Prevention & Relationship Enhancement Program (PREP) for Strong Bonds

TARGET AUDIENCE
This program is for military couples.

SUMMARY
Prevention & Relationship Enhancement Program (PREP) for Strong Bonds is a community-based program that is designed to help couples strengthen their relationships and prevent or minimize marital concerns that could or could not be unique to military families.

EVIDENCE
A randomized controlled trial was conducted at two sites, and results showed mixed findings between sites. At site 1, where couples were at higher risk for relationship problems (e.g., younger, married for a shorter time, had a lower income, and husbands had lower military rank and higher rates of deployment), there were significant positive effects in the treatment group on communication skills, confidence, bonding, and satisfaction. However, no differences were found between the treatment and control groups on forgiveness, dedication, or negative communication. At site 2, among lower risk couples, there was a significant effect only on communication skills. Separate analyses found that divorce rates in the treatment group at site 1 were lower than in the control group up to 2 years post intervention, and this effect was strongest for minority couples. There was no difference in divorce rates between treatment and control groups at site 2. There was no effect on overall relationship quality, communication skills, or positive bonding at either site. In addition, data from both sites combined showed an intervention effect on mitigating the risk of cohabitation before making a marital commitment.

COMPONENTS
The PREP for Strong Bonds program is an adaptation of the general PREP* program. The program is delivered in a flexible format and uses PowerPoint presentations, Calming Skills Relaxation audio CD, lecture, and corresponding activities to reinforce topics broached and discussed. The activities are interactive and couples are encouraged to apply their newly acquired skills. Curriculum topics include the following:

- Use communication skills, which includes respectful talking and listening;
- Work as a team, which discusses nurturing and being supportive;
- Learn stress management;
- Manage expectations and plan for the future;
- Consider and assess the effect of past experiences on the future;
- Strengthen commitment to enhance long-term satisfaction;
- Address issues of deployment and re-integration as a team; and
- Establish guidelines for holding productive, respectful conversations.

* A separate Fact Sheet is available for this program.

PREVIOUS USE
The PREP for Strong Bonds program has been evaluated in the U.S. Army by its developers; however, additional previous use information was unavailable.
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## TRAINING

Training is required and costs $675 per person. Please contact PREP using detail in the Contact section for more information.

## CONSIDERATIONS

Considerations for implementing this program include ensuring facilitators receive training, understanding program implementation materials will need to be purchased, locating space for program implementation, and acquiring participant buy-in.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

## IMPLEMENTATION

If you are interested in implementing the PREP for Strong Bonds program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### TIME

Implementation time is approximately 15 hours. Each unit requires 40 to 80 minutes; however, materials and formats used are flexible.

### COST

The PREP for Strong Bonds Instructor Kit costs $300. Supplemental materials and cost information are available at this website [https://www.prepinc.com/shopping/ProductList.aspx?ID=14](https://www.prepinc.com/shopping/ProductList.aspx?ID=14)

## EVALUATION PLAN

To move the PREP for Strong Bonds program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating consistently positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

## CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact PREP Inc., by mail P.O. Box 4793, Greenwood Village, CO 80155-4793, phone 1-800-366-0166, fax 1-303-759-4212, email info@prepinc.com, or visit [https://www.prepinc.com/content/curricula/prep-for-strong-bonds.htm](https://www.prepinc.com/content/curricula/prep-for-strong-bonds.htm)

## SOURCE

[https://www.prepinc.com/content/CURRICULA/PREP-for-Strong-Bonds.htm](https://www.prepinc.com/content/CURRICULA/PREP-for-Strong-Bonds.htm)