

Effectiveness of Adapted PREPARE-ENRICH Program in Hungary*

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This study evaluated the impact of a marital enrichment program called CONNECT that was based conceptually on the PREPARE/ENRICH Program and couple exercises. The program significantly improved the couples' relationship on the 12 PREPARE-ENRICH scales while the control group decreased their scores.

The CONNECT Program contained 10 sessions that were offered weekly to 54 couples. The marital enrichment program was reviewed and approved by the Seventh-day Adventist Church in Hungary and used also by the Roman Catholic Church and the Hungarian Reformed Church.

Pre-test and post-test was done with the 54 couples in the CONNECT group and a Control group of 58 couples. Table 1 shows the results from the scores on the PREPARE/ENRICH scales and Figure 1 shows the percent change in the scores for the two groups. Table 1 shows the couples in the CONNECT program improved from 18.7 to 19.7 points on the 12 PREPARE-ENRICH scales while the Control group decreased from 18.8 to 18.3 points.

In another analysis using percent change in scores on the 12 PREPARE-ENRICH scales (see Figure 1), the CONNECT group increased 3.8 percent while the Control group dropped almost 1 percent (.90) on the 12 scales.

In summary, these results demonstrate that CONNECT Program did have a positive impact on the couples compared to the Control group, which decreased its scores on the 12 PREPARE-ENRICH scales.

** This study was completed as a doctoral dissertation by Gabor Mihalec in the Department of Practical Theology at the Karoli Gaspar University in Budapest, Hungary.*

(See Table 1 & Figure 1 on the next page)

Table 1: Scores on PREPARE/ENRICH Scales

Category	CONNECT Program (n = 54)		Control Group (n = 58)	
	Pre-Test	Post-Test	Pre-Test	Post-Test
Goals	19.0	20.0	19.3	19.1
Communication	18.9	19.8	18.8	18.6
Conflict Resolution	16.8	17.4	17.0	16.7
Finances	18.7	20.4	18.9	18.2
Sexuality	19.3	20.3	18.9	18.9
Parenting	18.2	19.3	18.3	18.0
Leisure Activities	17.1	18.3	17.3	17.3
Family	19.0	19.6	18.8	18.1
Roles	19.9	20.6	19.1	19.0
Spirituality	20.2	20.8	17.3	17.6
Couple Closeness	19.7	20.6	19.7	19.4
Couple Flexibility	18.0	19.3	21.6	18.3
AVERAGE	18.7	19.7	18.8	18.3

