



RLT OUTCOMES STUDY

Building the evidence base for Relational Life Therapy

Are You and Your Partner New to Relational Life Therapy?

We'd like to hear about your experience.

We are conducting a research study to understand how RLT impacts couples' relationship satisfaction over time.

Study FAQs

What is the RLT Outcomes Study?

A research study to understand how Relational Life Therapy impacts couples' relationship satisfaction over time

Who can participate?

You and your partner may be eligible if you are:

- Newly starting couples therapy with an RLT-trained therapist
- Scheduled for your first session or have completed no more than two sessions
- Have not yet attended an RLT intensive
- Both willing to participate

What does participation involve?

Each partner will:

- Complete a brief eligibility screening
- If eligible, complete 4 online surveys over 6 months
- Each survey takes about 20 minutes
- Receive \$25 for each completed survey, up to \$100 per person (\$200 per couple)

How can I participate?

- Ask your therapist to refer you and your partner
- The research team will email or text you the survey link

Is participation voluntary?

- Yes. Participation is completely voluntary and will not affect your therapy. You do not need to stay in therapy for the full 6-month study period to participate.

Who has access to my information?

- Your responses are confidential and they will not be shared with your partner or your therapist. Only members of the research team will have access to your information

Who do I contact for questions?

- Your RLT couples therapist or the RLT research team:
 - ✉ research@relationallifefoundation.org
 - ☎ (510) 213-8366
 - 📷 @research_relationallife

See our website for more info:

<https://www.relationallifefoundation.org/rlt-outcome-study.html>

This study has been approved by WCG Clinical under study protocol #45617117.0