

The Families in Transition Program (FIT)

OBJECTIVES

Comparison of two court-ordered parent education programs for high-conflict separated/divorcing parents.

- FIT: 90 minute, online program
- PCR: 4 hour, in person program

SAMPLE DETAILS

- Total Participants: 264 (213 completed surveys).
- Distribution: 56% took PCR, 44% took FIT.
- Gender: 52% women, 35% men, 12% other/not disclosed.
- Marital History: 44% never married to the child's other parent, 43% previously married, 13% did not disclose.

FINDINGS

Parent Experience

- Both FIT and PCR offer valuable content with no significant difference in user perception.
- Both FIT and PCR rated as "Good" or "Great." Programs found moderately to very helpful.
- FIT online program highly usable; no extra support needed.
- The majority of parents favor online programs.

Change in Parent Conflict Behavior

Compared to parents in the PCR ...parents in the FIT program reported:

- a larger reduction in parent conflict*

Change in Parent & Child Emotional Reactions

Parents in both programs reported:

- no change in parent emotion regulation problems
- no change in child behavior, depression, anxiety problems

FIT FINDINGS

...AT A GLANCE

- Scalable, early intervention for post-separation/divorce conflict.
- Parents reported a significant reduction in conflict in pilot testing.
- Ready for larger scale evaluation and refinement.



The results allow me to conclude that we have a highly acceptable and scalable program that showed promising effects on parent's conflict behaviors. We are confident about sharing the program with a wider audience so that we can continue to study and improve it.

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* The differences between FIT and PCR were marginally statistically significant ($p = .07$). This suggests a low probability—less than 7% of the time—that the observed differences occurred by random chance. Researchers typically use a threshold of a 5% chance (a p-value of .05) to confidently assert a finding is not due to random chance. Therefore, because our results fall outside the conventional confidence level, these results should be replicated to rule out how factors other than the FIT program, like the passage of time or changes in family stress level, might contribute to change in conflict.