TARGET AUDIENCE
This program is for adults in established romantic relationships.

SUMMARY
ePREP for Couples, an online relationship enhancement program, is an adaptation of the Prevention and Relationship Enhancement Program (PREP)* that is designed to strengthen couple relationships by teaching participants communication and problem-solving competencies for managing conflict and techniques for cultivating the beneficial features that are already present in the relationship.

*A separate fact sheet exists for this program.

EVIDENCE
Four internal randomized controlled trials (RCTs) examining the effectiveness of the program have been conducted. Collectively, these studies demonstrated positive treatment effects on self- and partner-reports of physical and psychological aggression in response to conflict. There was some evidence that these effects were moderated by gender. However, effects for other relevant relational (e.g., satisfaction, constructive communication) and mental health (e.g., depression, anxiety) outcomes were less clear with some studies reporting positive effects and others reporting no effects.

COMPONENTS
ePREP for Couples consists of the following seven modules:

- Improving Your Relationships - Provides information on the following: the value of working on relationships, relationship turbulence risk factors, communication problem symptoms, and the Time Out Ground Rule;
- Filters - Describes the five filters that undermine relationships and discusses techniques for handling those filters;
- Issues and Events Model - Identifies the issues and events model and explains how to get to the root of conflicts;
- Important Conversations - Teaches communication skills with an emphasis on the Speaker Listener Technique;
- Problem Solving - Explores problem-solving skills with a focus on encouraging participants to discuss the problem before trying to solve the problem;
- Fun and Friendship - Teaches the Fun Deck technique in order to help strengthen companionship and joy; and
- Putting It All Together - Reviews the program's content and outlines ways to implement the taught skills in everyday life.

After completing the modules, participants receive homework activities that are designed to help them practice the skills they learned. The program is designed to be completed by couples or one partner. Couples can choose to work through the materials together or separately.

PREVIOUS USE
ePREP for Couples was developed in the mid-2000s, and, beyond the evaluation studies, it is unclear to what extent ePREP has been implemented. There is also a version of ePREP for singles.
ePREP for Couples

TRAINING

There is no training for this program as this program is self-administered.

CONSIDERATIONS

Considerations for implementing ePREP for Couples include understanding that a user's access to the program is valid for 6 months, having consistent and reliable access to a computer and the internet, and recognizing that some of the content and homework activities will involve topics and discussions that may be sensitive.

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 ePREP for Couples, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

Program length is variable; typically, participants work through all seven modules in 1 to 3 hours and then sign-up to receive weekly email reminders for 6 weeks.

The program costs $24.99 and access is valid for 6 months.

EVALUATION PLAN

To move ePREP for Couples to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating a consistent, positive pattern of effects for the program's targeted relational and mental health outcomes 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 by phone 1-800-366-0166, email info@prepinc.com, or visit lovetakeslearning.com

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