Decreasing divorce in Army couples: Results from a randomized clinical trial of PREP for Strong Bonds

ABSTRACT

Findings from a large, randomized controlled trial of couple education are presented in this brief report. Married U.S. Army couples were assigned to either PREP for Strong Bonds (n = 248) delivered by U.S. Army chaplains or to a no-treatment control group (n = 228). One year after the intervention, couples who received PREP for Strong Bonds had one-third the rate of divorce of the control group. Specifically, 6.20% of the control group divorced, while 2.03% of the intervention group divorced. These findings suggest that couple education can reduce the risk of divorce, at least in the short run with military couples.