

Guidelines for Evaluating Your Program

In evaluating the effectiveness of a psychoeducational marital/family program, several questions need to be addressed:

1. Is the program effective, and if so, for whom? Define goals and objectives for the program.
2. What kinds of marital problems respond to the program? What kinds do not? Multiple outcome measures are needed even if program is seeking specific effects because often many factors are influenced by an intervention.
3. What makes this a good program, that is, what are the change inducing components? Identify what is being measured – behavior, attitudes, feelings.
4. What are the characteristics of participants?
5. What processes are used? Identify program content and activities.
6. Does the program's content fit the needs and expectations of participants? Use multiple standardized measures.
7. How durable or long-lasting are the program's effects? Collect follow up data.
8. How does this program compare with similar programs, as far as outcomes? Collect data, analyze data, and write up your findings and report them.

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