



## Starting a Couple in Project Bridges

Are you motivated? Your positive attitude will create success in signing on couples to participate. Why are you participating in this study? What is motivating you? Write a reminder for yourself here.

1. **Invitation.** When a couple arrives for intake. As part of your intake paperwork and orientation, tell them about the study you are participating in.

A script you can use:

**“I am part of a research study on couple therapy. This study is part of a larger, worldwide project investigating what is happening in couple therapy. If you were to participate, you would be asked to complete a survey after each session, for the next 6 sessions, about how you are doing and about what is happening in therapy.**

**The only cost to you is 2-3 minutes of your time each week, and you may find it beneficial to reflect on your progress.**

**This study will not change what we do in therapy. You have the right to withdraw from the study at any time. Is this something you might be interested in?”**

2. If they say “yes, sure”. Give them each the **business cards** with the bridgecouple.com website on it.  
If one says yes, that one person can still do the survey while the other can take a few minutes to think about their goals for your session, or whatever prayer or meditation you would like them to do 😊.
3. **Start now?** Tell them “would you be willing to do the initial questions for the study right now? The initial registration and first questions will take about 5-8 minutes. After this week it will only be about 2 minutes”

If they are willing but there are reasons not to do it at the beginning of the session (they came late, are visibly upset, etc.), then it can wait until the end.

4. **Phones.** Tell them- “Just take out your phones, go to the website on the card and answer the questions honestly. It’s going to ask you to use your street name as a pseudonym to keep your anonymity- is that OK with you? I’ll be right here if you have any questions.” (Write down their street name-pseudonyms on your tracking sheet & you have 5 -8 minutes of free time!)

If they don’t have a smart phone, pull out the paper back up copy of the survey from the ones we gave you for them.

5. If they **didn't do the questions at the beginning** of the session, as the session ends you would say "OK, are you willing to participate in the research study still? Great. Just take out your smart phone and go to the website and start the study (see info above)." Start the survey in your office.

If you need them to vacate your office prior to them finishing it. Tell them "I need to clear my office for an appointment. Can I walk you to the lobby and you can sit there and finish the questions? When you finish the questions, you are free to go home (or pay the front desk or whatever you need) and I will see you next time."

6. **Instructions for the future.** When they finish the questionnaire (or you take them to the lobby) tell them "Ideally you come in a few minutes before our appointments and go to the website while you are waiting here in the lobby. The website is all you need- and it takes about 2 minutes to do them. I think the questions help you consider about how you are doing this week prior to starting our sessions. Would you remember that?"
7. **Therapist's survey-** Mark on your tracking sheet the dates each session. Don't forget YOU complete the therapist's session checklist for that couples session after the session is over (one per couple session). We recommend you do it prior to heading home for the day to remember the details of your session.

After the first time- sessions 2-5

1. The couple arrives for subsequent sessions with you. At the beginning of the session remind them- "You participated in the research study last week. Did you complete this week's questions in the lobby prior to coming in or do you still need to do it?"
2. If they haven't done it yet. "That's fine. Can you go to bridgecouples.com now and do the quick 2 minute survey." (Again if there's a reason to delay for after the session- that's OK).
3. If they have done it. "GREAT! Was there anything in those questions you felt like it would be helpful for us to discuss, or is there something else you would like to focus on today?"

Session 6 is the "magic" session

1. Remind the couple it's 6<sup>th</sup> session and the study will ask them some additional questions this week (about 5 mins total). They can do it from session 7+ voluntarily, but our request to participate in research ends at session 6.
2. Finish the tracking sheet and email/fax it to us. We owe you \$30! (that's a couple lunches!!)

Questions? Our email: [bridgecouplesresearch@gmail.com](mailto:bridgecouplesresearch@gmail.com)

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