

Which Program Elements Are Associated with Better Outcomes for Fathers?



OPRE REPORT 2024-332

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This infographic highlights findings from a meta-analysis conducted as part of a large-scale federal evaluation called Testing Identified Elements for Success in Fatherhood Programs, or Fatherhood TIES. A meta-analysis is an approach that combines studies of multiple programs to determine the overall average impacts of programs of a certain type. It is a nonexperimental methodology researchers use to determine the strength of a connection between variables. Additional research is necessary to imply causation.

Economic Stability Outcomes

Compared with programs offering only group-based services, programs delivered in individual formats had larger impacts on outcomes related to economic stability, as well as those related to parenting, father well-being, and healthy relationships with coparents when combined.

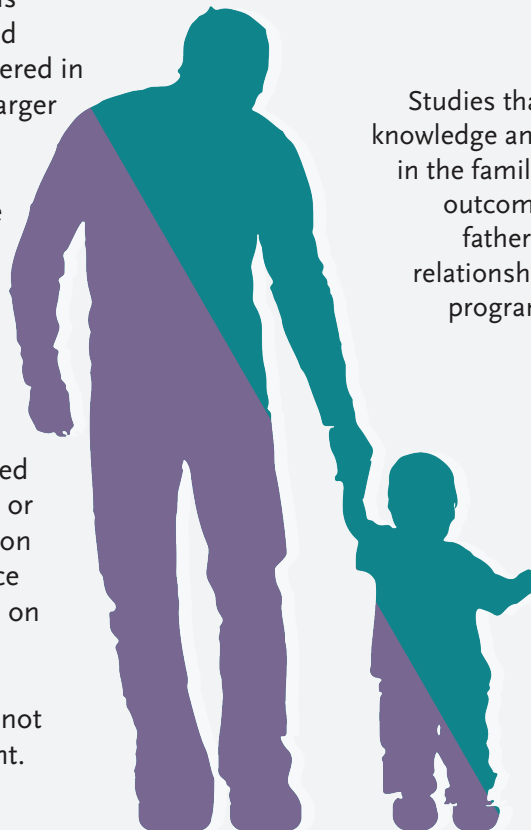
Studies that involved on-the-job training or job-related education and career guidance had larger impacts on economic stability outcomes than programs that did not include that content.

Studies that reported challenges putting their programs into practice tended to have smaller impacts on outcomes related to economic stability than studies that did not report implementation problems.

Parenting Knowledge and Skills, Father Well-being, and Healthy Relationship Outcomes

Studies that focused on parenting knowledge and skills or fathers' roles in the family had larger impacts on outcomes related to parenting, father well-being, and healthy relationships with coparents than programs that did not include those content areas.

Studies where participants were all from similar racial and ethnic backgrounds showed larger effects. While this analysis cannot explain why, this result suggests group dynamics and cultural context are important to consider.



Over a six-month period in 2023, the Fatherhood TIES team drew on 57 studies identified through a rapid search of the existing fatherhood literature to identify potential core components of fatherhood programs. A core component is a part, feature, attribute, or characteristic of a program most strongly associated with its success. The findings of this meta-analysis offer new information about what parts of fatherhood program correlate with a father being economically stable, having parenting knowledge and skills, his well-being, and having a healthy relationship with his child's coparent. For more information on this meta-analysis, see Meghan McCormick, Sandra Wilson, and Allison Dymnicki, *Identifying Core Components in Fatherhood Programs: A Meta-analytic Approach*, OPRE Report 2024-09 (Washington, DC: Office of Planning, Research, and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services, 2024).

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