

BATTLE BACK

MULTI ACTIVITY

COURSE IMPACT

REPORT

January - July 2019

Conducted for the Royal British Legion by the
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BATTLE BACK

24 five-day Battle Back Multi Activity Courses (MACs) are delivered annually. The courses are provided for armed forces personnel who are recovering from becoming wounded, injured or sick (WIS). The MAC aims to support participants to achieve their best possible recovery to return to duty or make a smooth transition to civilian life.

This is achieved through a participant-centered experience aimed at encouraging and equipping participants to improve their physical and mental health and promote self-management. Adaptive sports and adventurous activities are used on the courses as a context to facilitate this teaching.

MACs are a unique recovery course which are now mandatory for WIS personnel in the British Army and Royal Air Force that use adaptive sport and adventurous training to support participants in their recovery and facilitate personal development and growth.

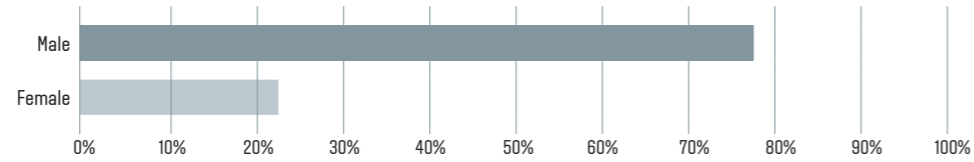


This document is a research summary of the information provided by participants who attended a MAC between January and July 2019. Information regarding their perceptions of how the course benefited their recovery and mental well-being were gathered before, during and up to 3 months after the courses.

DEMOGRAPHIC INFORMATION

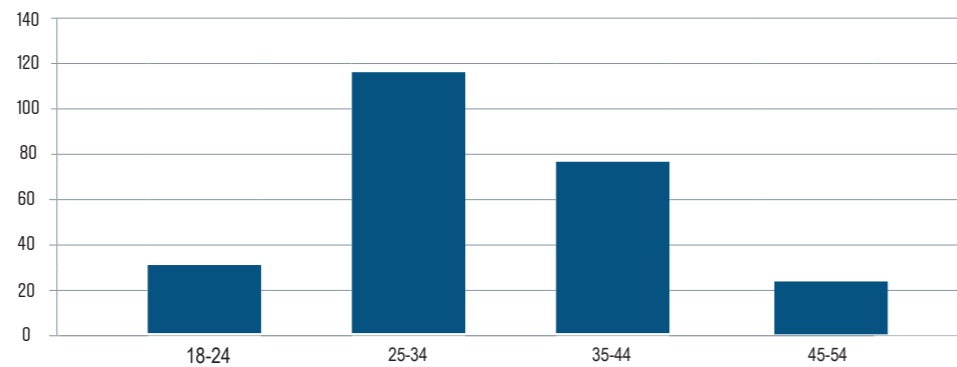
Between the 1st January 2019 and 31st July 2019, 77% of the 246 participants were male, 23% were female

GENDER DEMOGRAPHIC



The majority of participants were aged '25 to 34 (115)

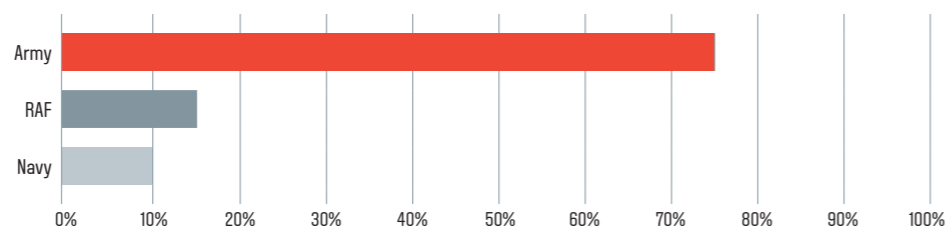
AGE DEMOGRAPHIC



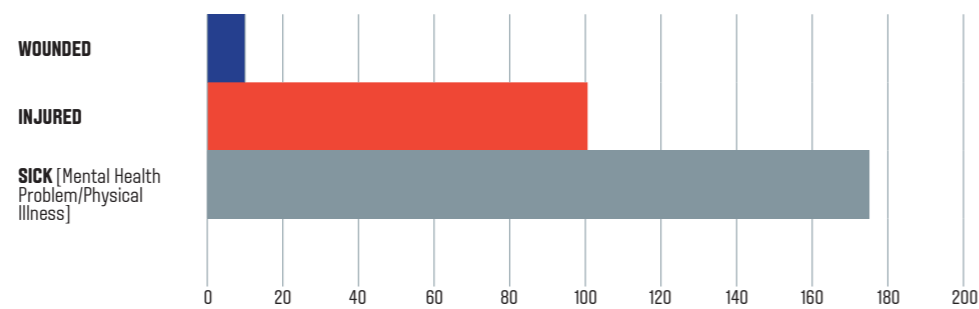
The distribution of service personnel who attended courses during this time period included; 75% Army, 15% RAF and 10% Navy.

10 respondents reported they were wounded (battle casualty), 101 were injured (non-battle casualty), 175 were sick (mental health problem/physical illness). The excess of responses above the number of participants is representative of the participants stating they consider themselves to identify with more than one category.

MILITARY SERVICE

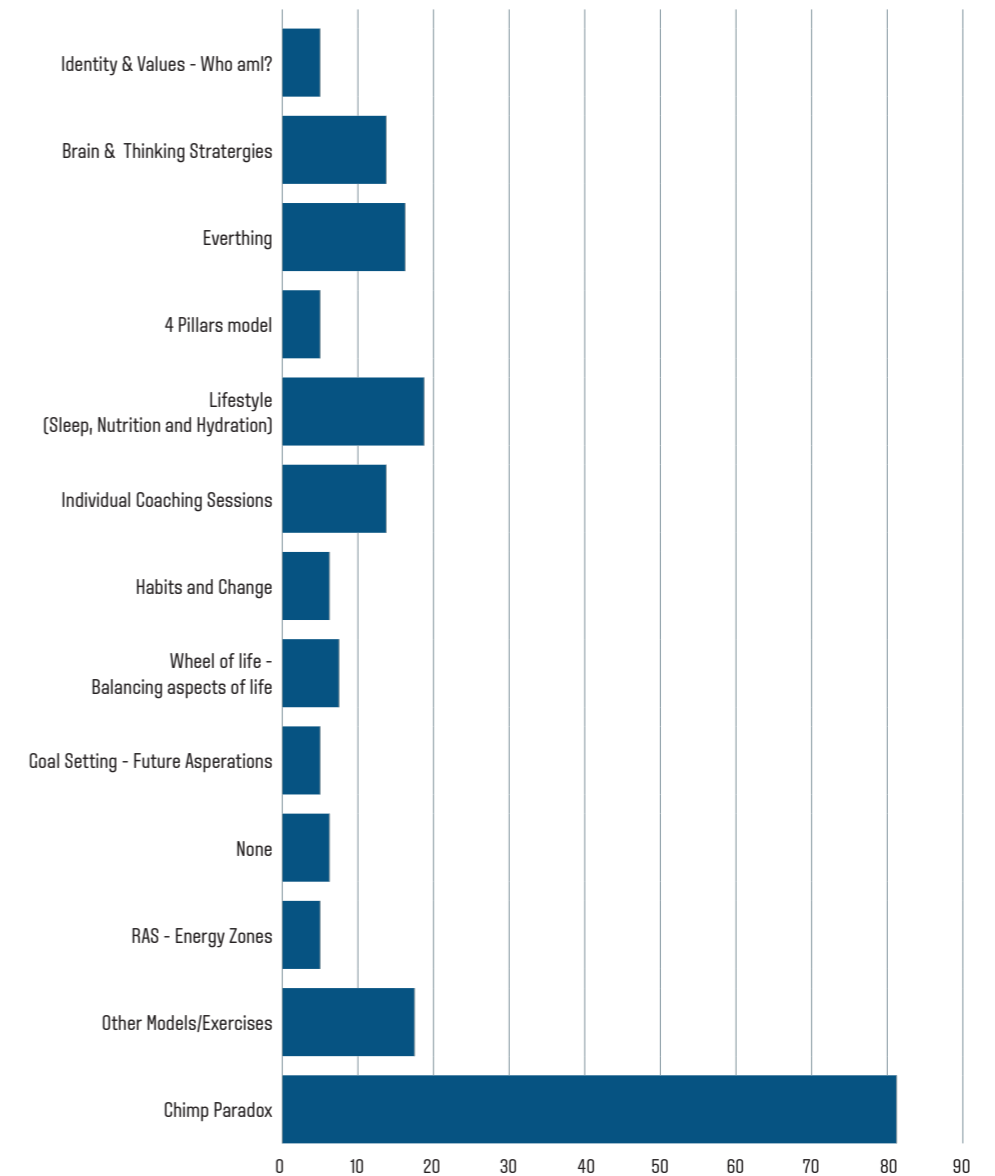


WOUNDED, INJURED OR SICK



EDUCATIONAL COURSE CONTENT

WHAT HAS BEEN THE MOST USEFUL DISCUSSION/MODEL/ TOPIC?



THE EFFECTS OF THE MULTI ACTIVITY COURSE ON PARTICIPANTS' MENTAL WELL-BEING

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

The WEMWBS scores were measured across three time points; immediately before and after the course and 3-months after the course to investigate the longevity of the impacts to participants' mental health.

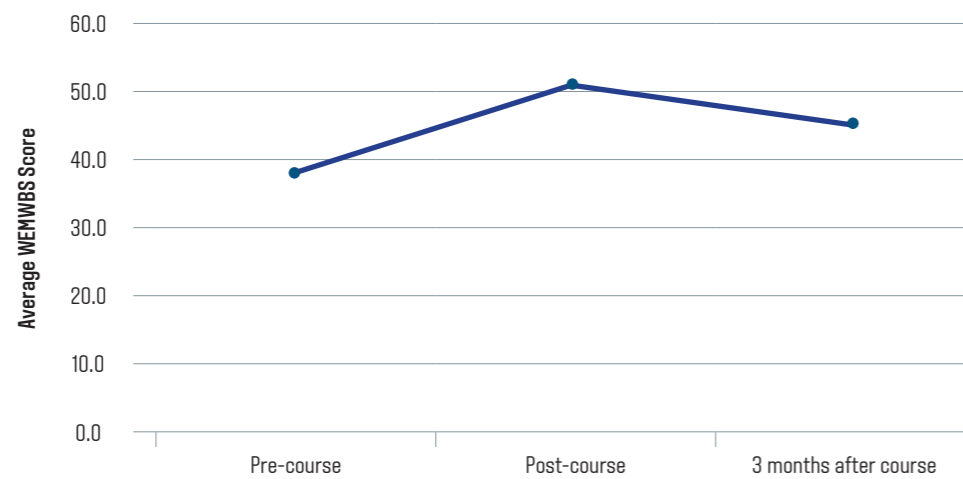
During the MAC

The WEMWBS were completed during the Monday arrival and Friday final evaluation session of each course. A paired sampled t-test was conducted to evaluate the impact of the MAC courses between 1st January and 31st July 2019 to determine the impact on participant's mental health. Analysis identified a statistically significant increase in positive mental health from before the course (38.21) to the end of the course (50.91). An average increase of 12.7, research has shown that an increase in score of atleast 3-8 represents 'meaningful change for the individuals positive mental well-being'

3-months after the MAC

The WEMWBS were sent to participants 3-months after each course ended. Analysis identified an increase in positive mental health from before the course (38.21) to 3 months after (45.71).

This data indicates these individuals experienced a meaningful and sustained improvement in their positive mental well-being.



	Wellbeing score Before the course	Wellbeing score End of course	Wellbeing score 3 months after
Average WEMWBS Score	38.21	50.91	45.71

HOW WAS THE COURSE HELPFUL 3 MONTHS AFTER ATTENDING A MAC?

I Have Started/Continued n=51

Being Disciplined with my nutrition and physical exercise

Use of mental skills (Relaxation, Mindfulness, self-awareness)

Thinking more positively and challenging negativity, thoughts and behaviour

Seeking Support and Helping other people

Spending More Time Outdoors/Going for Walks

Trying New Sports/Activities

Taking more risks and setting more goals

Engaging and interacting more socially and at work

Getting into routines

Being Kind and friendly

Further Education/Focusing on future goals

Transitioning and adjusting to civilian life

I Have Stopped n=41

Bad Habits (Alcohol, Smoking, Unhealthy Eating, over-medicating)

Having a bad sleep hygiene/routine

Being harsh on myself or wasting my time

Feeling intimidated

Worrying, doubting and (over) thinking negatively

Bottling thoughts up and closing off my emotions

Becoming Angry and Frustrated at myself or others

Surrounding myself with negative environments/people

EXPECTATION INFORMATION

TABLE 1: 'NOT WHAT I EXPECTED' QUOTES

Atmosphere (n=25)	"It is a lot better and a nice environment" "The environment is very non stressful and accommodating" "Less formal and more comfortable" "The place makes me feel welcome"
Staff (n=17)	"Staff very relaxed and understanding of disabilities" "More friendly and helpful staff" "The staff have been amazing and supportive only day 1 and convinced this will be a good week" "Genuinely passionate staff who will go out of their way to help" "Incredible and knowledgeable" "very professional manner"
Above Expectations (n=14)	"The whole set up exceeds my expectations" "It's the complete opposite to what I had in mind" "It is a far better in everyway" "I thought I wouldn't enjoy it"
Facilities (n=12)	"The centre was a lot bigger" "The facilities are great and to a high standard" "It is modern, clean and well-equipped to our needs" "In a nice location/area" "Accommodation was great, very high standards"
Lack of Awareness (n=3)	"More like-minded people" "Things aren't as compulsory as I thought" "I didn't know what BattleBack was about before attending"
Enjoyment (n=6)	"It has been Comforting" "It's Great Fun" "It is amazing" "All-round excellent"
Course Structure/Focus (n=8)	"Very Well organised" "Less gym work than I thought" "wheelchair basketball was more challenging" "Activities were very levelling" "I thought we would be put in bigger groups" "Activities were fast paced" "Great spread of activities"
Military Presence (n=9)	"It is very chilled and there was even military personnel" "I expected it to be more military governed" "It's not even military, very friendly" "A lot more military attending than I thought"
Personal Expectations (n=4)	"I didn't think I would be able to do stuff with my shoulder" "I didn't walk out" "I didn't know what to expect" "I was thinking it would be boring"

TABLE 2: 'WHAT I EXPECTED' QUOTES

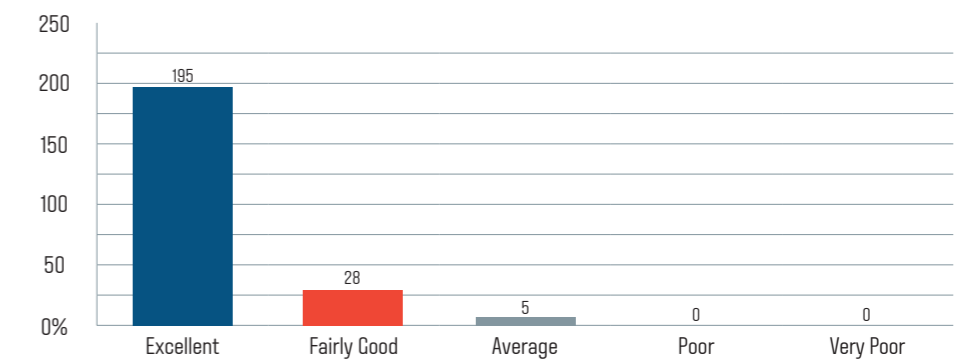
Pre-Course Information (n=10)	"Joining Instructions Were Accurate" "I received a good briefing as to what it is and what to expect" "I was given a very good course brief" "I had heard lots of positive feedback and expected it to be good due to the nature of the course"
Prior information (from peers)/ knowledge from PRU's/experience of similar recovery course (n=35)	"Everyone who has been on one or knows of them told me how good it was and they are not wrong." "I have attended similar courses at different establishments" "People gave high Praises" "Heard from a previous attendee it would be excellent"
Met Personal Standards (n=11)	"It does what it says on the tin" "It has been exactly that" "It's better than I thought" "It has exceeded my expectations"
Staff (n=14)	"Professional staff, friendly and helpful" "Very relaxed staff" "The staff are friendly and understanding" "The Staff are so helpful, approachable and understanding of everyone's abilities"
Facilities (n=20)	"Aware of the outstanding facilities" "Great Facility" "Food and Accommodation is fantastic" "Well-Equipped"
Activities (n=4)	"After essential briefing straight into team-building" "Variation in activities is amazing" "Activities and Talks"
Enjoyment (n=6)	"Everything has been great so far" "I am having a laugh" "It has been excellent"
Person-focused Approach (n=5)	"Everyone is here to help aid recovery" "It focuses on what you can personally do" "The staff are focused on recovery needs of individuals" "It meet the needs of all WIS soldiers and gives people their personal needs and requirement"

EXPECTATION INFORMATION

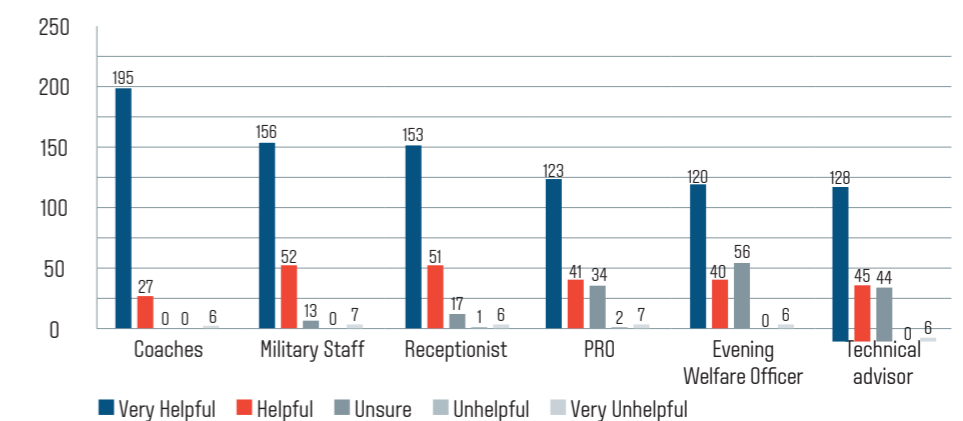
Social Connection (n=4)	"Everyone is involved and friendly" "Everyone wants to help" "I have felt very comfortable around the people so far" "Lots of helping hands and everyone friendly"
Positive Impact (n=4)	"It is helping me get help" "It's like therapy but better" "Very positive and supportive"
Relaxed Environment (n=5)	"Professional and Well-Structured" "Friendly Atmosphere" "Inclusive and Adaptive" "I feel comfortable and free" "Everything is very laid back and comfortable"

PERCEPTION OF STAFF

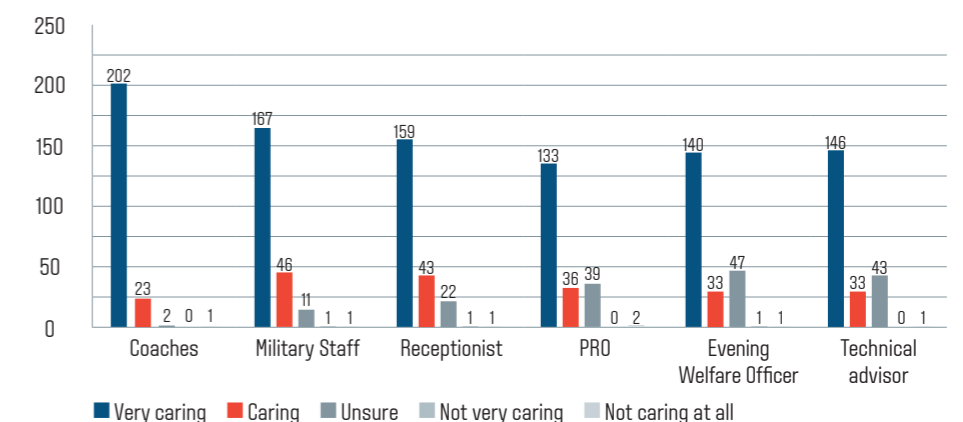
PERCEPTION OF STAFF KNOWLEDGE



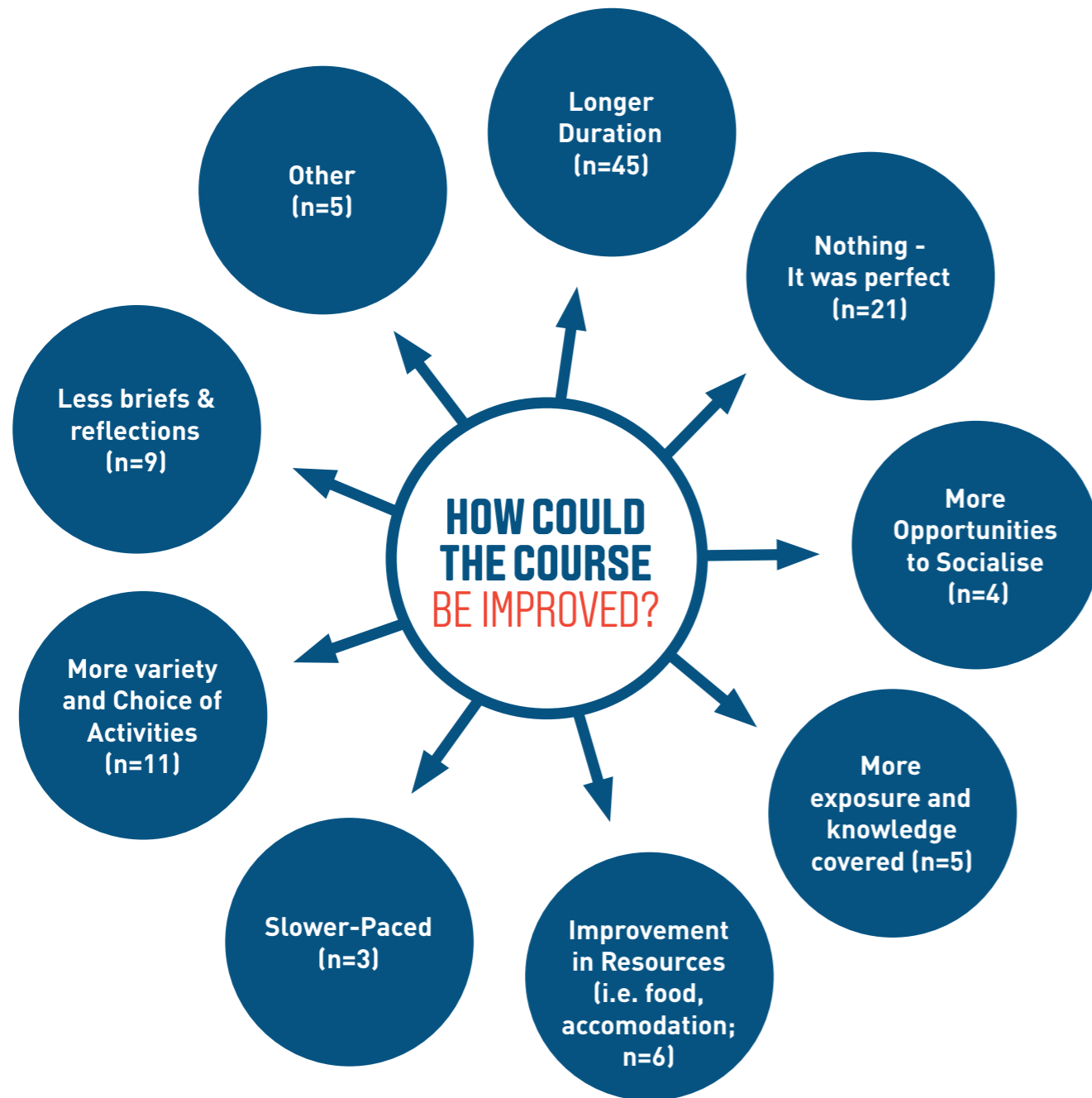
PERCEPTION OF STAFF HELPFULNESS



PERCEPTION OF STAFF LEVEL OF CARE



HOW COULD THE COURSE BE IMPROVED?



IN COMPARISON TO OTHER RECOVERY COURSE

A Positive Experience (n=66)	<p>"Excellent, thank you for saving me"</p> <p>"Helpful and Enjoyable"</p> <p>"Challenging but Very Rewarding"</p> <p>"Perfect for the point of recovery"</p> <p>"Everyone is so accepting"</p>
Better than other course (n=46)	<p>"Second to none"</p> <p>"One of the best I have been on"</p> <p>"Surpasses the other course easily"</p> <p>"Far superior due to its chilled out nature"</p>
Atmosphere (n=18)	<p>"Far superior as it was a better environment and more caring"</p> <p>"Great atmosphere and great people"</p> <p>"An exceptional space to allow for personal growth and rehabilitation"</p> <p>"Relaxed, enjoyable and just enough push to get you to try new things"</p>
No Experience of Other courses (n=6)	<p>"I have not attended any other military support programmes"</p> <p>"Haven't been on others"</p>
Supportive Staff (n=15)	<p>"Relaxed and friendly from the civilian staff."</p> <p>"the staff actually cared about me and how I felt"</p> <p>"I emphasise the staff in particular the civilian staff. I believe this is the main reason it works so well.... civilian staff is key."</p>
Focused on Each individual (n=8)	<p>"The right place for WIS Personnel"</p> <p>Focused on participation/skills without being distracted by physicality for their own sake.</p> <p>"A lot more orientated towards mental health as well as physical injuries"</p> <p>"A good chance to regroup personally and focus on new skills within a military team"</p>
Less Military Presence (n=8)	<p>"Was good that military input was a minimum and no visible uniform presence unlike at Phoenix house."</p> <p>"No military presence which was amazing."</p> <p>"Good due to minimal military style training"</p>
Pitched at right level (n=5)	<p>"Great step towards helping me to recover, and become aware of the mental health aspect of my illness"</p> <p>"Very Understanding and Flexible"</p> <p>"Was more relaxed and aimed at both mental and physical recovery."</p>
More Structured and Organised (n=5)	<p>"Really well run"</p> <p>"Well Organised"</p> <p>"Good balance of activities and therapy"</p>
High standard of facilities (n=9)	<p>"A centre of excellence that I feel is gold standard, something which could be mirrored on a smaller scale in maybe elsewhere in the UK"</p>
Similar to other courses (n=6)	<p>"Similar to phoenix house, run at a nice pace/level"</p> <p>"Same high standards"</p> <p>"Equally as good"</p>
Completely Different (n=13)	<p>"Nothing Compares"</p> <p>"More intense than the PRC CSES"</p> <p>"Second only to the rustic recovery course at Colchester"</p> <p>"Incomparable. The military does not provide anywhere near as much support as B B."</p>



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