

Individual Oriented Relationship Education

PURPOSE

To understand intervention effects on

ADJUSTMENT
EMOTION REGULATION
DISTRESS

for individuals who received RE using the WMR curriculum



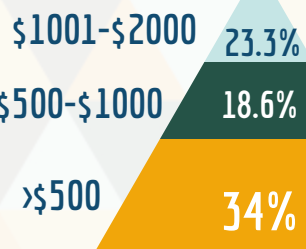
322 PARTICIPANTS



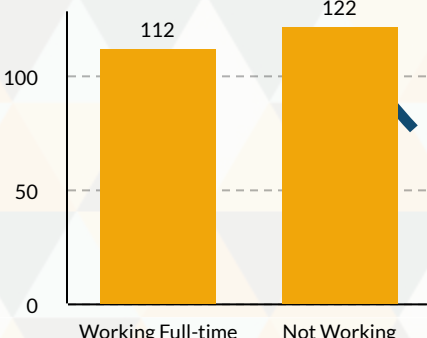
Sub-sample of recruited participants from a randomized controlled trial receiving RE

DEMOGRAPHICS

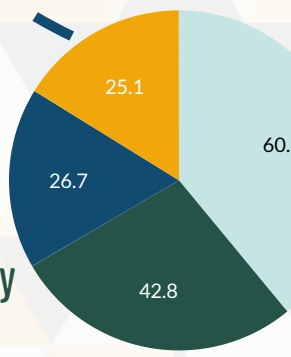
INCOME PER MONTH



EMPLOYMENT STATUS



Ethnicity



90% Women

9.6% Men

Single n= 181

In A Relationship n= 141

Relationship Status



TREATMENT



Treatment group received 12 hours of RE over 4 weeks

12:4

Waitlist control group received 8 hours of RE after completing the 6 month follow up assessments.

8:6

30

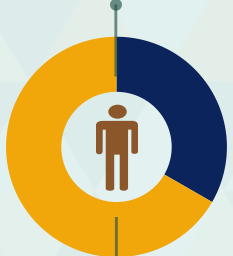
Waitlist control group received the Career Pathways Programs at 30 & 90 days

90

Treatment group received the Career Pathways Programs at 90 & 180 days

180

RESULTS



INDIVIDUAL



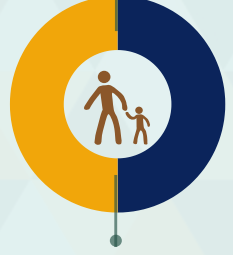
Psychological distress & difficulty with emotion regulation decreased over time.



PARENT



Statistically significant difference was found for increased positive encouragement & for the parent-child relationship subscale.



FAMILY



No significant change was found for family adjustment over 6 months, however, participants reported improvement on parental adjustment.



DISCLAIMER: This research was supported by a grant (90FM0078) from the U.S. Department of Health and Human Services (USDHHS), Administration for Children and Families, Office of Family Assistance. Any opinions, findings, conclusions, or recommendations are those of the authors and do not necessarily reflect the views of the USDHHS, Office of Family Assistance