sample of everyone

2836

Randomized sample of Couples

1,418

## Impact of Relationship Education on Couple Functioning

One of the largest tests of community-based relationship education



### 1 Improved Overall Stress Communication

Six months after random assignment; Five months after completing the intervention.

### 2 Improved Individual Distress

Individuals reported significant improvements in emotional regulation and individual psychological distress immediately after completing the intervention.

### 3 Parenting

Parents reported significant improvements in working as a team up to three months after the intervention.



### 4 Negative Communication

Couples showed significant improvement in negative communication immediately after completing the intervention.

### 5 Conflict Resolution

Significant improvements in conflict resolution among couples immediately after completing the intervention.

### 6 Quality Time

Quality time (e.g. Laughter and participating in enjoyable activity together) significantly improved with couples immediately after completing the intervention.

### 7 Positive Experience

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



### 8 Program Recommendation

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