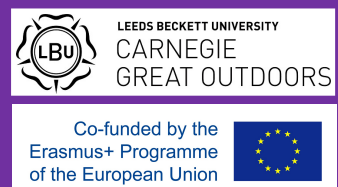




Battle Back: Adaptive Adventure Sports and Military Recovery



Dr Chris Kay & Prof. Jim McKenna



Top examples of benefits to the community

"helping others makes me feel better which has been necessary at work since the company has gone into liquidation"

"[I'm] being more active with people and be interested in them"

"[I am now] more patient and understanding of people"

"Have also been back in touch with old friends"

"Talking to others more and I still talk to some I met on the battle back course"

Top educational benefits

1. Improved knowledge of the effects of sleep on health and wellbeing
2. Lessons around mind management
3. Importance of nutrition and hydration
4. Learned how to believe in themselves and improve motivation

Key stake holders

- Participants
- Families/colleagues
- NHS Veterans' Mental Health Transition, Intervention and Liaison Service (TILS)
- NHS Veterans' Mental Health Complex Treatment Service (CTS).
- The Royal British Legion



Top mental wellbeing benefits

1. Significantly improved levels of Positive mental wellbeing
2. Increase in confidence, self-esteem, resilience, concentration & contentment
3. Reduced feelings of stress, anger & loneliness

Top environmental benefits

1. All participants "feel closer to nature"
2. Most felt they "learned something about the natural world"
3. All "took the time to appreciate my surroundings"

Top physical health benefits

1. 2 weeks after Battle Back participants were 50% more physically active compared to the week before attending
2. Participants feel their Health and Fitness has improved as a result of attending

Quotes

"Most enjoyable experience I have ever had"

"Feel like I am going to leave here with positive thoughts"

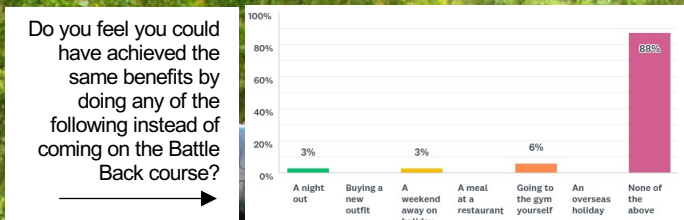
"Course has been above and beyond what I expected"

"Brilliant time and want to feel this good all the time"

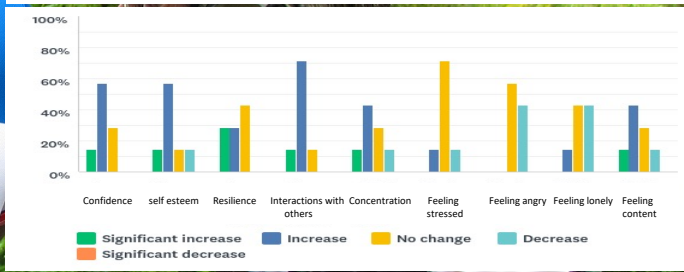
"thank you for the opportunity and I will be positively promoting the course to other veterans"

"Can't speak highly enough"

"Open my eyes and shown there's a lot out there"



As a result of attending the Battle Back course 2 weeks ago, do you feel you've experienced any change in the following areas?



Main benefits of the courses

Significant and sustainable improvement in participants positive mental wellbeing and physical health

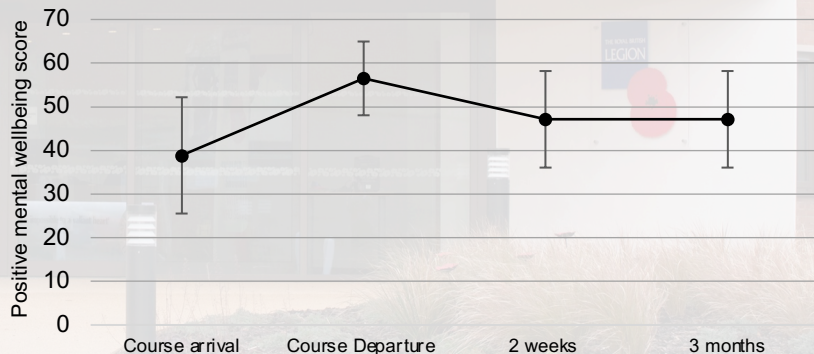
Conclusion and Future studies

Findings suggest that the Battle Back Course helped initiate positive activities likely to foster eudaemonic wellbeing in the time after attending.

Continue longevity study with participants up to 12 months after attending

Research social value to other stakeholders besides the participants

Improvements in participants positive mental wellbeing in the 3 months after attending Battle Back



Contact & further research
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