

Smart Steps

OVERVIEW

Smart Steps is a healthy relationship education program designed for 'step-families.' The purpose of Smart Steps is to improve relationship skills, increase commitment, and reduce relationship volatility. The program covered many healthy relationship issues, including communication, co-parenting and step-parenting, the external family support system, conflict and stress, and finances.

See [*OPRE Report 2012-09 Catalog of Research: Programs for Low-Income Couples \(May 2012\)*](#) for more information.

Focus

Healthy Marriage and Relationship Education

PROGRAM DESCRIPTION

Target Population

Married or dating couples with children as well as single parents

Service Delivery Unit

Families

Curriculum

Smart Steps

Dosage

Twelve hours over six weeks with weekly sessions

Setting

Head Start and community family services agencies

Location

Utah

Adapted and/or Created for Hispanic Population

Offered in Spanish

Demographics of Population Served

- 47% Hispanic

PROGRAM EVALUATION

Evaluated Population

Married and unmarried participants (N = 356) who attended the Smart Steps programs and the booster session, which took place four to six weeks after the program concluded.

Study Design

- Pre-/post-test, no control group
- One month follow-up survey after optional booster session

Outcomes

Commitment; relationship instability; Finances; Ex-spouses or partners

Results

- *Commitment*
 - Scores increased over time
- Relationship instability
 - No change
- *Agreement on finances*
 - Significantly increased over time
- *Dealing with ex-spouses or partners*
 - Significantly increased over time

Results for Hispanic Subgroups

None reported

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