

C2 Research Result: An Evidence-Based Practice

C2 was based on the extensive research of scores of scholars who developed Positive Psychology. Mark Liston, PhD, a psychologist and Licensed Professional Counselor, used 40 years' experience working with teens to develop C2. Validation requires objective input from acknowledged experts, peer review, pilot groups that teach C2 with fidelity, and facilitator and participant evaluation. A research edition of C2 was published in 2008 and two 6-month long pilot groups completed a longitudinal study and evaluation. Results were used to revise C2 and the current version was published in April, 2009.

Research Design and Test Group

Seeking better data, another pilot was performed in 2009. This group was comprised of 12 court-mandated juveniles ages 15 and 16 from an impoverished, rural county in Missouri. During the group's course, four [two male, two female; two African American, one Caucasian, one mixed race] completed at least 20 group sessions and the posttest.

Dr. Chris Peterson (1950-2012), columnist for *Psychology Today* and Positive Psychology guru, volunteered to head our research and we followed his design. Our group was 24 weeks long and used a pretest-midtest-posttest. Students took a modified Brief Strengths Test (BST) using a 10- point Likert scale [© 2005 by Christopher Peterson]. The modification involved rewording items to a sixth-grade reading level and the addition of four strengths to equal 28 test items. This means the questions asked the students to rate themselves on a scale of one to ten (one being poor) in each of the 28 character strengths.

Results: C2 is an Evidence-Based Practice

Only the pretest and posttest were studied. The identical test questions with two sets of answers required a t-score with a paired-samples analysis. Thus the degree of freedom is 111 and the t-score had to exceed 2.36 to be statistically significant.

When the results were in, the t-score was 10.90! ***This validates that C2 produces statistically significant improvement in the character of at-risk teens.*** Therefore, C2 is an evidence-based practice.

The paired-samples correlation was .72 and the significant chance of error was .000. The average pretest score on each character strength was 6.96 while the average posttest score was 8.38. The average percentage increase of the posttest from the pretest score was 20.7%.

Thus the average level of character growth in the 28 strengths the teens were taught was over 20%! Growth in some strengths was as much as 100%. If you would like the complete research study, please notify us and we would be happy to provide an electronic copy.

C2 Research Continues

Research is very complex and expensive. We are presently working on our next study that will include the Character Growth Index (a more detailed, valid character measure) and a well-being measure. Our ultimate goal is to publish our next study in peer-reviewed professional journals. If you are interested in your group taking part, let us know.