

**Northwest Family Services (NWFS) "Long" Survey Results from  
October 2012 to March 2013  
for Formative Evaluation of the  
Community-Centered Healthy Marriage and Relationship Grant  
from the Office of Family Assistance (OFA)**

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## Preface

In April of 2013, a semi-annual report was prepared for the Office of Family Assistance (OFA) that documented results from October 2012 to March 2013 for the Northwest Family Services (NWFS) Community-Centered Healthy Marriage and Relationship (CC-HMR) project. That report included information from the following key questions related to primary objectives for all the allowable activities, obtained from a "short" questionnaire or from Section 1 of a "long" questionnaire:

- |   |       |      |
|---|-------|------|
| 1. Have your communication skills improved?           | 1=Yes | 2=No |
| 2. Have your conflict resolution skills improved?     | 1=Yes | 2=No |
| 3. Have your abuse <u>prevention</u> skills improved? | 1=Yes | 2=No |
| 4. Have your budgeting / financial skills improved?   | 1=Yes | 2=No |
| 5. Has your attitude toward marriage improved?        | 1=Yes | 2=No |

These questions were asked of participants in the following "Allowable Activities" (AA):

AA2. Education in high schools on the value of healthy marriages, healthy relationship skills, and budgeting.

AA3. Marriage education, marriage skills, and relationship skills programs, that may include parenting skills, financial management, conflict resolution, and job and career advancement, for non-married pregnant women and non-married expectant fathers.

AA4. Pre-marital education and marriage skills training for engaged couples and for couples or individuals interested in marriage.

AA5. Marriage enhancement and marriage skills training programs for married couples.

AA6. Divorce reduction programs that teach healthy relationship skills.

As shown below, **almost all participants indicated that their skills improved in at least one area, and many improved in several areas:**

<b>Oct. 2012 to March 2013</b>						
<b>Summary of "Short" Questionnaire Results</b>						
Percentage of those who answered, who improved:						
	Communication	Conflict resolution	Abuse prevention	Budget & finance	Attitudes toward marriage	Improved on at least 1 performance measure
AA2	81.98%	82.28%	84.18%	67.14%	84.16%	97.57%
AA3	99.37%	98.10%	92.62%	71.71%	94.16%	100.00%
AA4	98.93%	97.83%	93.87%	83.69%	92.47%	100.00%
AA5	98.58%	97.14%	96.77%	83.22%	97.27%	99.69%
AA6	100%	100%	86.96%	71.43%	100%	100%
<b>TOTALS</b>	<b>88.75%</b>	<b>88.39%</b>	<b>88.33%</b>	<b>72.62%</b>	<b>88.59%</b>	<b>98.49%</b>

Some participants responded to a longer questionnaire with additional questions, often called the "long" survey. The purpose of the current report is to summarize results from the long survey.

### **Introduction and Background Information**

The Department of Health and Human Services (HHS), Administration for Children and Families (ACF), Office of Family Assistance (OFA, <http://www.acf.hhs.gov/programs/ofa/index.html>) has awarded grants for demonstration projects that support "healthy marriage promotion activities" as enacted by The Claims Resolution Act of 2010 (Pub. L. 111-291). Northwest Family Services (NWFS) currently has a Community-Centered Healthy Marriage and Relationship (CC-HMR) grant project and also had a similar Healthy Marriage Initiative (HMI) grant. A descriptive report on the HMI project (Tobin & Fuller) is available online at <http://www.nwfs.org/couples-a-singles/lasting-relationships.html> and slides explaining how it was evaluated are posted at <http://pages.uoregon.edu/ttobin/last.pdf>

The CC-HMR project in Oregon involves a collaborative approach in which the lead agency, Northwest Family Services (NWFS, <http://www.nwfs.org>), an Oregon non-profit organization, with extensive experience providing healthy marriage and relationship education, parenting, financial literacy, and job preparedness and placement, is working with Multnomah County Health Department (MCHD) and Catholic Charities of Oregon (CC). The project places a special emphasis on serving low-income Latinos by establishing a network of services in low-income housing as well as community and faith-based communities.

The overall program model is based on the three-tiered model of primary, secondary, and tertiary levels of *prevention* from public health that has been successfully used in educational and community programs. Services in three tiers will enhance family and economic stability among the participants. *Within My Reach* or *Prevention and Relationship Enhancement Program* (PREP, <https://www.prepinc.com/Content/ABOUT-US/What-Is-PREP.htm>) is used as the core healthy marriage/ relationship curricula. *Money Habitudes, Credit Smart* (Freddie Mac curriculum). Parenting programs include: *Parenting Inside Out, Family First, and Love and Logic*.

*Tier One:* In addition to case management, participants in AA2, AA4, AA5 receive eight hours of healthy marriage and relationship education such as communication, conflict resolution, relationship safety, and emotional understanding as well as how financial issues affects the relationship (such as budgeting, money roles in the relationship), based on the Prevention and Relationship Enhancement Program (PREP). “The PREP approach has been supported repeatedly as an effective marriage enrichment program. At least seven studies documenting the effectiveness of the PREP were randomized, controlled studies using experimental design” (Jakubowski, Milne, Brunner, & Miller, 2004, p. 529). Premarital education "is associated with higher levels of marital satisfaction, lower levels of destructive conflicts and higher levels of interpersonal commitment to spouses" (Stanley, Amato, Johnson, & Markham, 2006, p. 122).

*Tier Two:* People in AA3 will first complete an 8-hour relationship program described under Tier One. In addition, NWFS will provide: financial literacy, parenting, job readiness and placement, child care, transportation, and case management. Employment stability services will include the following services. A six-hour overview class

(CareerFit) that includes information on the local job market, assessing ones skills, résumé review, and interview skills. Job club provides additional support with résumés, interviews, as well as other job skills such as computer, English language lessons. During this time, individuals will work with their case manager/job coach on job placement including obtaining job interviews, job coaching, and other post-employment support.

*Tier Three:* Participants in AA6 will receive 6 to 8 hours of individualized couple relationship education such as those as recommended by PREPARE/ENRICH. Toomey (2002) found that PREPARE/ENRICH enabled high risk married couples to improve their relationship, with 78% of those who started in the lowest category, Devitalized, and 80% of those in the next lowest category, Conflicted, moving to more positive types.

An important goal of this project is to reduce family violence. This project reduces family violence by raising awareness of what a healthy relationship looks like and learn warning signs of a potentially danger one. Project partners work closely with domestic violence, allied services, and child maltreatment prevention services to maintain a referral system and increase awareness and response to dangerous situations. Those individual with a history of violent behavior are referred to other services. All participants receive a discreet, palm size card entitled, *Love Shouldn't Hurt*, which has warning signs and resource information. Annually, all staff, presenters, and volunteers are trained to identify and refer for domestic violence and child maltreatment as well as to de-escalate hostile situations.

## Survey Methods

A total of 1,222 participants in "Allowable Activities" (AA) 3, 4, 5, and 6 responded to the "long" survey, or rather, to at least some of the questions on it. Responding was voluntary and for many of the questions, about a third of the total number of respondents did not answer the question or perhaps completed only part of the survey. The long survey was not administered to high school students. The following table shows codes recorded for the Allowable Activities:

Allowable Activity	Frequency	Valid Percent	Cumulative Percent
3	162	13.3	13.3
4	382	31.3	44.5
5	648	53.0	97.5
6	30	2.5	100.0
Total	1222	100.0	

NWFS staff administered 97% (1,187) of the long surveys, with Catholic Charities administering 13 and MCHD administering 22. Most (68%) of the respondents were female. Eighty-five percent indicated their race as white. For ethnicity, 73% indicated Hispanic. Other characteristics of the respondents are shown in tables following related questions below:

## What is your employment status?

### Employment

	Frequency	Percent	Valid Percent	Cumulative Percent
1 Full-time	465	38.1	47.8	47.8
2 Part-time	152	12.4	15.6	63.4
3 Retired	17	1.4	1.7	65.2
4 Student	33	2.7	3.4	68.6
5 Disabled	14	1.1	1.4	70.0
6 Unemployed	292	23.9	30.0	100.0
Total Responding	973	79.6	100.0	
Missing	249	20.4		
Total	1222	100.0		



What is your marital status?

employment5

	Frequency	Percent	Valid Percent	Cumulative Percent
1 Single, never married	465	38.1	47.8	47.8
2 Committed relationship	152	12.4	15.6	63.4
3 Married	17	1.4	1.7	65.2
4 Separated	33	2.7	3.4	68.6
5 Divorced	14	1.1	1.4	70.0
6 Widowed	292	23.9	30.0	100.0
Total	973	79.6	100.0	
Missing	249	20.4		
Total	1222	100.0		

**Yearly Income:**

1.  Less than \$10,000
2.  \$10,000-\$19,999
3.  \$20,000-\$29,999
4.  \$30,000-\$39,999
5.  \$40,000-\$49,999

6.  \$50,000-\$59,999

7.  \$60,000-\$69,999

8.  \$70,000-\$79,999

9.  More than \$80,000

**Income**

	Frequency	Percent	Valid Percent	Cumulative Percent
1	216	17.7	27.2	27.2
2	207	16.9	26.1	53.3
3	193	15.8	24.3	77.6
4	95	7.8	12.0	89.5
5	52	4.3	6.5	96.1
6	13	1.1	1.6	97.7
7	7	.6	.9	98.6
8	2	.2	.3	98.9
9	9	.7	1.1	100.0
Total	794	65.0	100.0	
Missing	428	35.0		
Total	1222	100.0		

The directions and the format of the "long" survey questions are shown below:

As you read these statements, think back to the ideas you had before this program started. Decide if your ideas have changed.						
In the "Then" column, circle a number to rate how much you used to agree with each statement before you started this program.						
In the "Now" column, rate how much you agree with the statement now. Use this scale:						
<b>1 = Strongly disagree, 2 = Disagree, 3 = Not sure, 4 = Agree, 5 = Strongly Agree</b>		<b>Before</b>			<b>Now</b>	
1	Everything considered, I am happy in my present relationship(s).	1	2	3	4	5

Retrospective questionnaires were used as these are recommended by experienced marriage educators and by evaluators and researchers in other fields (e.g., Davis, 2003; Pratt, McGuigan, & Katzev, 2000; Rockwell & Kohn, 1989; Siegel & Yates, 2007).

When the questionnaires were completed, they were immediately placed in a large manila envelope, which was sealed to protect confidentiality and taken directly to NWFS for data entry and secure storage in the office. The instructors completed a cover sheet providing information about the class, including how many questionnaires were in each batch and how many of the participants did not fill out a questionnaire (participation was voluntary). Information provided on the cover sheet also indicated the location of the class and the teacher(s)' names (which were coded during data entry).

Statistical analysis of results included descriptive statistics (e.g., averages, frequencies, percentages) and two types of tests for statistical significance of pre-intervention ("before") to post-intervention ("now") changes in respondents' ratings. For comparing averages, *t-tests* were used. For comparing percentages, statistical significance was calculated using the McNemar-Bowker and/or Sign Tests. For most of the items, highly statistically significant changes were found, usually above the 99% confidence level.

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- Toomey, A. L. (2002). *Typological shift among newly married couples following completion of a marital enrichment program*. Oklahoma State University: Master’s Thesis. Retrieved from <http://digital.library.okstate.edu/etd/umi-okstate-1131.pdf>

## Results

By *t-tests*, highly statistically significant changes ( $p < .001$ ) occurred for all of the questions. The results for each question are presented first, followed by an overall analysis. The results show how individuals responded for "before" and "now." For the first question, information on how to read and understand the tables and charts is provided. It is the same for the other questions.

The "Case Processing Summary" shows how many people answered the question, under "Valid." Participants, of course, were responding voluntarily, and therefore were free to skip questions. The number who did complete part of the questionnaire but who did not answer the specific question is shown under "Missing." The "total" is the sum of "Valid" and "Missing." For the first question, 899 individuals responded, which was 73.6% of the total number of "long" survey respondents. The first question was "Do you agree with the following statement?"

1	Everything considered, I am happy in my present relationship(s).
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For the first item, the average rating before intervention was 3.56. This changed in a positive direction, indicating more agreement, going up to 4.35 afterwards ( $p < .001$ ).

**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before1 *	899	73.6%	323	26.4%	1222	100.0%
now1						

The "Crosstabulation" shows exactly how each individual responded each time, with the row totals for the "before" and the column totals for "now." In the first row in the table below, we see that 12 people responded

with a rating of "1" (strongly disagree) for BOTH "before" and "now" for the first question about if they agreed with the statement "Everything considered, I am happy in my present relationship(s)." That is, in this area, nothing had changed for those 12. However, the rest of the total of 53 people who "strongly disagreed" before did change in a positive direction, with 7 changing to "agree" and 10 to "strongly agree." A quick way to get a good idea of important changes is to compare the row (before) total with the column (now) total for the highest rating. In the table below, these two numbers are show in bold. We see that 214 people selected "5" (strongly agree) before the program and 479 selected it afterwards (i.e., "now") -- a considerable improvement!

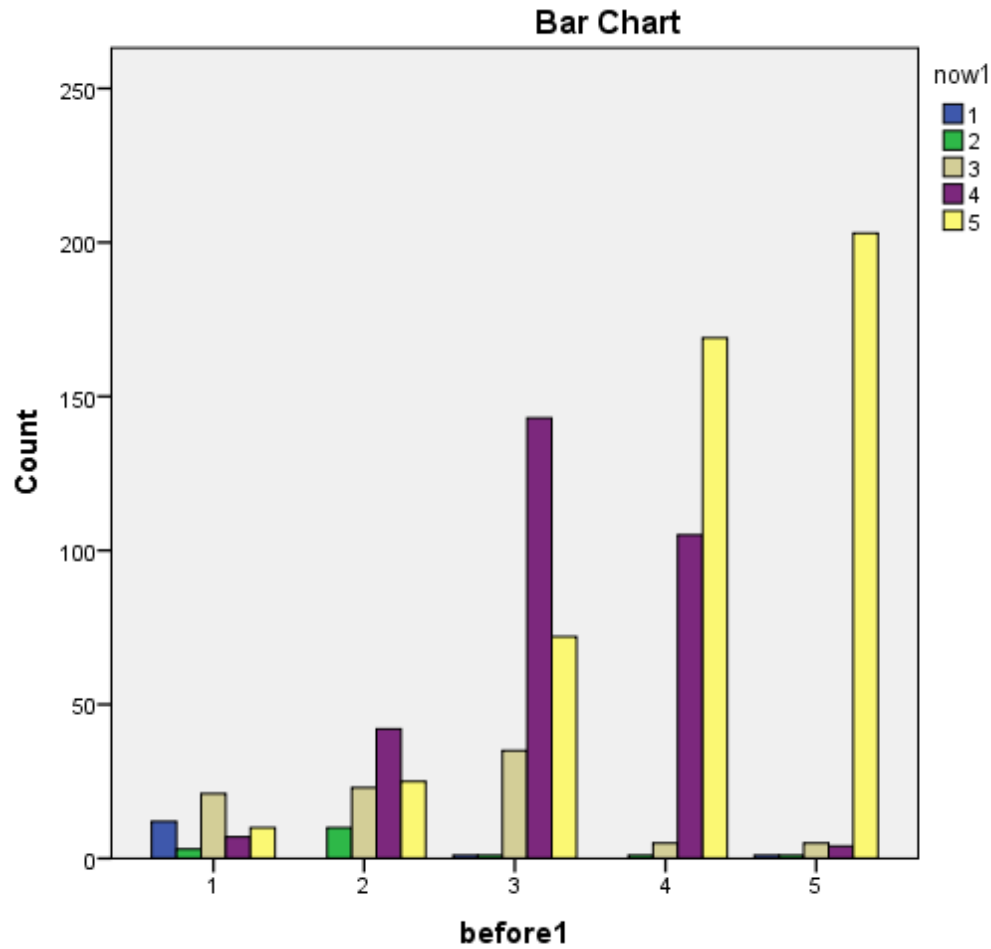
**before1 \* now1 Crosstabulation**

Count

		now1					Total
		1	2	3	4	5	
before 1	1	12	3	21	7	10	53
	2	0	10	23	42	25	100
	3	1	1	35	143	72	252
	4	0	1	5	105	169	280
	5	1	1	5	4	203	<b>214</b>
Total		14	16	89	301	<b>479</b>	899

The bar chart shown below provides the same information but with a focus on illustrating how many people selected the same rating or a different rating each time. For example, of the 214 people who selected "5"

for their "before" rating, most -- 203 -- also selected "5" for their "now" rating. This is shown in the chart below by the tallest yellow bar. The small blue bar in the chart below represents the 12 people who selected "1" ("strongly disagreed") for both "before" and "now."





2 | I know how to express sincere appreciation to my partner/ others.

For item 2, the average rating before intervention was 3.55. This changed in a positive direction, indicating more agreement, going up to 4.43 afterwards ( $p < .001$ ).

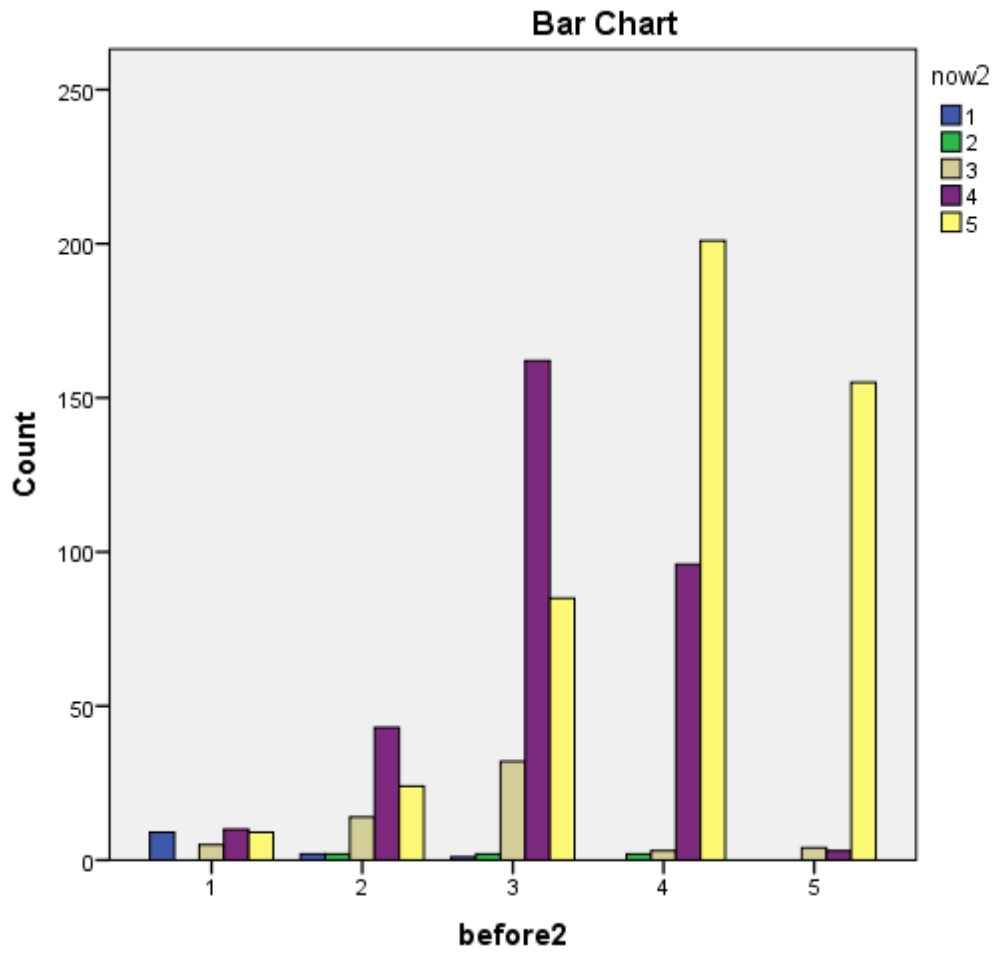
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before2 * now2	864	70.7%	358	29.3%	1222	100.0%

For "before" the intervention, 162 individuals strongly agreed with this statement. For after the intervention ("now"), 474 individuals strongly agreed.

**before2 \* now2 Crosstabulation**

Count		now2					Total
		1	2	3	4	5	
before2	1	9	0	5	10	9	33
	2	2	2	14	43	24	85
	3	1	2	32	162	85	282
	4	0	2	3	96	201	302
	5	0	0	4	3	155	<b>162</b>
Total		12	6	58	314	<b>474</b>	864



3	I can speak assertively about my own needs without being inconsiderate of my partner's/other's needs.
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For item 3, the average rating before intervention was 3.38. This changed in a positive direction, indicating more agreement, going up to 4.25 afterwards ( $p < .001$ ).

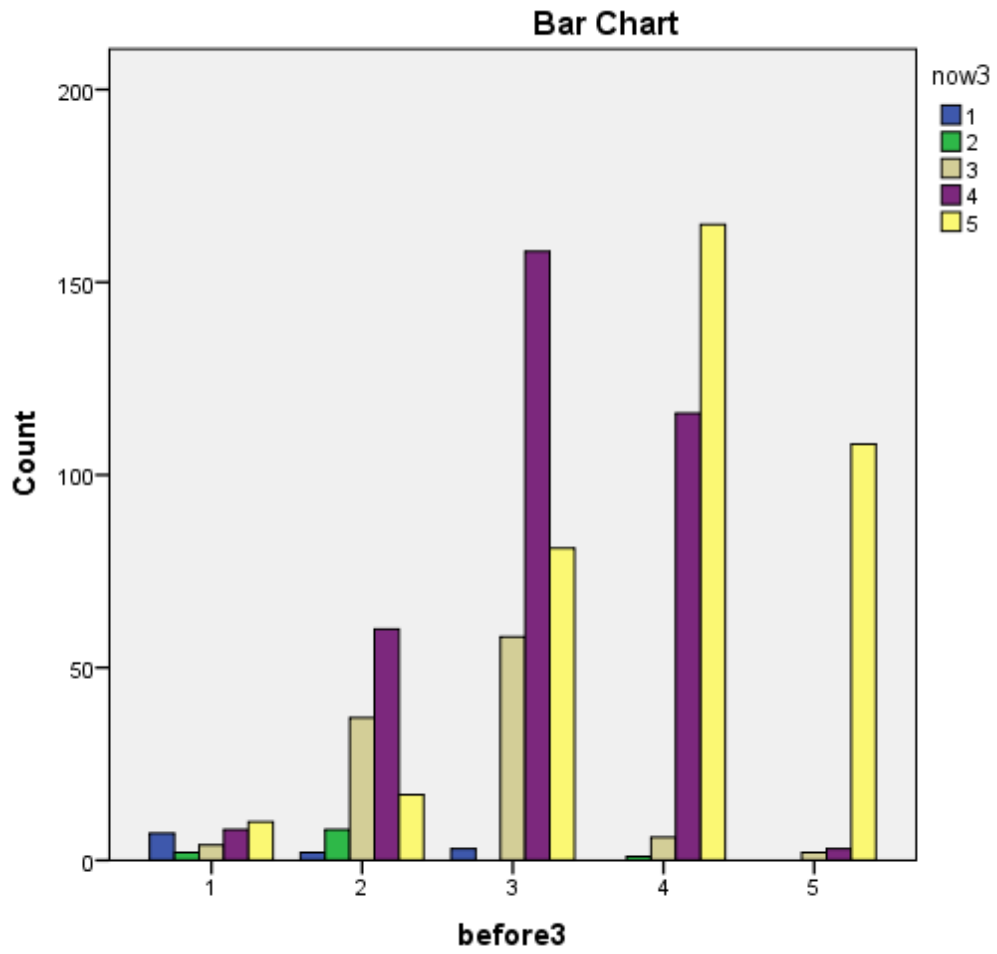
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before3 * now3	856	70.0%	366	30.0%	1222	100.0%

For "before" the intervention, 113 individuals strongly agreed with this statement. For after the intervention ("now"), 381 individuals strongly agreed.

**before3 \* now3 Crosstabulation**

Count		now3					Total
		1	2	3	4	5	
before3	1	7	2	4	8	10	31
	2	2	8	37	60	17	124
	3	3	0	58	158	81	300
	4	0	1	6	116	165	288
	5	0	0	2	3	108	<b>113</b>
Total		12	11	107	345	<b>381</b>	856



4	I know the names of two local agencies where someone could get help and support if they needed it because of a physically dangerous relationship.
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For item 4, the average rating before intervention was 3.26. This changed in a positive direction, indicating more agreement, going up to 4.24 afterwards ( $p < .001$ ).

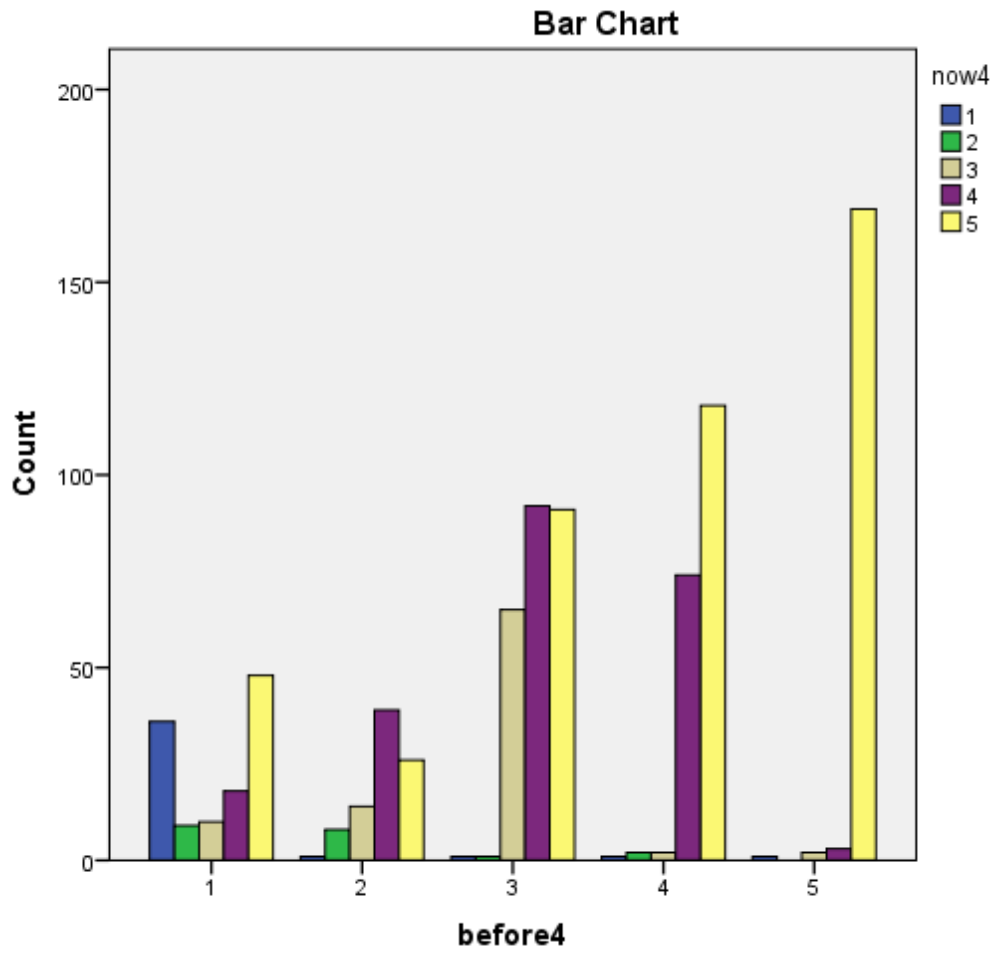
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before4 * now4	831	68.0%	391	32.0%	1222	100.0%

For "before" the intervention, 175 individuals strongly agreed with this statement. For after the intervention ("now"), 452 individuals strongly agreed.

**before4 \* now4 Crosstabulation**

Count		now4					Total
		1	2	3	4	5	
before4	1	36	9	10	18	48	121
	2	1	8	14	39	26	88
	3	1	1	65	92	91	250
	4	1	2	2	74	118	197
	5	1	0	2	3	169	<b>175</b>
Total		40	20	93	226	<b>452</b>	831



5 | I know warning signs of danger in relationships.

For item 5, the average rating before intervention was 3.64. This changed in a positive direction, indicating more agreement, going up to 4.46 afterwards ( $p < .001$ ).

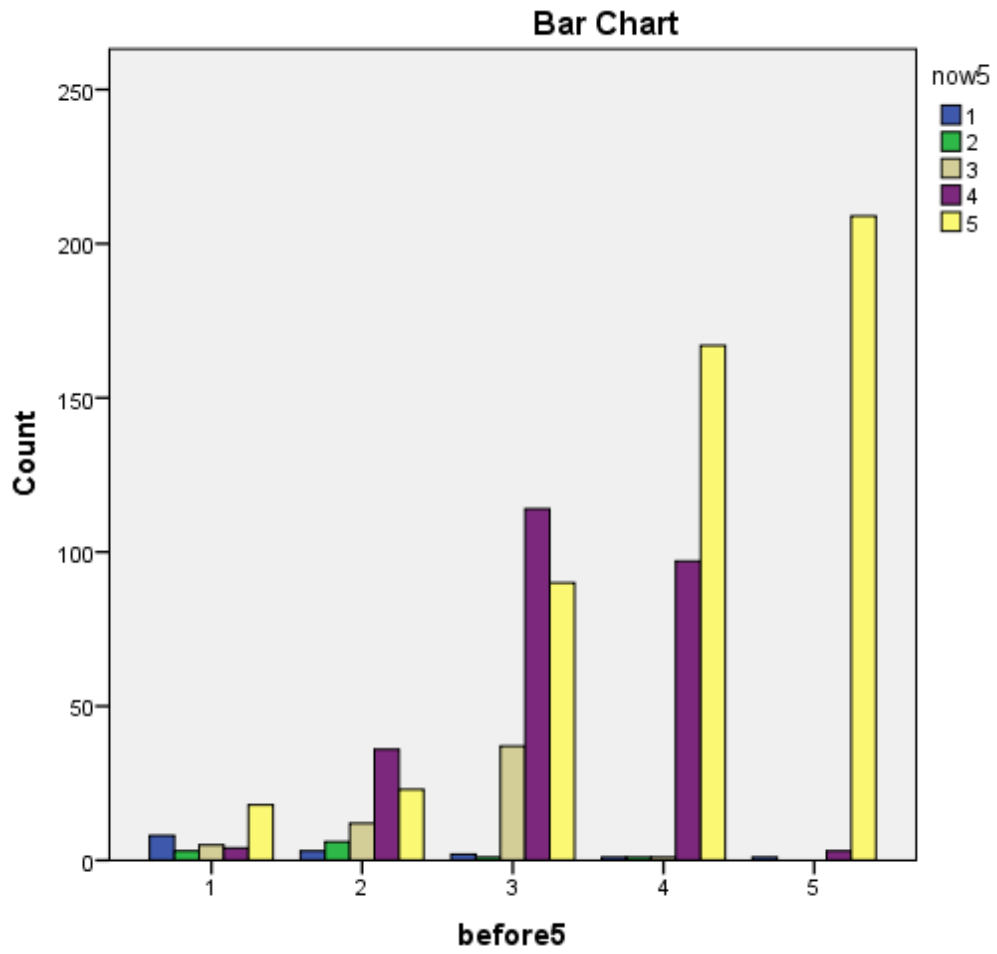
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before5 * now5	842	68.9%	380	31.1%	1222	100.0%

For "before" the intervention, 213 individuals strongly agreed with this statement. For after the intervention ("now"), 507 individuals strongly agreed.

**before5 \* now5 Crosstabulation**

Count		now5					Total
		1	2	3	4	5	
before5	1	8	3	5	4	18	38
	2	3	6	12	36	23	80
	3	2	1	37	114	90	244
	4	1	1	1	97	167	267
	5	1	0	0	3	209	<b>213</b>
Total		15	11	55	254	<b>507</b>	842





6

Budgeting my (our) money is something I am ( or we are) good at doing.

For item 6, the average rating before intervention was 3.48. This changed in a positive direction, indicating more agreement, going up to 4.20 afterwards ( $p < .001$ ).

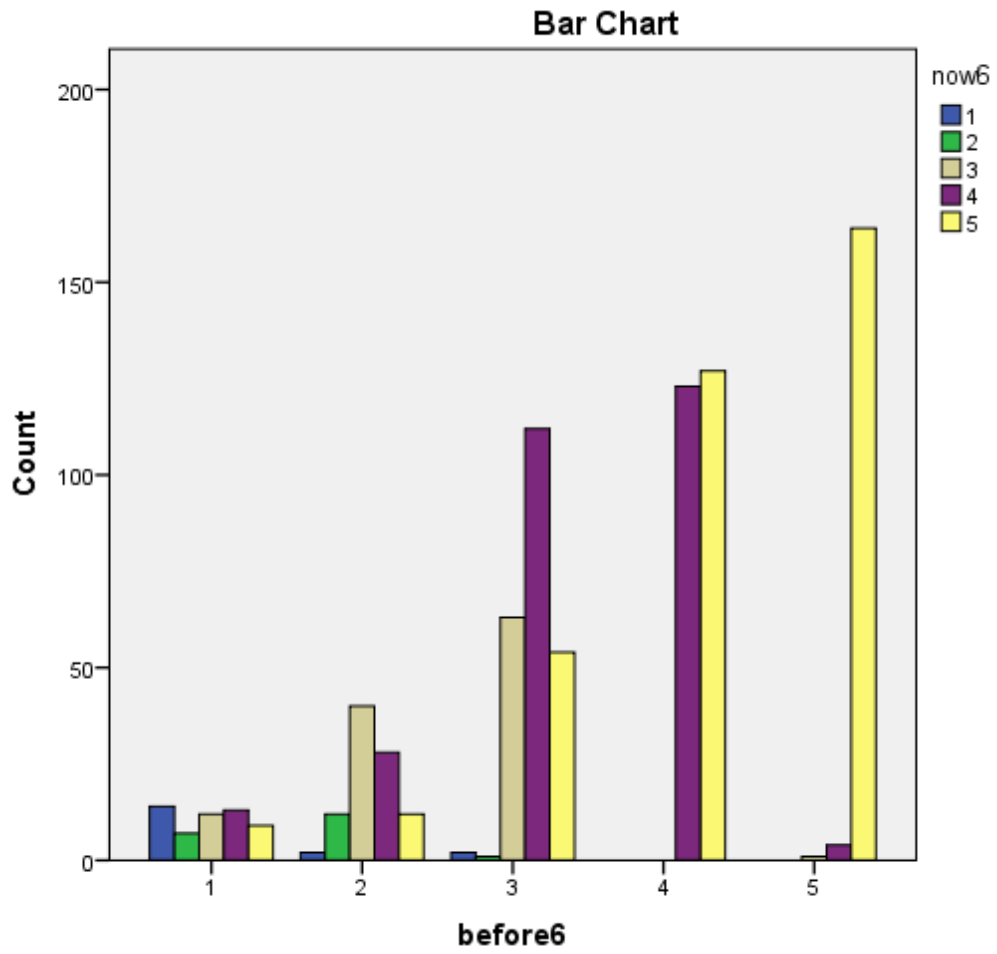
Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before6 * now6	800	65.5%	422	34.5%	1222	100.0%

For "before" the intervention, 169 individuals strongly agreed with this statement. For after the intervention ("now"), 366 individuals strongly agreed.

before6 \* now6 Crosstabulation

Count		now6					Total
		1	2	3	4	5	
before6	1	14	7	12	13	9	55
	2	2	12	40	28	12	94
	3	2	1	63	112	54	232
	4	0	0	0	123	127	250
	5	0	0	1	4	164	<b>169</b>
Total		18	20	116	280	<b>366</b>	800



7	Demonstrating commitment to financial responsibilities for myself (or my family) is something I am (or we are) good at doing.
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For item 7, the average rating before intervention was 3.63. This changed in a positive direction, indicating more agreement, going up to 4.37 afterwards ( $p < .001$ ).

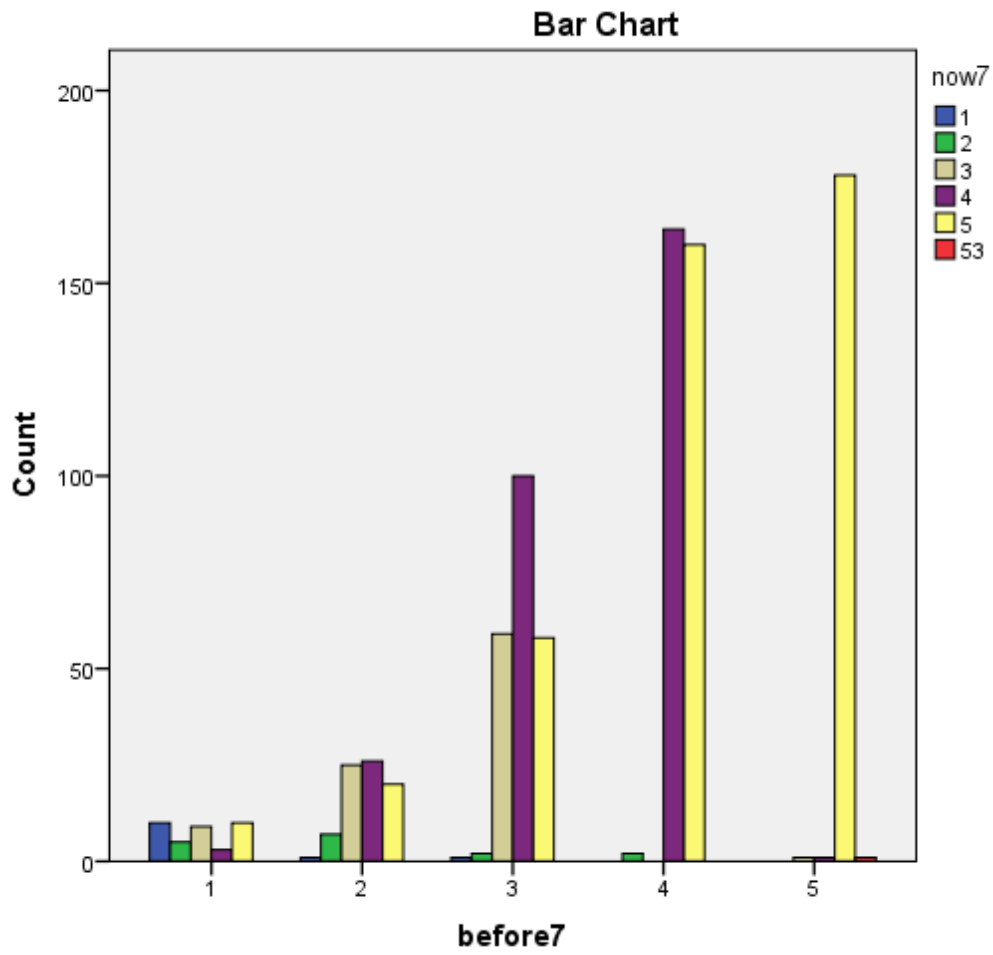
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before7 * now7	843	69.0%	379	31.0%	1222	100.0%

For "before" the intervention, 180 individuals strongly agreed with this statement. For after the intervention ("now"), 426 individuals strongly agreed.

**before7 \* now7 Crosstabulation**

Count		now7					Total
		1	2	3	4	5	
before7	1	10	5	9	3	10	37
	2	1	7	25	26	20	79
	3	1	2	59	100	58	220
	4	0	2	0	164	160	326
	5	0	0	1	1	178	<b>180</b>
Total		12	16	94	294	<b>426</b>	842



8

I know what normal behavior is for children at different age levels.

For item 8, the average rating before intervention was 3.57. This changed in a positive direction, indicating more agreement, going up to 4.35 afterwards ( $p < .001$ ).

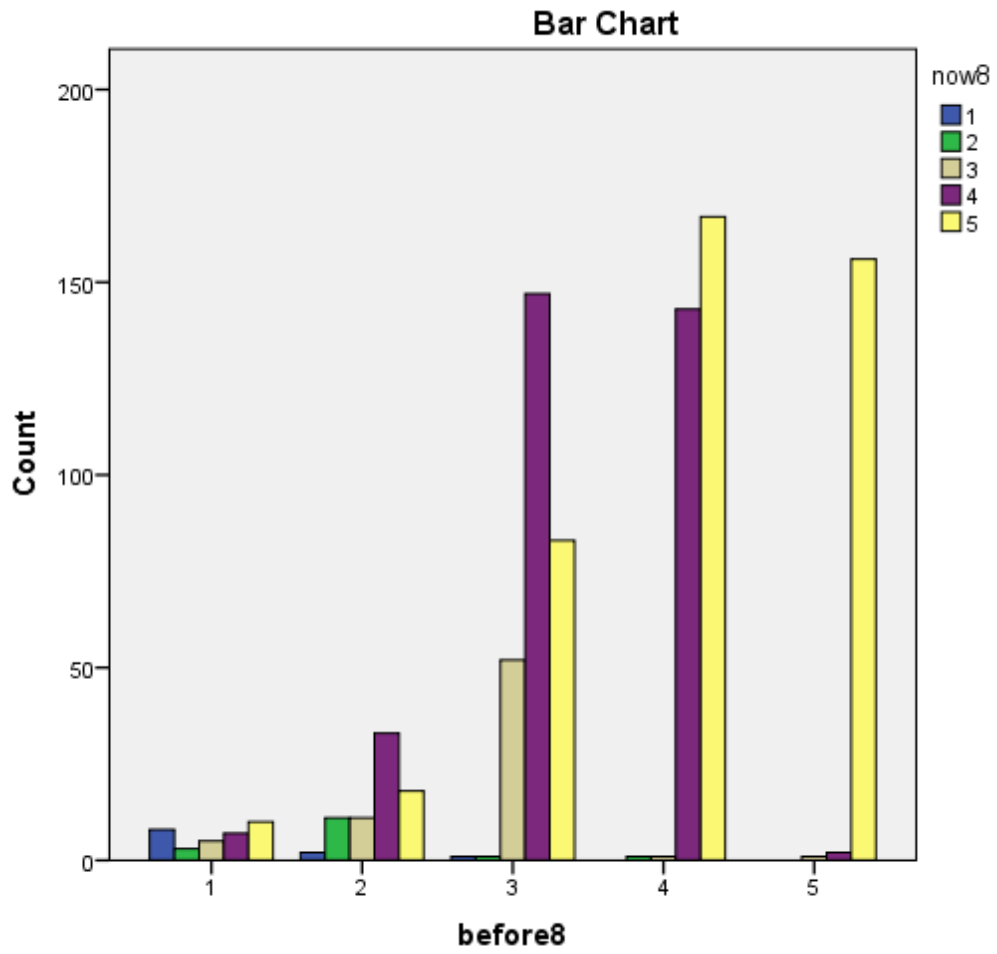
Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before8 * now8	863	70.6%	359	29.4%	1222	100.0%

For "before" the intervention, 159 individuals strongly agreed with this statement. For after the intervention ("now"), 434 individuals strongly agreed.

before8 \* now8 Crosstabulation

Count		now8					Total
		1	2	3	4	5	
before8	1	8	3	5	7	10	33
	2	2	11	11	33	18	75
	3	1	1	52	147	83	284
	4	0	1	1	143	167	312
	5	0	0	1	2	156	<b>159</b>
Total		11	16	70	332	<b>434</b>	863



9

I know how to listen well to others, including my family members, to understand their feelings.

For item 9, the average rating before intervention was 3.51. This changed in a positive direction, indicating more agreement, going up to 4.39 afterwards ( $p < .001$ ).

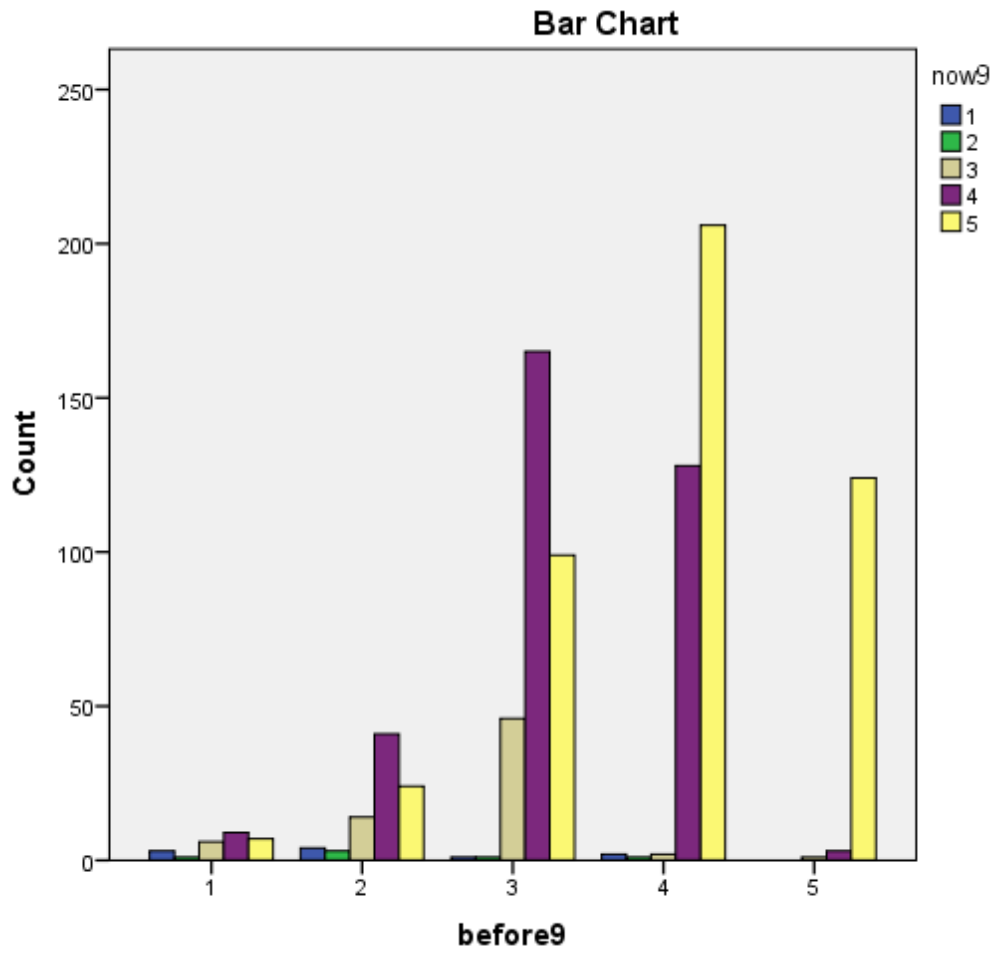
Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before9 * now9	891	72.9%	331	27.1%	1222	100.0%

For "before" the intervention, 128 individuals strongly agreed with this statement. For after the intervention ("now"), 460 individuals strongly agreed.

before9 \* now9 Crosstabulation

Count		now9					Total
		1	2	3	4	5	
before9	1	3	1	6	9	7	26
	2	4	3	14	41	24	86
	3	1	1	46	165	99	312
	4	2	1	2	128	206	339
	5	0	0	1	3	124	<b>128</b>
Total		10	6	69	346	<b>460</b>	891





10

I know how to help others, including my family members, feel good about themselves.

For item 10, the average rating before intervention was 3.62. This changed in a positive direction, indicating more agreement, going up to 4.43 afterwards ( $p < .001$ ).

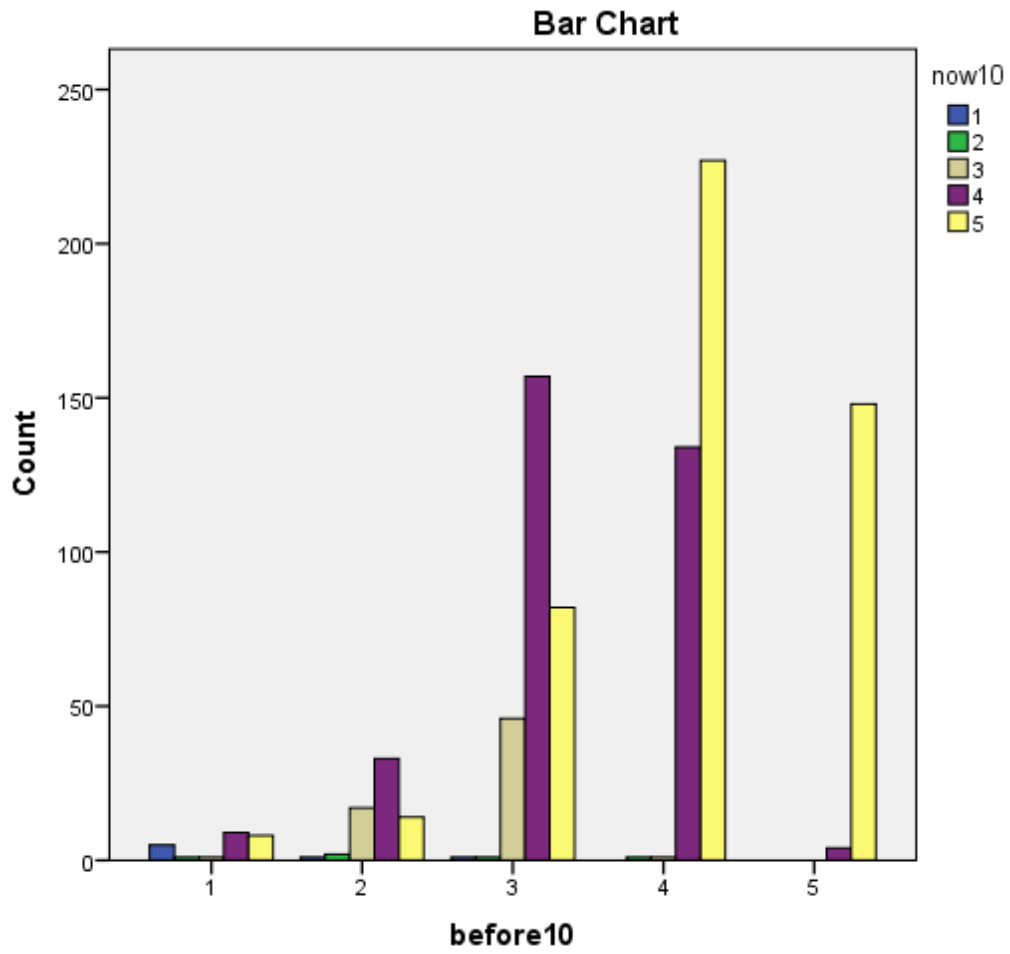
Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before10 * now10	893	73.1%	329	26.9%	1222	100.0%

For "before" the intervention, 152 individuals strongly agreed with this statement. For after the intervention ("now"), 479 individuals strongly agreed.

before10 \* now10 Crosstabulation

Count		now10					Total
		1	2	3	4	5	
before10	1	5	1	1	9	8	24
	2	1	2	17	33	14	67
	3	1	1	46	157	82	287
	4	0	1	1	134	227	363
	5	0	0	0	4	148	<b>152</b>
Total		7	5	65	337	<b>479</b>	893



11 | I know how to set and stick to reasonable limits and rules with others, including family members.

For item 11, the average rating before intervention was 3.46. This changed in a positive direction, indicating more agreement, going up to 4.35 afterwards ( $p < .001$ ).

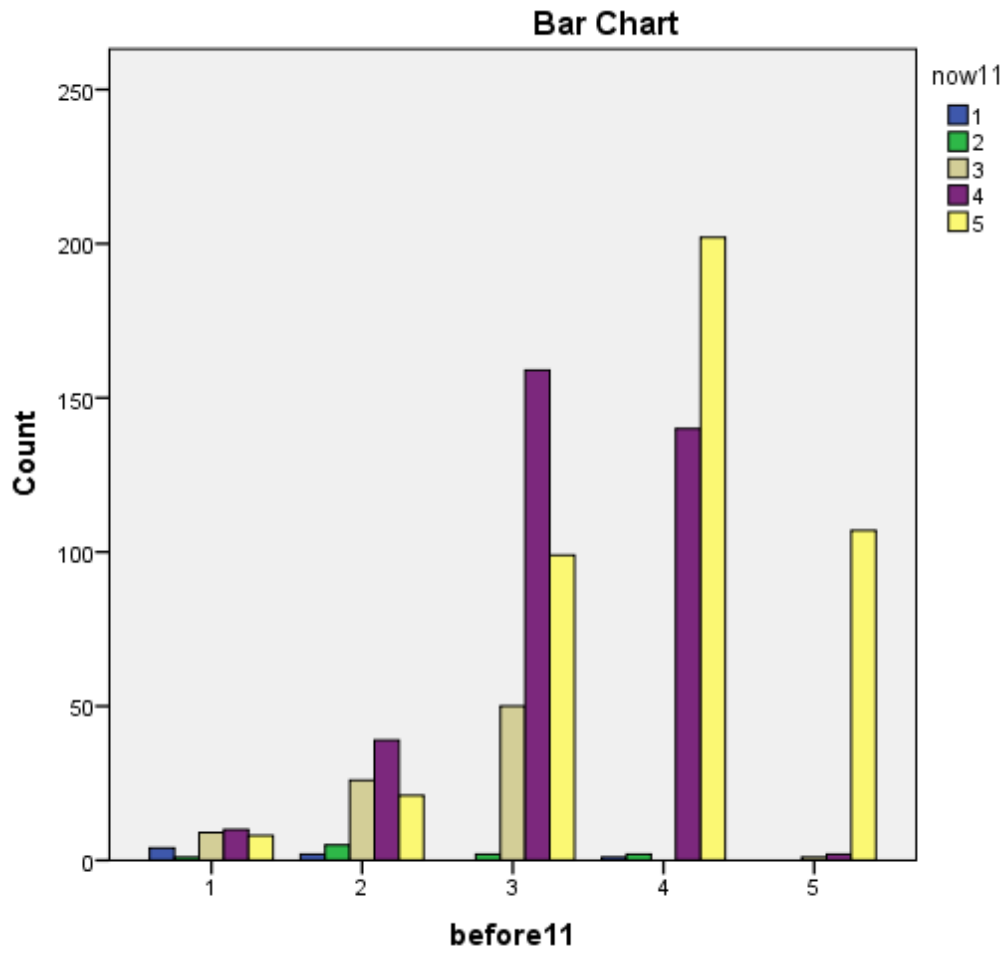
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before11 * now11	890	72.8%	332	27.2%	1222	100.0%

For "before" the intervention, 110 individuals strongly agreed with this statement. For after the intervention ("now"), 437 individuals strongly agreed.

**before11 \* now11 Crosstabulation**

Count		now11					Total
		1	2	3	4	5	
before11	1	4	1	9	10	8	32
	2	2	5	26	39	21	93
	3	0	2	50	159	99	310
	4	1	2	0	140	202	345
	5	0	0	1	2	107	<b>110</b>
Total		7	10	86	350	<b>437</b>	890



12 | My relationship with my partner is more important to me than almost anything else in my life.

For item 12, the average rating before intervention was 3.65. This changed in a positive direction, indicating more agreement, going up to 4.32 afterwards ( $p < .001$ ).

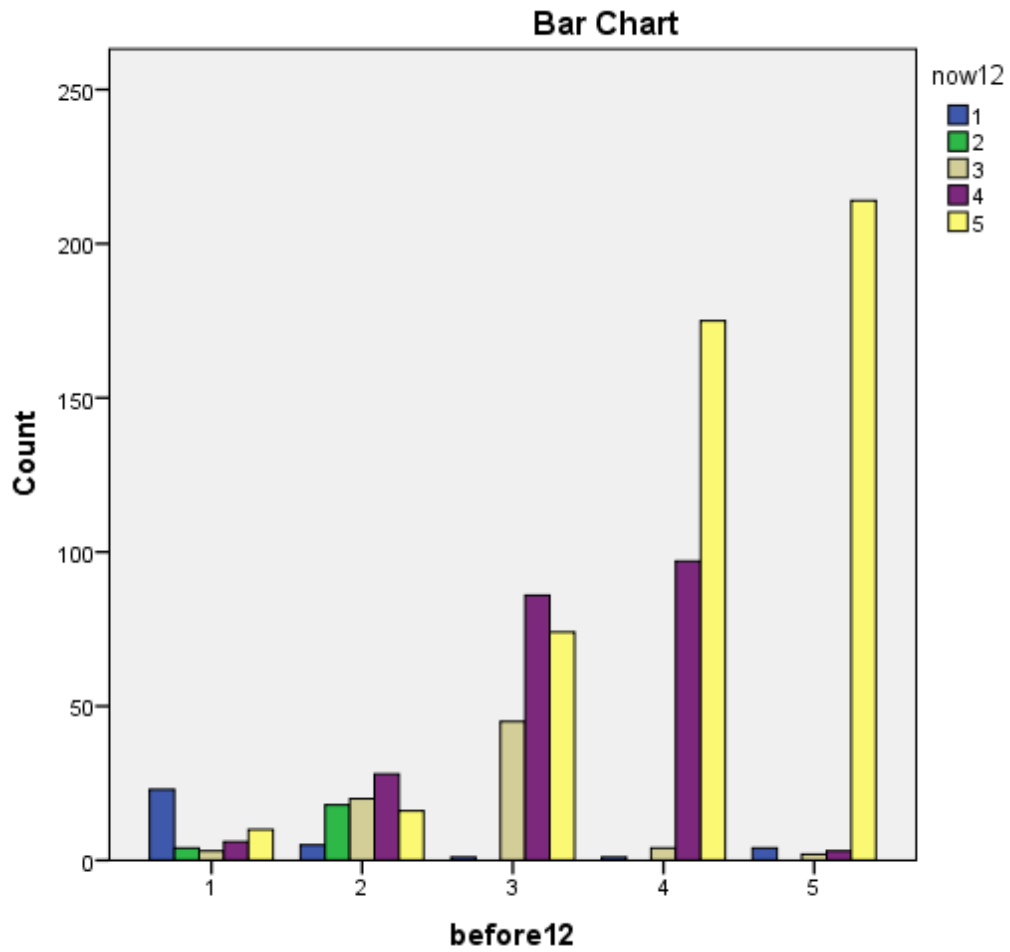
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before12 * now12	839	68.7%	383	31.3%	1222	100.0%

For "before" the intervention, 223 individuals strongly agreed with this statement. For after the intervention ("now"), 489 individuals strongly agreed.

**before12 \* now12 Crosstabulation**

Count		now12					Total
		1	2	3	4	5	
before12	1	23	4	3	6	10	46
	2	5	18	20	28	16	87
	3	1	0	45	86	74	206
	4	1	0	4	97	175	277
	5	4	0	2	3	214	<b>223</b>
Total		34	22	74	220	<b>489</b>	839



13 | I want this relationship to stay strong no matter what rough times we may encounter.

For item 13, the average rating before intervention was 3.98. This changed in a positive direction, indicating more agreement, going up to 4.59 afterwards ( $p < .001$ ).

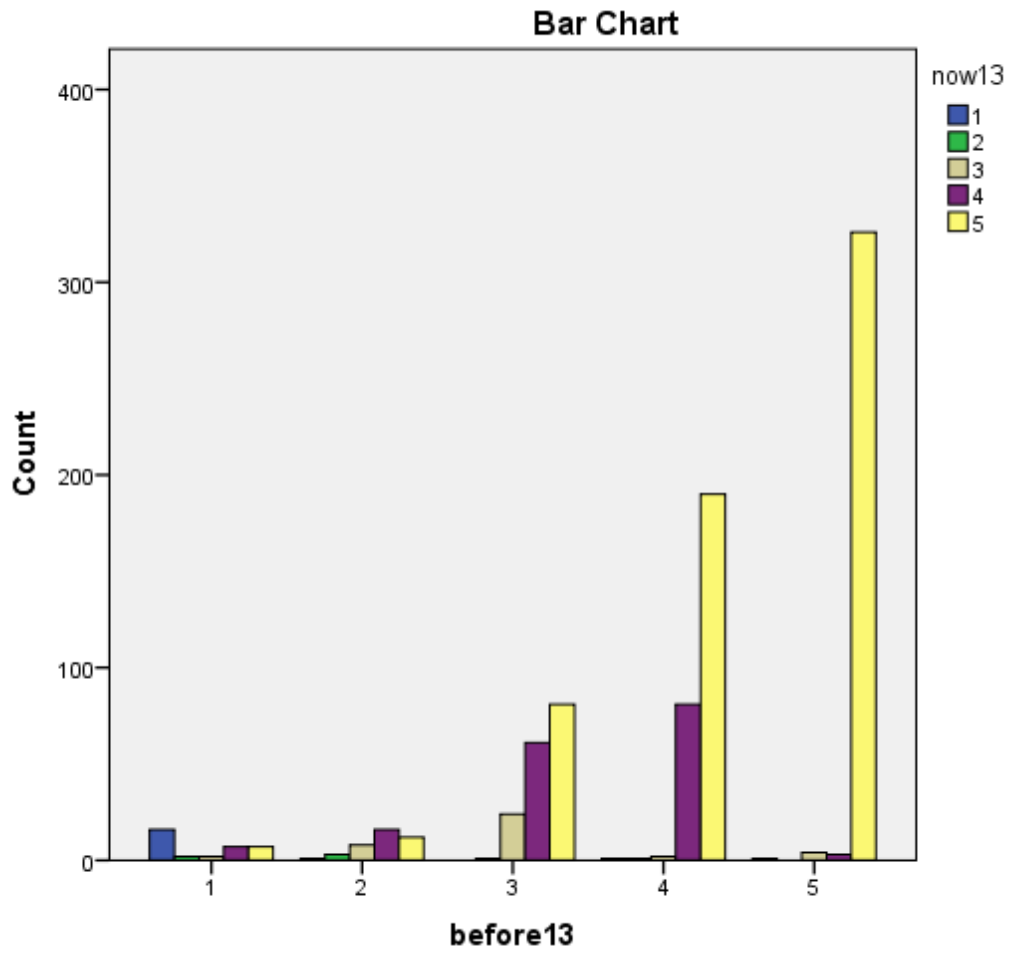
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before13 * now13	850	69.6%	372	30.4%	1222	100.0%

For "before" the intervention, 334 individuals strongly agreed with this statement. For after the intervention ("now"), 616 individuals strongly agreed.

**before13 \* now13 Crosstabulation**

Count		now13					Total
		1	2	3	4	5	
before13	1	16	2	2	7	7	34
	2	1	3	8	16	12	40
	3	0	1	24	61	81	167
	4	1	1	2	81	190	275
	5	1	0	4	3	326	<b>334</b>
Total		19	7	40	168	<b>616</b>	850





The next set of questions used a different scale and for some of them (e.g., items 14, 15, and 16), improvement was indicated by a lower rating. Here are the directions for the next set of questions:

<b>For the next questions, use this scale:</b>		
<b>1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently</b>	<b>Before</b>	<b>Now</b>

14	When I/we argue, it escalates into an ugly fight with accusations, criticisms, name calling, or bringing up past hurts.
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For item 14, the average rating for before intervention was 2.47. Improvement was indicated by a lower average rating of 2.18 for "now" which was after the intervention ( $p < .001$ ).

**Case Processing Summary**

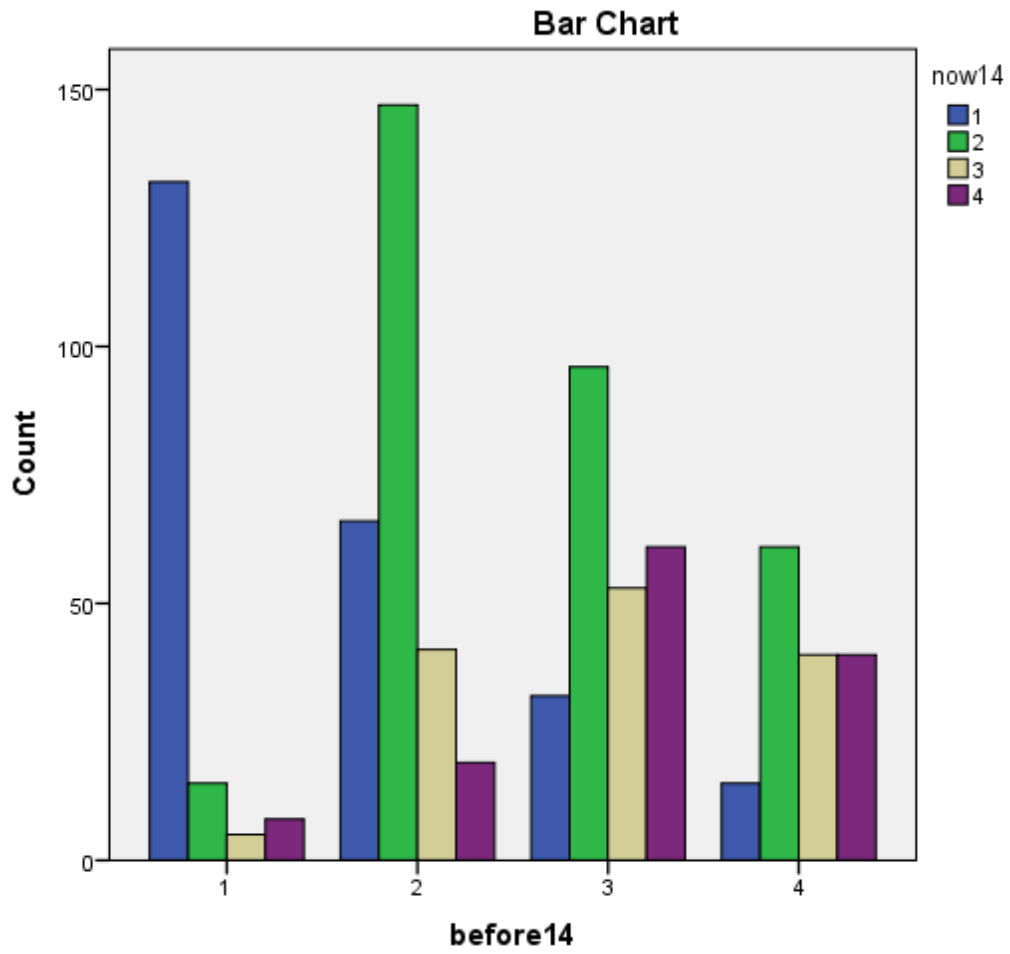
	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before14 * now14	831	68.0%	391	32.0%	1222	100.0%

For "before" the intervention, 156 individuals rated this statement a 4, meaning that arguments frequently escalated into ugly fights. The number of individuals selecting a 4 for "now" was reduced to 128.

**before14 \* now14 Crosstabulation**

Count

		now14				Total
		1	2	3	4	
before14	1	132	15	5	8	160
	2	66	147	41	19	273
	3	32	96	53	61	242
	4	15	61	40	40	<b><u>156</u></b>
Total		245	319	139	<b>128</b>	831



15 | My partner/other criticizes or belittles my opinions, feelings, or desires.

For item 15, the average rating for before the intervention was 2.34. Improvement was indicated by a lower average rating of 2.16 for "now" ( $p < .001$ ).

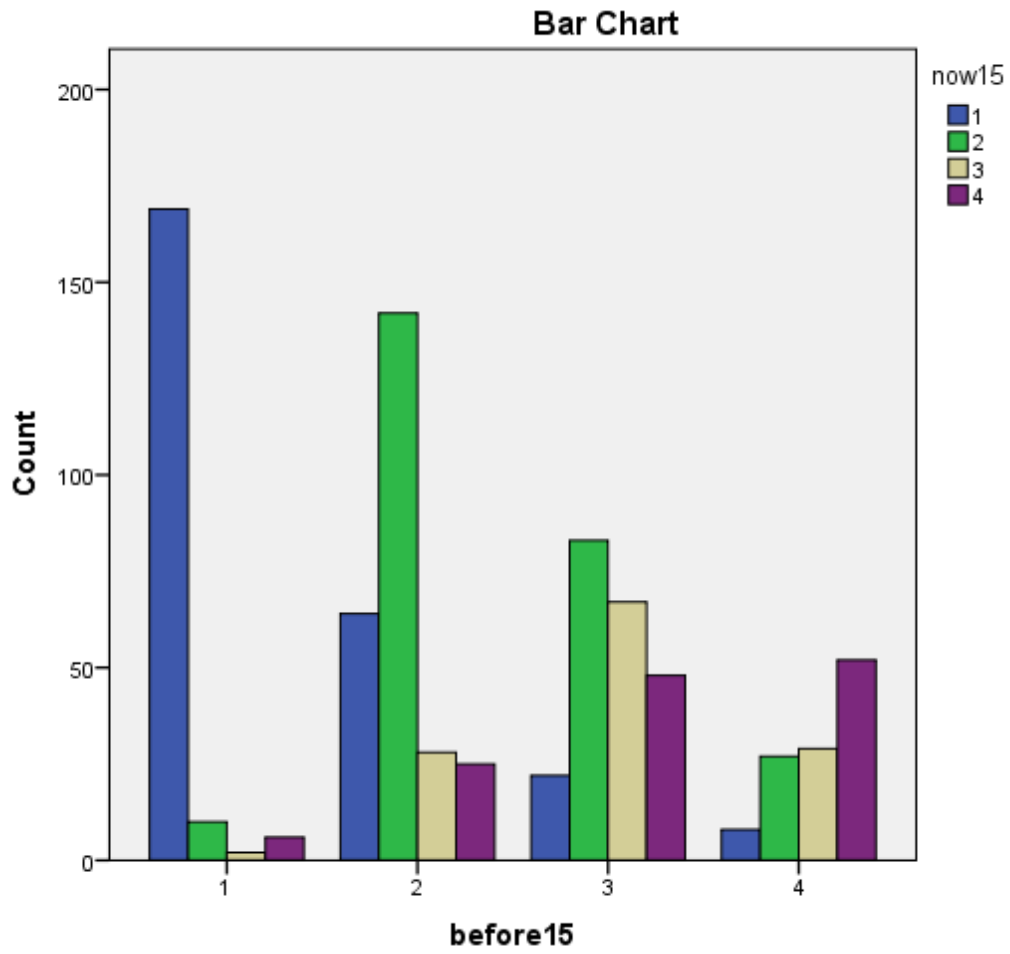
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before15 * now15	782	64.0%	440	36.0%	1222	100.0%

For "before" the intervention, 116 individuals rated this statement a 4, meaning that their partner frequently criticized or belittled them. For after the intervention ("now"), the number of individuals selecting a 4 was 131.

**before15 \* now15 Crosstabulation**

Count		now15				Total
		1	2	3	4	
before15	1	169	10	2	6	187
	2	64	142	28	25	259
	3	22	83	67	48	220
	4	8	27	29	52	<b>116</b>
Total		263	262	126	<b>131</b>	782



16 | My partner/other seems to interpret my words or actions in a negative manner.

For item 16, the average rating for "before" was 2.46. Improvement was indicated by a lower average rating of 2.22 for "now" ( $p < .001$ ).

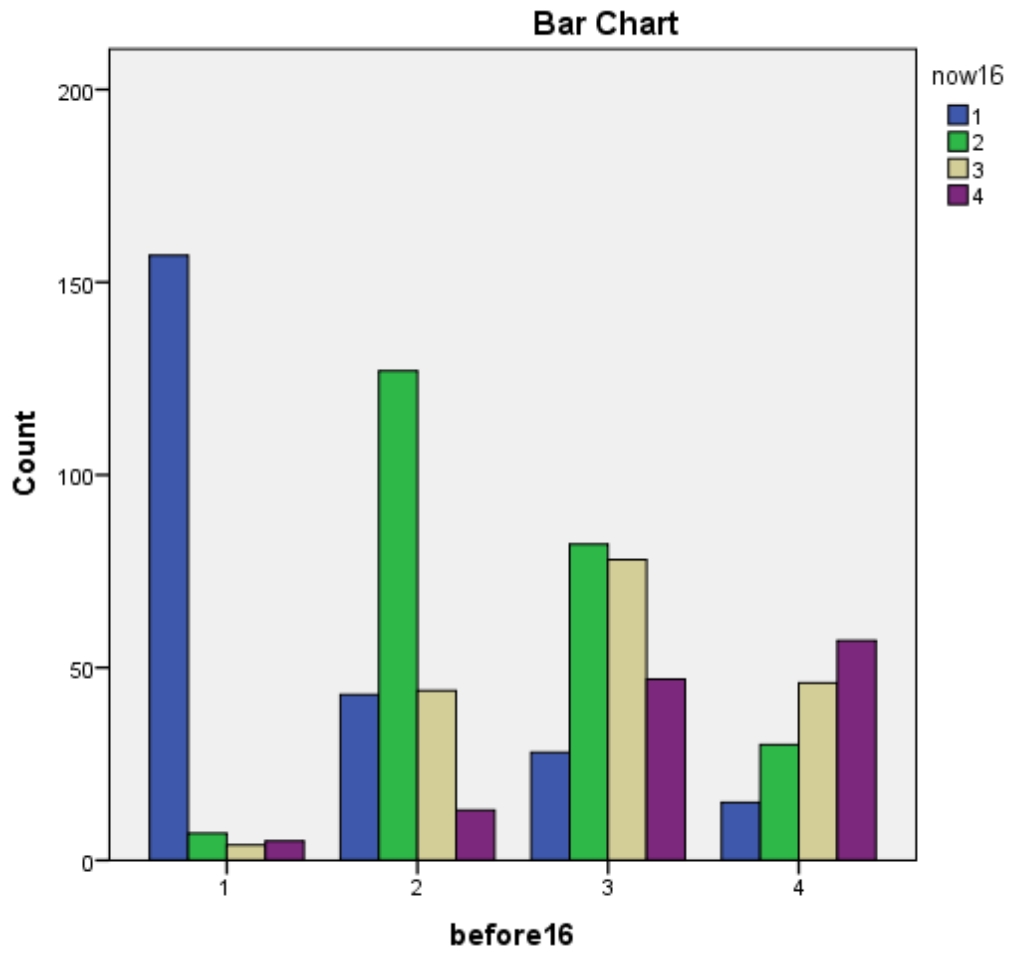
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before16 * now16	783	64.1%	439	35.9%	1222	100.0%

For "before" the intervention, 148 individuals rated this statement a 4, meaning that their partner frequently criticized or belittled them. For after the intervention ("now"), the number of individuals selecting a 4 was 122.

**before16 \* now16 Crosstabulation**

Count		now16				Total
		1	2	3	4	
before16	1	157	7	4	5	173
	2	43	127	44	13	227
	3	28	82	78	47	235
	4	15	30	46	57	<b>148</b>
Total		243	246	172	<b>122</b>	783



17 | I tell my partner/others what I really think and feel.

For item 17, the average rating for "before" was 2.92. For this item, improvement was indicated by a higher average rating of 3.26 for "now" ( $p < .001$ ).

**Case Processing Summary**

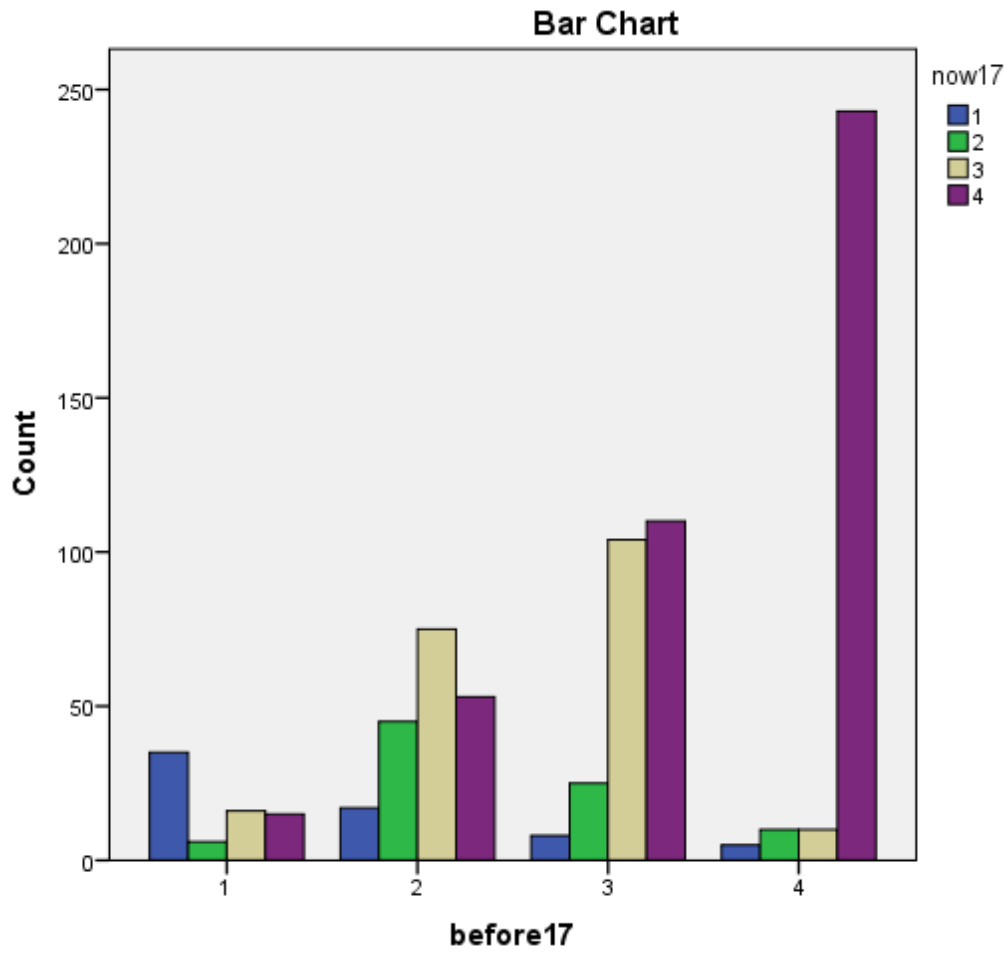
	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before17 * now17	777	63.6%	445	36.4%	1222	100.0%

For "before" the intervention, 268 individuals selected 4, indicating that they frequently told their partner what they really thought. Improvement was indicated with that number increasing to 421 after the intervention ("now").

**before17 \* now17 Crosstabulation**

Count		now17				Total
		1	2	3	4	
before17	1	35	6	16	15	72
	2	17	45	75	53	190
	3	8	25	104	110	247
	4	5	10	10	243	<b>268</b>
Total		65	86	205	<b>421</b>	777





18

If we have a disagreement, we work it out by taking turns talking and listening to each other so that each of us really understands what the other is thinking.

For item 18, the average rating for "before" was 2.76. For this item, improvement was indicated by a higher average rating of 3.29 for "now" ( $p < .001$ ).

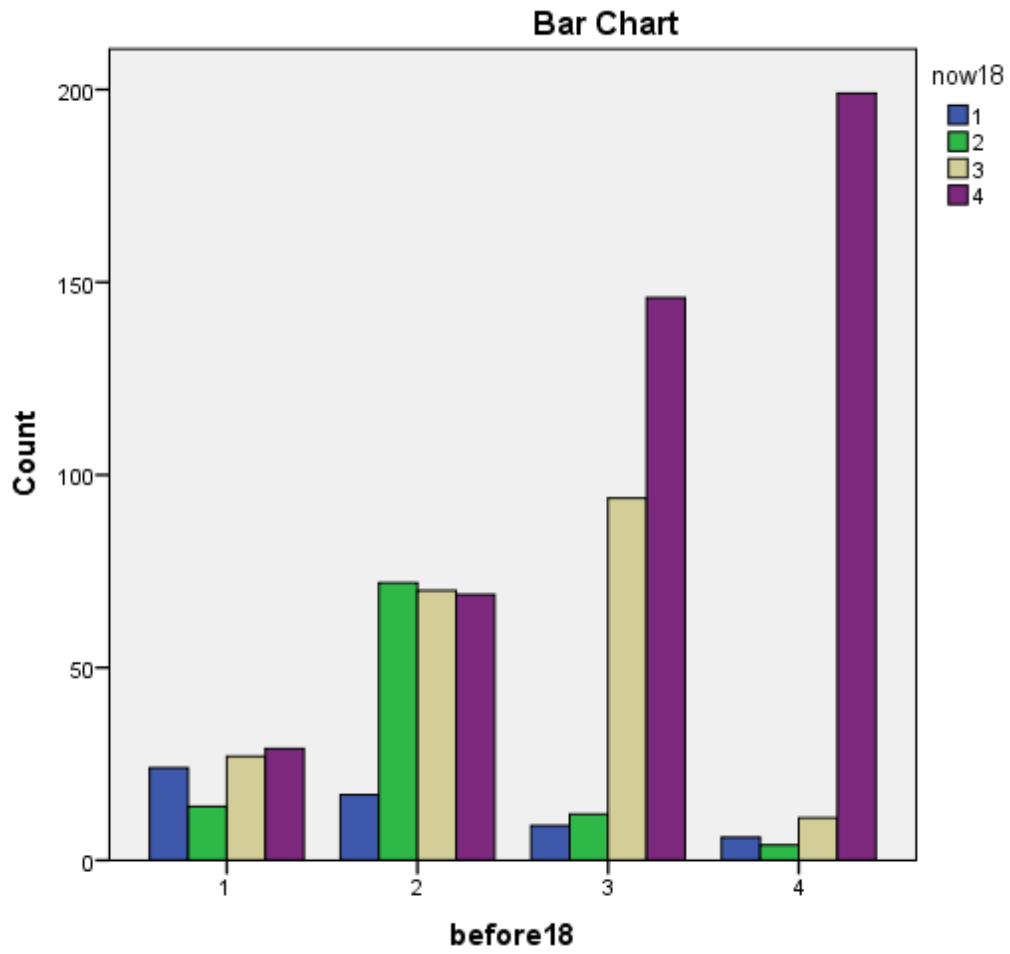
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before18 * now18	803	65.7%	419	34.3%	1222	100.0%

For "before" the intervention, 220 individuals selected 4, indicating that they frequently worked out disagreements by taking turns talking and listening to each other. Improvement was indicated with that number increasing to 443 after the intervention ("now").

**before18 \* now18 Crosstabulation**

Count		now18				Total
		1	2	3	4	
before18	1	24	14	27	29	94
	2	17	72	70	69	228
	3	9	12	94	146	261
	4	6	4	11	199	<b>220</b>
Total		56	102	202	<b>443</b>	803



19 | I show love and affection appropriately to my family members and others.

For item 19, the average rating for "before" was 3.21. For this item, improvement was indicated by a higher average rating of 3.58 for "now" ( $p < .001$ ).

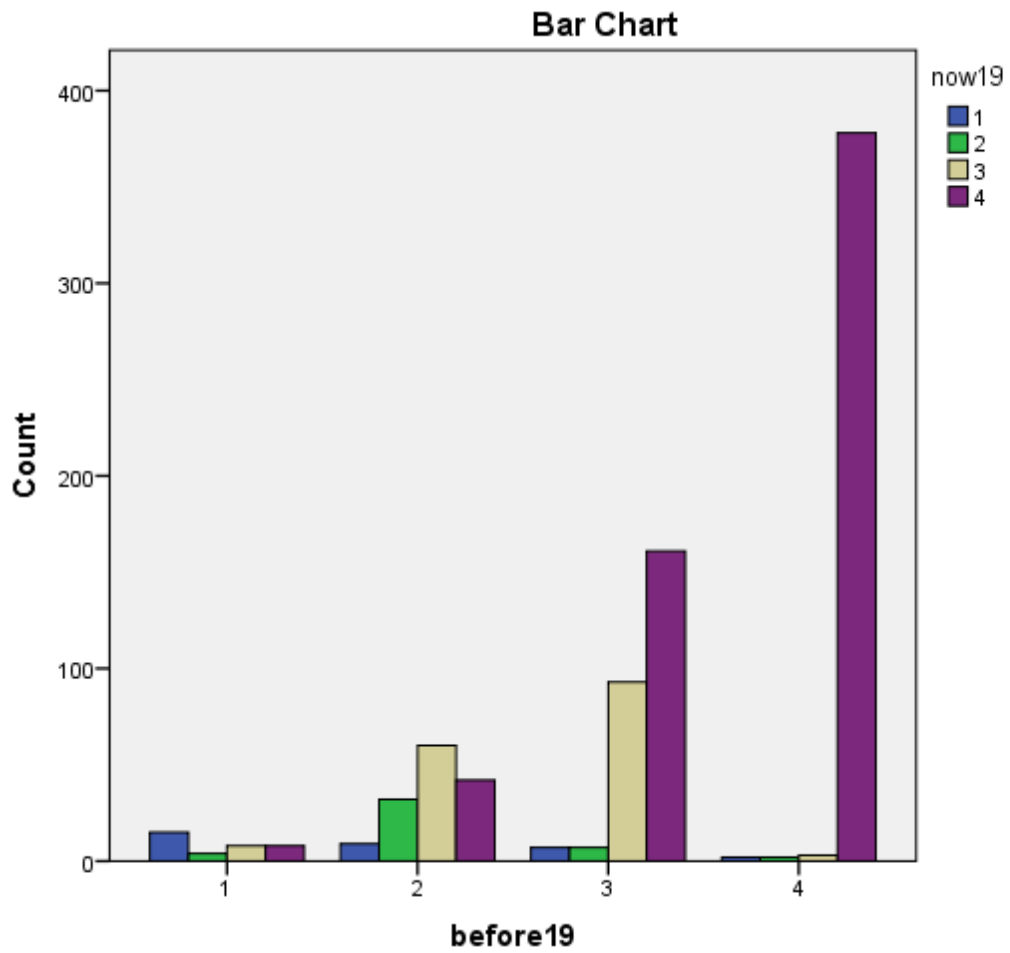
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before19 * now19	831	68.0%	391	32.0%	1222	100.0%

For "before" the intervention, 385 individuals selected 4, indicating that they frequently showed love and affection appropriately to my family members and others. Improvement was indicated with that number increasing to 589 after the intervention ("now").

**before19 \* now19 Crosstabulation**

Count		now19				Total
		1	2	3	4	
before19	1	15	4	8	8	35
	2	9	32	60	42	143
	3	7	7	93	161	268
	4	2	2	3	378	<b><u>385</u></b>
Total		33	45	164	<b><u>589</u></b>	831



20 | I know how to protect my family members and others from unsafe situations.

For item 20, the average rating for "before" was 3.26. For this item, improvement was indicated by a higher average rating of 3.63 for "now" ( $p < .001$ ).

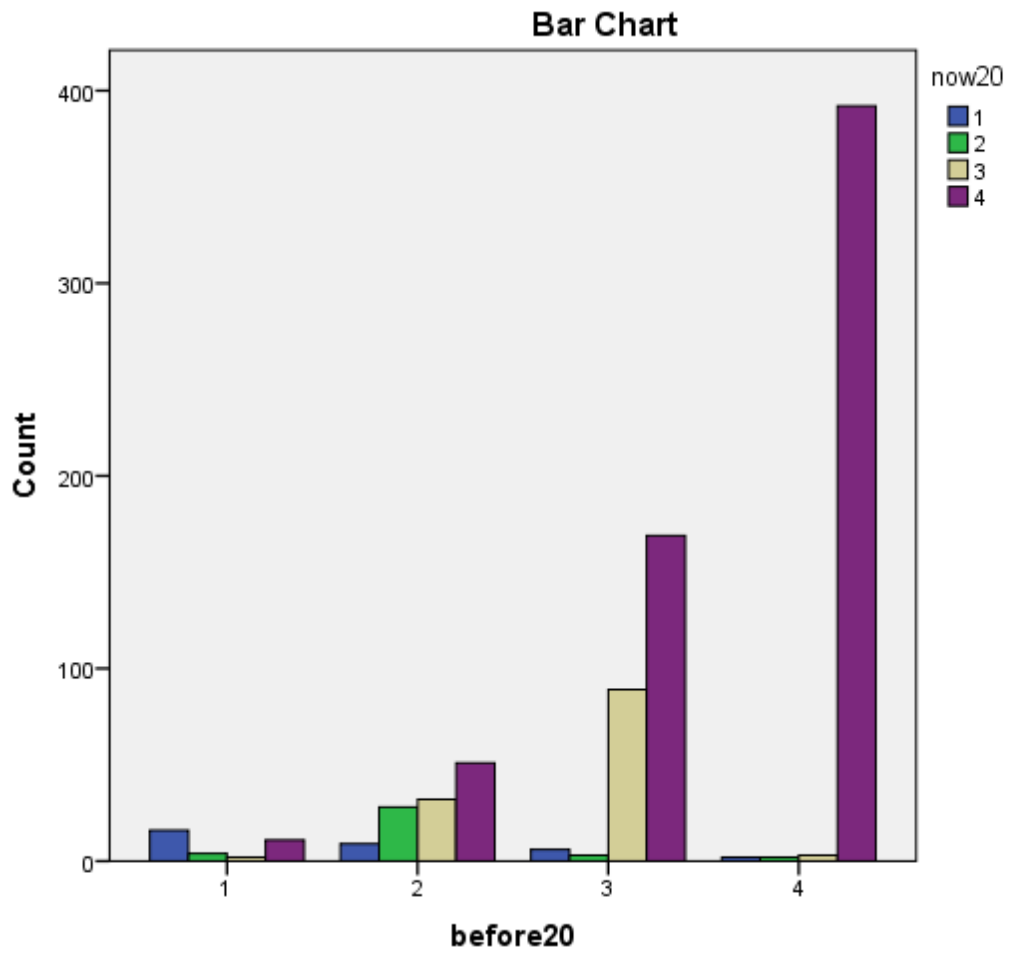
**Case Processing Summary**

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
before20 * now20	819	67.0%	403	33.0%	1222	100.0%

For "before" the intervention, 399 individuals selected 4, indicating that they frequently know how to protect family members and others from unsafe situations. Improvement was indicated with that number increasing to 623 after the intervention ("now").

**before20 \* now20 Crosstabulation**

Count		now20				Total
		1	2	3	4	
before20	1	16	4	2	11	33
	2	9	28	32	51	120
	3	6	3	89	169	267
	4	2	2	3	392	<b>399</b>
Total		33	37	126	<b>623</b>	819



Another set of questions asked, "On a scale of 1 to 5, how helpful to you were the following instructional methods used in this program?" with the numbers on the scale having the following meanings:

1 = Not at all, 2 = Slightly, 3 = Moderately, 4 = Quite helpful, 5 = Very helpful.

"Talks presented by the program leader" were rated a 5 by 86.4% of respondents and 4 by 10%.

"Activities in small group sessions" were rated a 5 by 76.8% of respondents and 4 by 13.4%.

"Working on assignments with one other person" was rated a 5 by 77.7% of respondents and 4 by 12.5%.

The last question was "How satisfied were you with this program?" The following response options were provided, followed by the percentage of respondents selecting each:

1 = I was very disappointed in it. (0.6%)

2 = I was kind of satisfied in some ways but disappointed in other ways. (1.5%)

3 = I'm not sure. (2%)

4 = I was satisfied with the program. (25.9%)

5 = I thought it was great! (70%)