Evaluation of a Brief Marriage Intervention for Internal Behavioral Health Consultants in Military Primary Care

Ashley L. Evans  
Wright State University, evans.397@wright.edu

Jeffrey A. Cigrang  
Wright State University, jeffrey.cigrang@wright.edu

Tatiana D. Grey

James V. Cordova

Elizabeth Najera

See next page for additional authors

Follow this and additional works at: https://corescholar.libraries.wright.edu/urop_celebration

Part of the Arts and Humanities Commons, Engineering Commons, Life Sciences Commons, Medicine and Health Sciences Commons, Physical Sciences and Mathematics Commons, and the Social and Behavioral Sciences Commons

Repository Citation

This Presentation is brought to you for free and open access by the Office of the Vice Provost for Research at CORE Scholar. It has been accepted for inclusion in Symposium of Student Research, Scholarship, and Creative Activities Materials by an authorized administrator of CORE Scholar. For more information, please contact library-corescholar@wright.edu.
Authors
Ashley L. Evans, Jeffrey A. Cigrang, Tatiana D. Grey, James V. Cordova, Elizabeth Najera, Rosalyn S. Pace, Abby D. Fields, Michael A. Glotfelter, Jennifer A. Mitchell, and JoLyn Tatum

This presentation is available at CORE Scholar: https://corescholar.libraries.wright.edu/urop_celebration/19
Evaluation of a Brief Marriage Intervention for Internal Behavioral Health Consultants in Military Primary Care

Ashley L. Evans¹, BS, Jeffrey A. Cigrang¹, PhD, Tatiana D. Grey², MA, James V. Cordova², PhD, Elizabeth Najera³, PhD, Rosalyn S. Pace⁴, MS, Abby D. Fields⁵, PhD, Michael A. Glotfelter⁵, PhD, Jennifer A. Mitchell⁶, PhD, & JoLyn Tatum⁶, PhD

¹Wright State University, ²Clark University, ³WHASC, ⁴AFMOA, ⁵Malcolm Grow Medical Center, ⁶359th MOS

Background

• Military couples face significant challenges to their relationships including demanding schedules, multiple deployments, and frequent moves.
• Despite the high costs of chronic marital distress, very few military (or civilian) couples seek marriage therapy.
• The military services and the VA system have implemented collaborative care models in primary care where internal behavioral health consultants are integrated into primary care.
• Integrated primary care can reduce the stigma of behavioral health services and may increase the odds that couples would seek help earlier.
• There are no established couple interventions designed for use in primary care.
• The purpose of this presentation is to describe a program of research focused on adapting and validating The Marriage Checkup (MC) for use in an integrated primary care clinic.

The Pilot Study

• From 2013 to 2014 we conducted a pilot study of the MC at two military primary care clinics in San Antonio.
• A total of 17 active duty Air Force couples and one individual enrolled in an open trial and completed all three MC appointments.
• Relationship satisfaction (B=.54, p=.003, B=.55, p=.004), distress (B=.75, p < .001, B=.58, p=.003), and intimacy (B=.43, p <.017, B=.47, p=.014) were significantly improved from baseline to 2 weeks post-treatment and at a 2-month follow-up period. Effect sizes were medium to large.

The Marriage Checkup

• The original MC was created by Dr. James Cordova to be the relationship equivalent of an annual dental or physical health checkup (Cordova et al., 2005).
• The civilian version of MC requires four to five hours to administer. In 2013 we adapted the MC to fit into three 30-minute appointments so that it could fit in the fast-paced environment of primary care.
• Appointment One: Relationship history interview and assessment of couple’s perceived strengths
• Appointment Two: Understanding couple’s relationship concerns and factors that serve to maintain them.
• Appointment Three: Feedback session to review strengths and concerns and offer a list of individually-tailored options for couple to consider as ways to actively nurture their relationship.
• At the conclusion of the MC couples are provided a hardcopy report that summarizes their results and suggested options for improving their relationship.

Ongoing RCT

• Based on our promising pilot study results, in 2015 the DoD awarded us a $887K grant to conduct a randomized clinical trial of the MC for military primary care.
• Over the next three years the study will randomly assign 250 active-duty couples to either an MC treatment condition to a 7-month waitlist condition.
• The effects of MC on relationship health will be evaluated at 2-month and 6-month follow-up assessments.
• Four Air Force clinics are participating in the RCT:
  – Wilford Hall Ambulatory Surgical Center, Lackland AFB, San Antonio
  – 359th Medical Operations Squadron, Randolph AFB, San Antonio
  – Malcolm Grow Medical Clinics and Surgery Center, Andrews AFB, Maryland
• The first couple was enrolled in the study in Feb 2016.

References