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The 11th International Conference on Couples Coping Enhancement Training: A Mobile Relationship Education Program

EHB e-Health and Bioengineering

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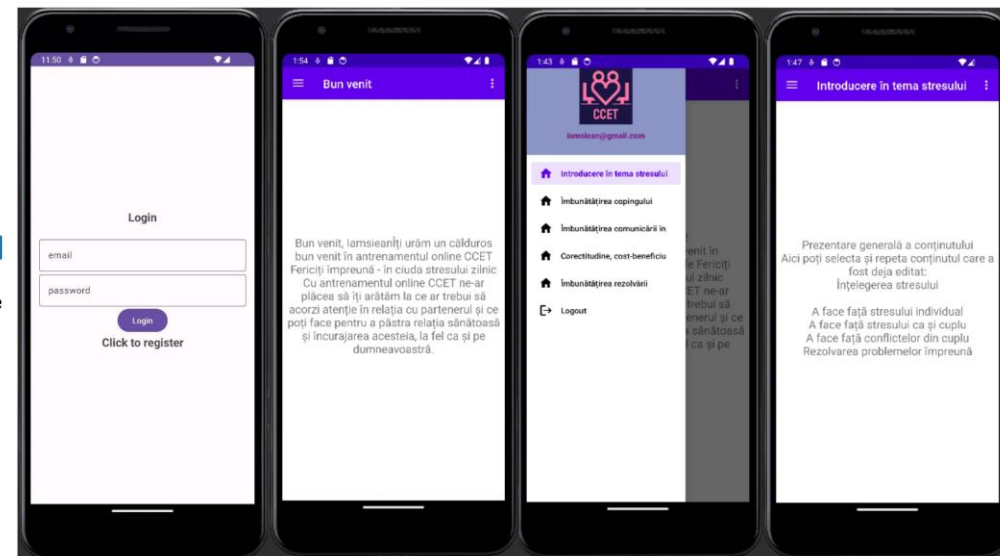
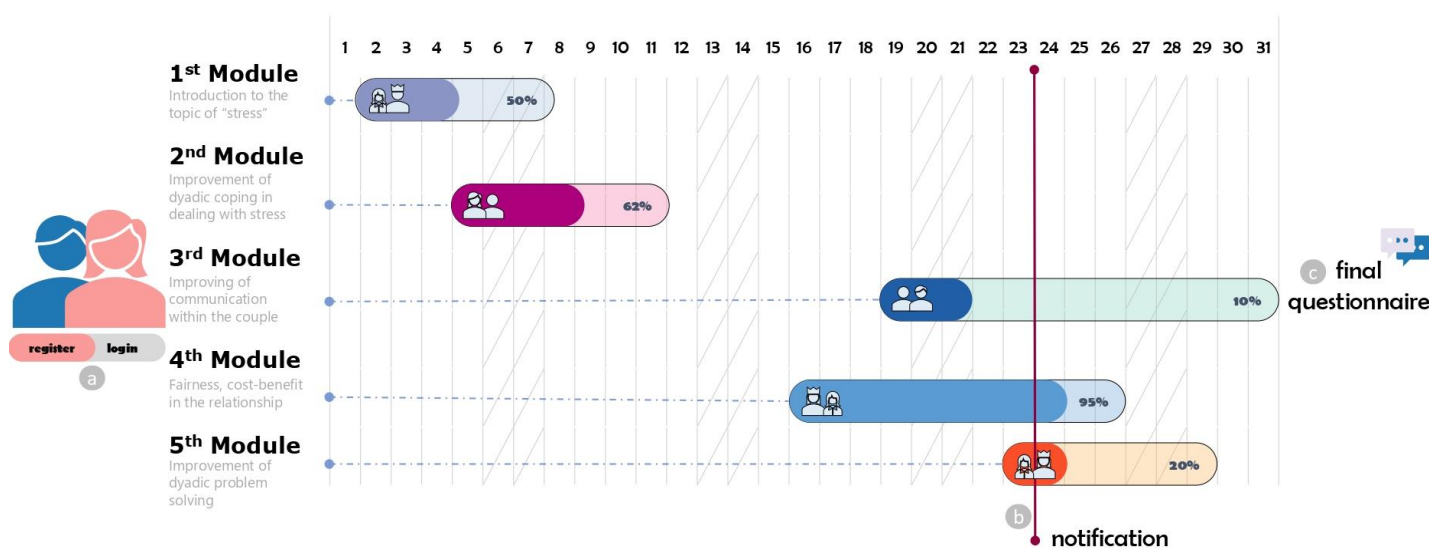


Table 1 Units of the CCET

Unit	Content	Materials
1. <i>Awareness of the role of stress on close relationships. Improving understanding of stress and coping</i>	Theoretical information on stress, subjective evaluation of stress, the influence of stress on couple interaction, spill-over and cross-over of stress.	Videos, questionnaires for assessing different types of stress, short quizzes, exercises
2. <i>Individual coping with stress</i>	Information about individual coping skills, learning individual coping strategies (e.g. stress-balancing activities, avoiding unnecessary stress, calming strategies, dealing with stress).	Illustrations, video examples, exercises
3. <i>Dyadic coping with stress</i>	Information about dyadic coping skills forms of dyadic coping, developing stress communication, supportive dyadic coping, common dyadic coping.	Exercises with the partners, video examples, illustrations, stories
4. <i>Communication and negative behaviors in couples</i>	Forms of communication and the influence of conflicts on relationships, resolving conflicts, recognizing negative behaviors.	Exercises with the partners on communication styles, active listening
5. <i>Problem-solving strategies</i>	Problem solving strategies at individual and dyadic level, the role of support provided by the partner in problem solving, discussing problem-focused supportive common dyadic coping.	Illustrations, video examples of problem solving, individual and couple exercises

Summary

1. Research Methodology:

- Questionnaire distribution and completion by participants.
- Five module engagement.
- Follow-up questionnaire.
- Individualized interpretation and improvement suggestions.

2. Couples Coping Enhancement Training (CCET):

- Enhances relationship quality via partner interaction and stress management.

3. Software Platform Development:

- Android software aims to alleviate stress impact on relationships.
- Enhances coping and communication in couple relationships.