
The effectiveness of behavioral marital therapy: Empirical status of behavioral techniques in preventing and alleviating marital distress

**ABSTRACT**

This article uses meta-analyses to determine the effectiveness of behavioral marital therapy (BMT) and premarital intervention (BPI) studies. The effect size for the 17 BMT studies was .95 and for the 7 BPI studies was .79, and these gains were generally maintained over time. Cross-cultural comparisons of BMT indicated equal benefits for couples in Europe and the United States. For BMT, effect sizes were higher for comparisons with no treatment versus placebo control groups, whereas the reverse was true for BPI. For BMT, effect sizes were similar for observational and self-report measures, whereas for BPI, effect sizes were larger for observational versus self-report measures.