

Thank you for your interest in our study on couple-relationship education for older adults!

The purpose of this project is to study how older adults (**age 62 and older**) may benefit from couple-relationship education (CRE), which consists of information about relationships such as skills and strategies for communicating safely, and for maintaining and enhancing relationship happiness over time. CRE programs like the one in this study have been used with couples of all ages for many years to strengthen their relationships, but have yet to be studied exclusively with older adults. This study uses an **online** version of the Prevention and Relationship Education Program (PREP). PREP is based on over 30 years of research.

We are interested in the older adult population because there will be twice as many older adults by 2030 as in 2000, and because the 2010 divorce rate for adults over 50 was two times the 1990 divorce rate. This phenomenon has been called the “Gray Divorce Revolution.” **Research also suggests that improving relationship health may increase physical health and longevity.**

Participants in this study receive free access to the online program for one month. They will be randomly assigned (50/50 chance) to either immediate or delayed (by one month) access. Participants also need to complete a survey about their relationship and overall health when they join the study, and again one month later. A \$10 Amazon.com gift card is given for completing the second survey.

To help us determine if the study is a good fit for you, please use the following link:

https://udenver.qualtrics.com/SE/?SID=SV_01jIRfoVYARTfLf