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

Program and Evaluator Contact Info:
Francesca Adler-Baeder, Ph.D., CFLE
Human Development and Family Studies
263 Spidle Hall, Auburn University
Auburn, Alabama 36849
334-844-3234
fadlerbaeder@auburn.edu