

The Supporting Father Involvement (SFI) Prevention Intervention (Couples-Based)

OVERVIEW

The Supporting Father Involvement (SFI) Prevention Intervention intended to improve father involvement with their families and support positive child development. The curriculum includes exercises, discussions, and short presentations. The program was delivered in four family resource centers, which served low-income families.

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

Focus

Responsible Fatherhood

PROGRAM DESCRIPTION

Target Population

Biological parents of a child no older than 7-years-old, who were raising the child together, did not have mental illness or substance use that interfered with daily functioning, and did not have issues with violence (between partners or child abuse)

Service Delivery Unit

Couples

Curriculum

Supporting Father Involvement (SFI)

Dosage

Two hour sessions for 16 weeks

Setting

Community-based Organizations

Location

California

Adapted and/or Created for Hispanic Population

- Available in Spanish
- The original curriculum was adapted for low-income Latino families, many of whom were Mexican American

Demographics of Population Served

- 67% Latino

- 50% male, 50% female
- The median annual household income was \$29,700

PROGRAM EVALUATION

Evaluated Population

Nearly 500 couples were randomly assigned to three groups: SFI couples group (CG), SFI fathers group (FG), and a comparison

Study Design

- Randomized control trial (RCT)
- Data were collected at pretest and two follow-ups after the completion of the group sessions (2 and 11 months)

Outcomes

Father's parenting skills; relationship status; psychological involvement in parenting; father's well-being; co-parenting; child outcomes

Results

- *Psychological involvement in parenting*
 - Fathers in the program experienced a greater average decline in parental stress than comparison fathers.
- *Co-parenting*
 - Mothers reported greater increases in fathers' share of parenting and greater increases in conflicts with the father about child discipline.
- *Child outcomes*
 - Mothers and fathers reported a smaller increase in their child's shy or withdrawn behavior than did counterparts in the comparison group.

Results for Hispanic Subgroups

None reported

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