

# Sustainable improvements in the mental well-being of Battle Back participants

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 with mental health issues or systemic illnesses (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.

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

The Battle Back Centre and Multi Activity Courses are funded by The Royal British Legion

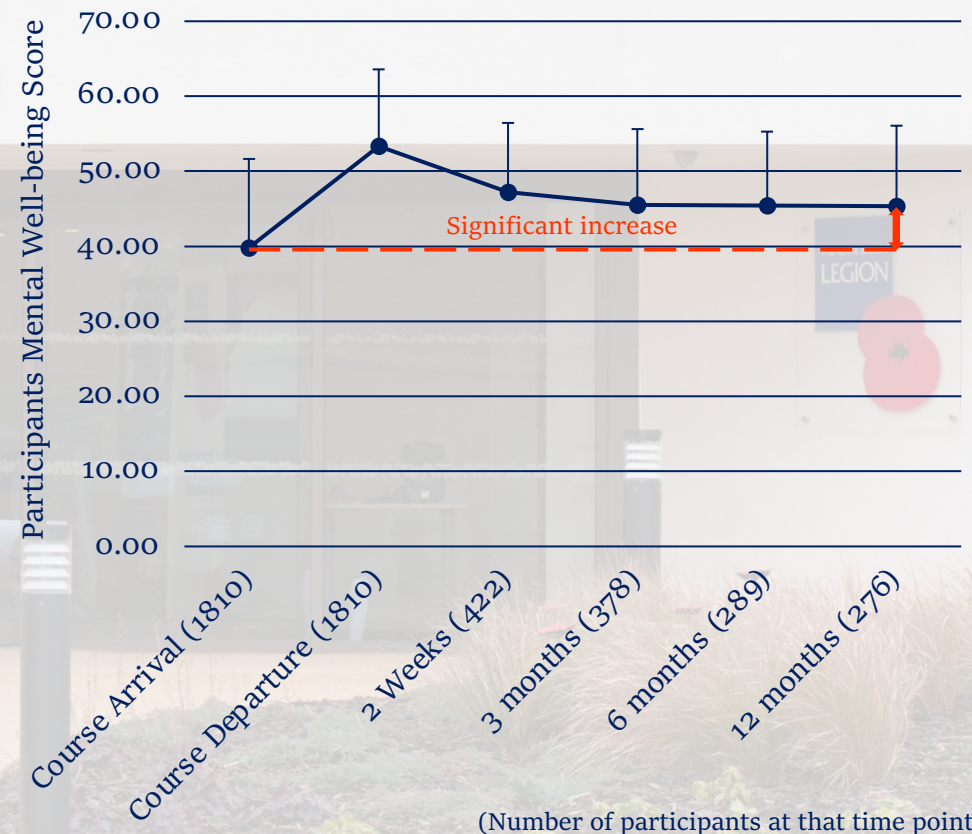
## The Battle Back Centre

While attending a MAC, participants are requested to contribute to the ongoing Battle Back research lead by Leeds Beckett University. This work investigates the way in which attending a MAC influences participants well-being. Consenting participants complete a mental well-being scale upon arrival and again at the end of the course. They are then invited to contribute at 4 time points over the next 12 months.

The graph shows that the average well-being scores of the contributing participants is significantly higher at every time point after attending a MAC than the average score before the course.

### Meaningful change

An increase in a persons well-being score of at least 3 represents meaningful change for the individual. The average increase over 12 months for MAC participants is 5.49.



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