

### *Without exception, HMDP sites are optimistic about their impact on the community.*

**The Texas Tech University evaluation team highlights findings from the pre- and post-test surveys filled out by participants in Texas-based Healthy Marriage Demonstration Projects (HMDP).**

#### Summary

The pre- and post-test surveys consisted of 24 questions designed to assess the impact of HMDP program participation in the lives of participants. All groups surveyed attended either the *Within My Reach* or *Within Our Reach* (PREP-based) programs. The following findings were observed as a result of HMDP participation:

- Participants were more likely to agree that love is a necessary ingredient for a successful marriage.
- One third of participants were more likely to view marriage as more desirable than remaining single.
- Over half of participants believed that their listening skills improved as a result of workshop attendance.
- Both communication skills and intimacy levels seemed to be influenced by attending the workshop. In response to the statement, “I can talk to my partner easily about our physical relationship,” almost half of respondents who reported “somewhat like me,” on the pre-survey reported “most like me,” on the post-survey. This indicates improved self-perception of listening and communication skills as a result of workshop attendance.

- Interestingly, a majority of participants indicated on both pre- and post-surveys that they could “get all of the benefits of being married by living together,” indicating a belief by many that co-habiting is just as beneficial as marriage.



Without exception, the staff at HMDP sites were optimistic about the beneficial impact of the workshops on their communities. They overwhelmingly reported that the workshops made a positive change in participants’ relationships. These changes were noted not just for the couples, but for the individual participants as well. It appears that in addition to strengthening couples’ relationships, a hidden benefit of these workshops is individual self-improvement.

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