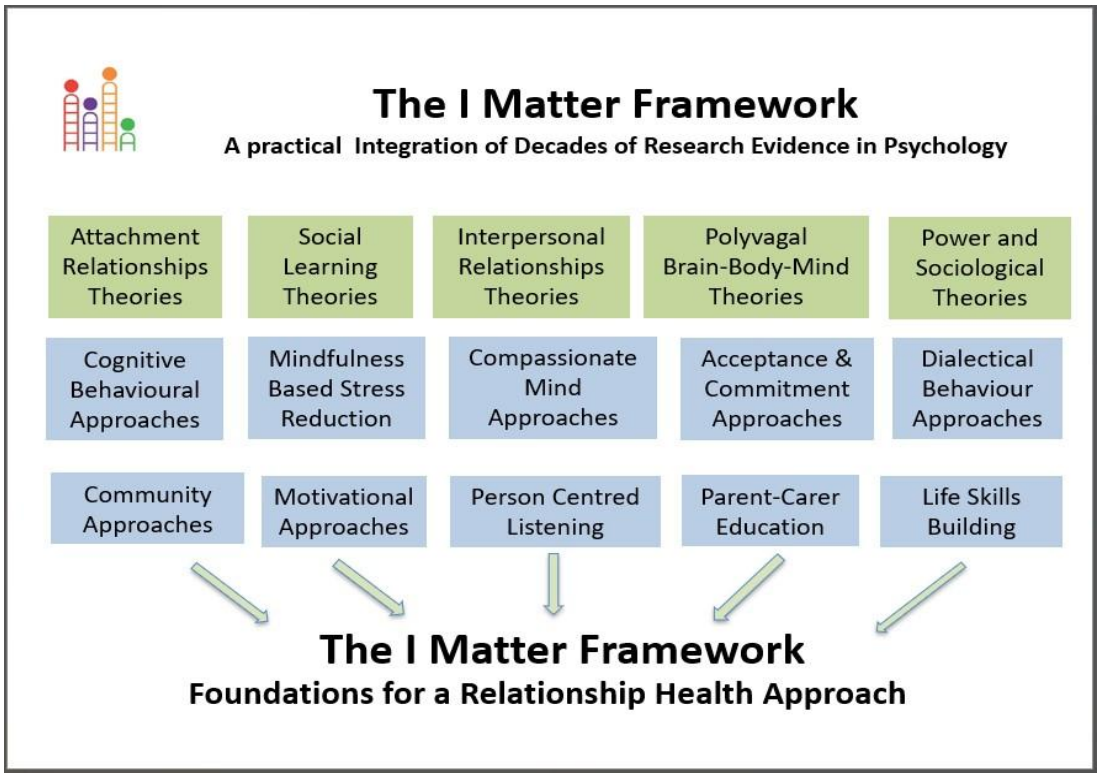
Evaluation of the I Matter Programme

Overview for Stakeholders Interested in Progressing Relationship Health Informed Practices

The I Matter Relationship Health Learning Journey is a psychoeducational programme for professionals, parents and individuals that brings together decades of research evidence in psychology into a practical accessible integration that can support impactful conversations and learning. A list of key references underpinning the empirical and theoretical basis can be found at the end of this document

The aim of the programme is to help front line practitioners in primary care, schools and community and those who are seeking help, to get access to the core conclusions of this research more easily, so as to support better research informed decision making and more proactive skills building whether for prevention, early intervention or when supporting those with additional needs.



The delivery of training in the I Matter Framework Fundamentals is through a suite of progressively more in-depth programmes and learning opportunities, supported by powerful visuals, that can be used flexibly with a wide range of audiences and with varied levels of 'study support' as follows.

+ Introduction to Relationship Health for professionals and non-professionals – online or live
+ Responsive relationship health and I Matter informed workshops and consultations with Leads
+ I Matter Get Started Workshop – The I Matter Model – live entry level workshop with email course
+ I Matter Community Wheel (network addressing applications and isolation)
+ I Matter Framework Fundamentals – Core Theory – online learning with study support live sessions
+ I Matter Deep Dive – Exploring Theory to Practice – online learning with study support live sessions.

We train practitioners for roles in participating schools and organisations as I Matter Links (Informed) I Matter Leads (offering 1:1 and Group Study Support and responsive workshops) I Matter Lead Plus (support professional training), and I Matter Advanced Practitioners (offering local oversight).

Evaluation Priorities

Due to the very wide range of applications of the programme we are exploring two key issues
1. The implementation and experience of the programme itself at different stages with varied audiences through a common evaluation framework (see below).
2. The 'cultural' impact of the programme as far as introducing the term relationship health into everyday practices of a wide range of professionals and public contexts.

1. Programme implementation evaluation. The current focus is on overcoming the implementation challenges and understanding more about the impact that the training is having on professional, personal and parenting practices. The evaluation uses information on role, and stage plus 5 levels:

Recent sample evaluation results from 2023 based on Taught I Matter Programme via Kendal PCN for 54 parents and carers seeking help for a child via GP. Many qualitative comments were also gathered. Below are just a few

Course evaluations *Strongly Agree (SA) – Disagree (A) - Disagree - Strongly Disagree (SD)*
Level 1: Reactions: The training was relevant and interesting 53/54-SA 1/54-A
Hugely helpful (probably life-changing) for all of us
Level 2: Learning: I learned ideas that I now use to help me to help my child 54/54-SA
It taught us ways to deal with things we could manage rather than trying to change those we couldn't.
Level 3: Behaviour: I made changes as a result of what I learned 51/54-SA 3/54-A
I do not "beat myself up" as much. I don't feel like a failure for having a child with challenging moments.
Level 4: Results: My relationships are progressing in a healthier-happier direction 49/54-SA 5/54-A
I feel successful because I can see her progress and I can feel how much happier we generally all are.
Level 5: Implementation Taught programme was funded by Kendal Primary Care Network

Conclusions - Feedback from participants was very positive. However, the live taught rolling programme proved expensive in staff time and difficult to scale, for a PCN funded programme. Hence the decision by the PCN from Autumn to explore the use and impact of supported online learning in partnership with schools and local services for both professionals, individuals and parents-carers. Evaluation data for the pilot of this offer for professionals and for parents will be available March 2026.

2. Impact of I Matter Relationship Health Training on Everyday Practices.
It Is our view that the research evidence supports the need for a cultural shift in professional and public thinking about how to best improve wellbeing for adults and young people. We are therefore interested in the following pre and post questions *(NB: question wording not finalised)*
Never (0) – Occasionally (1) – Sometimes (2) – Quite Often (3) – Very often (4)
1. I currently use the term relationship health in my regular roles?
2. I currently discuss a relationship health approach to addressing challenging situations when exploring ideas about the way forward?
3. I currently actively use concepts from the I Matter Framework to support thinking about how to address challenging situations and find the way forward

Final Notes: We are actively interested in working with stakeholders to ensure we address the evaluation questions that are important to them and would be grateful for thoughts and feedback about how the evaluation process can be made most useful.

Sample References

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More references:
https://www.imattertraining.com/research-references

Summary Discussion in
Relationship Health: The Missing Link in Adult and Child Wellbeing (Betoin, C. 2025)
Relationship Health: What's That? (Betoin, C. 2025)

It has been excellent: although much of the information wasn't entirely new to me, it placed lots of fragments of information within a more coherent framework.