

# 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 (214 completed surveys).
- Distribution: 56% took PCR, 44% took FIT.
- Gender: 51% women, 34% men, 1% other/not disclosed.
- Marital History: 43% never married to the child's other parent, 43% previously married, 14% 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 & Child Behavior

As compared to before the program...

- lower parent conflict\*
- lower child behavior problems\*

### Change in Parent & Child Emotional Reactions

As compared to before the program...

- no change in parent emotion regulation problems
- no change in child depression/anxiety problems

## FIT FINDINGS

### ...AT A GLANCE

- Scalable, early intervention for post-separation/divorce conflict.
- Parents reported reduced parent conflict and child behavior problems 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 and children's behavioral issues. 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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\* FIT demonstrated reductions in parent conflict and child behavior problems with a 95% confidence, meaning there's a low likelihood we would see reductions of this size by random chance. But, because there was no statistical difference in the reduction between FIT versus PCR, we cannot solely credit these improvements to FIT. Unknown external factors, such as the passage of time or changes in family stress level, might have contributed.