



OnePlusOne RPC digital resource outcome data

2021-2026



Outcome data

We carried out statistical significance testing on the pre- and post-intervention surveys completed by parents who used our digital interventions across England and Wales between 2021 and 2026. Statistical significance indicates whether or not something was likely to happen due to chance or as a result of the thing you are measuring. In this case we are measuring the impact of our digital interventions on outcomes for parents. The improvement in their outcome measures was not due to chance but as a result of their use of the digital interventions.

Arguing Better

Parents completed pre- and post-test standardised measures to assess changes in dyadic coping, couple conflict, and individual level stress.

For parents that completed pre- and post-test surveys, there was a statistically significant improvement in couple coping and a statistically significant reduction in couple conflict and individual stress for parents that completed *Arguing better* across England and Wales. Alongside this, 58% users reported reduced stress, 60% users reported reduced conflict, and 70% of users reported improved dyadic coping.

Me, You and Baby Too

Parents completed pre- and post-test standardised measures to assess changes in dyadic coping, couple conflict, and relationship satisfaction.

For parents that completed pre- and post-test surveys, there was a statistically significant improvement in couple coping and relationship satisfaction and a statistically significant reduction in couple conflict for parents that completed *Me, You and Baby Too* across England and Wales. Alongside this 39% of users reported improved relationship satisfaction and 40% of users reported sustained relationship satisfaction— during a time where relationship satisfaction is known to decline. 58% users reported reduced conflict and 61% of users reported improved dyadic coping.

Getting it Right for Children

Parents completed pre- and post-test standardised measures to assess changes in emotional readiness and co-parenting cooperation (communication and conflict).

For parents that completed pre- and post-test surveys, there was a statistically significant improvement in emotional readiness and coparenting cooperation for parents that completed *Getting it right for children* across England and Wales. Alongside this, 63% users reported improved emotional readiness, and 60% users reported improved co-parenting cooperation

Qualitative data

Once parents have completed a digital resource, we ask them what they have learned and what they are doing differently as a result of using that resource. The following are a selection of quotes from parents answering that question. Overall we have seen parents discussing an improvement in their awareness about the causes and consequences of arguments and stress, and an ability to focus on communication, empathy, and focussing on the children.

Me, You and Baby Too

What have you learned from using Me, You and Baby Too?

"I have learned how to argue better. I have learned to consider my partners' feelings more and to be more understanding with her."

"i have to say i can relate to most of these videos and how it affect me and dad and how it affects my son to . and that they give you plenty of detail how to do this in a better way for all of you."

"How arguing and dealing with situations can affect baby's not only at the time but growing up in life too"

What kind of things, if any, are you and your partner doing as a result of using Me, You and Baby Too?

"We will implement the Stop, Talk it Out, Work it Out method. We will also be more understanding to each others needs."

"Communicating better, allowing each other to have the space and time to reflect and be the best versions of ourselves for our daughter"

"Listen more to him. Think about triggers and what i can do to calm down to stop an argument escalating"

Arguing better

What have you learned from using Arguing better?

"That there are many ways to deal with communication and a slight change can make a massive difference and change to outcome"

"To stay calm, take a deep breath before respond, ask for support when I feel stressed"

"Just helps to remember to stop and think about other points of view more often"

What kind of things, if any, are you and your partner doing as a result of using Arguing better?

"We are having fewer arguments and they tend to be resolved quickly and amicably"

"We now know how to manage "our" stress and how to argue helpfully"

"We are listening to each other much better and giving support where suitable"

Getting it right for children

What have you learned from using Getting it right for children?

"It just gives you time to take a step back to look at the situation and gives you a better understanding of what your children are seeing."

"how to communicate properly and do what's best for the children. its not about you its about the children."

"How it's important to stay calm and to see things differently, it's important me and my daughters father work together for the best outcome for our daughter"

What kind of things, if any, are you and your partner doing as a result of using Getting it right for children?

"Trying to be more open and focused in our discussions and trying to focus on agreed goals which are in the best interests of our child"

“practice patience and understanding with each other and avoid unnecessary conversations that might lead to arguments, especially in front of the child.”

“We are both working together as much as we can rather than working against each other with doing things in house and with the kids”

Summary

Taken together, the outcome data and qualitative data indicate that parents who use the OnePlusOne RPC digital resources experience improvements in their relational wellbeing and coparenting relationship through increased awareness of the impact of their behaviour on their relationship and using relational capability skills in how they engage and communicate with each other.

