

A Longitudinal Study of the PICK (Premarital Interpersonal Choices & Knowledge) a Partner Program

Preliminary Analyses

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Currently, a longitudinal study is being conducted on the effectiveness of the PICK a Partner program with single soldiers. The program is being delivered at three Army bases: Ft. Bliss, Ft Benning, and Ft. Riley. To date, 232 participants have completed an hour overview of the PICK a Partner course and 38 participants have completed the full course and subsequent pre and post surveys. Preliminary findings based on just the 38 participants who provided all data and participated in the full course suggested that:

- 97.4% of single soldiers are very satisfied with the PICK program
- 89.5% of single soldiers would recommend the PICK program to others.

An examination of the pre and post surveys suggested a significant program impact. The preliminary findings are in the table below. Participants demonstrated a significant program impact effect on all items except, *I understand/understood that love is both emotional and rational*. The lack of significance on this item may be due to an already existing belief held by the participants that love incorporates both thinking and feeling. This item may be a better measure of a belief about love than it is a measure of program effectiveness. All of the other items were significant, with participants indicating greater agreement with the statements following the delivery of the PICK program. These preliminary findings lend support for the effectiveness of the PICK a Partner program.

Item	Pre	Post	t-value
I felt/feel confident in my ability to maintain a balance between the critical bonding dynamics in a relationship.	3.42	4.08	-5.92^d
I knew/know talking, togetherness, and time are necessary for a well-rounded understanding of a potential partner.	4.06	4.53	-4.32^d
I felt/feel confident about choosing the 'right' partner.	3.53	4.19	-4.83^d
I understood/understand that love is both emotional and rational.	4.08	4.33	-1.95
I felt/feel that I have a good understanding of how to get to know a partner.	3.86	4.36	-3.87^d
I could/can identify the difference between someone's conscience and their dating skills.	3.30	4.00	-4.13^d
I could/can identify the things that are important to get to know about a partner.	3.81	4.39	-5.39^d
I understood/understand that previous relationship patterns often repeat in the next relationship.	3.89	4.31	-3.25^c
I knew/know that marriages that had courtships that lasted less than two years have much greater chances of divorce.	3.60	3.97	-2.41^a
I understood/understand that sexual involvement results in emotional bonding.	3.92	4.36	-4.39^d
I understood/understand that my own family experiences will impact my future relationships.	3.89	4.28	-2.91^b
I was/am confident that I will be able to apply enough self-control in setting boundaries when forming trust during the early stages of a dating relationship.	3.76	4.32	-3.60^c
I felt/feel confident that I will spend plenty of time figuring out what my partner is really like before becoming too involved.	3.58	4.33	-3.98^d

Note: scores ranged from 1 strongly disagree to 5 strongly agree, with higher mean scores indicated greater agreement with the statements. ^a = $p < .05$; ^b = $p < .01$, ^c = $p < .001$, ^d = $p < .0001$.