RESEARCH-INFORMED PRACTICE AT THE **BATTLE BACK CENTRE**

KEY

- (P) RESEARCH PUBLICATION RELEASED
- (C) CONFERENCE PRESENTATION
- (S) STAFF TRAINING WITH RESEARCH FINDINGS PRESENTED

ABBREVIATIONS

LBU - Leeds Beckett University
MODREC - Ministry of Defence Research Ethics Committee
MAC - Multi Activity Course
WIS - Wounded, Injured and Sick
TRBC - The Royal British Legion
AFC - Army Foundation College

2011

Leeds Beckett University Professorial Staff and Practitioners develop the academic underpinning on which to base the content and teaching on the Battleback MACs

PhD student appointed

MoDREC Ethical approval to conduct well-being impact research on MACs awarded to LBU

Pilot MACs delivered and research by PhD student

EVIDENCE INFORMED PRACTICE
RESEARCH FROM EACH COURSE INFLUENCE THE DELIVERY OF THE NEXT

2012

Staff conference pilot research presented

Self determination theory identified as a foundation framework for MAC content

Quantitative research procedures introduced to measure wellbeing impact on participants

MACs delivered at full operational capacity. 24 per year

TRBL agree contact with LBU to deliver and develop and research Battle Back for 5 years

2013

LBU appoint Research Assistants to research every course

New in-depth research begins, interviewing participants and their Battle Back experience

Annual staff training introduced. Research findings presented to delivery staff to further improve course experience

LBU staff develop MoDREC application to conduct long-term research with participants up to 12 months after attending Battle Back

Level 2: Skills courses allow returning MAC participants to develop their ability in a chosen sport to support their recovery

Canoeing and Kayaking
Golf
Indoor Rock Climbing
Road Biking
Fishing
Rock Climbing
Mountain Biking
Wheelchair Basketball
Archery

Level 2: Skills courses developed for returning WIS personnel

Expedition to support the recovery of WIS participants and promote Battle Back

3 WIS participants

Run by Battle Back

Cotopaxi Expedition

First Level 3 Project

2014

Battle Back PhD completed and doctorate awarded

Battle Back research included in LBU Research Excellence Framework Submission

4-year MAC impact report produced

2015

First Level 2 MAC delivered

MAC 2 courses allow returning WIS participants to extend their knowledge of MAC content to help their mental and physical

MAC 2 impact report produced after 6 courses

Promotion to Senior Research Fellow

Research Fellow contact made permanent

Research Fellow appointed at LBU to work full-time on Battle Back research for 18 months

MoDREC ethical approval granted to conduct long-term well-being impact research

2016

First Families Resilience Course

MAC 2 impact report produced

Long-term well-being impact research begins

RAF mandate MAC

2017

First Veterans course

First MAC for junior soldiers from (AFC) Harrogate

Research presented to CO (AFC) Harrogate

2 more courses commissioned in 2019

Additional courses for injured rugby players commissioned in 2018 and 2019

Research findings presented to the Rugby Football Union Injured Players Foundation

First adaptive adventure sports course for spinal cord injured rugby players at the Battle Back centre

MoDREC ethical approval granted to conduct well-being research with junior soldiers 16-18 years

2018

Battle Back research chosen to be included in European Commission Project documenting the benefits of Outdoor Sports for Society

Second Level 3 Project - Mission Himalaya

10 Veterans

3 WIS personnel

Expedition research conducted on the well-being impact for the participants by LBU Battle Back Senior Research Fellow

5 year long-term wellbeing impact research being conducted

TRBL extend contract with LBU for 5 more years to 2022

New PhD student appointed for Veterans research

Longevity research begins on veteran courses 2019

4 more veterans courses

2019

Supporting recovery and personal development of participants

Celebrating 100 years since the end of the First World War

A team summited Mera Peak on Remembrance Day (6476m)

Second team summit on 12th November

2 more junior soldiers MACs

BATTLE BACK RESEARCH

PUBLICATIONS

1. Kaiseler, M., C. Kay, and J. McKenna, *The Impact of an Outdoor and Adventure Sports Course on the Wellbeing of Recovering UK Military Personnel: An Exploratory Study.* Sports, 2019. **7**(5).
2. Peacock, S., ***Outcomes from a one week recovery and development course using adapted sport and adventurous training with wounded, injured and sick UK military personnel***. Sports, 2019. **8**.
3. Peacock, S., D. Carless, and J. McKenna, ***Inclusive adapted sport and adventure training programme in the PTSD recovery of military personnel: A creative non-fiction***. Psychology of Sport and Exercise, 2018. **35**: p. 151-159.
4. Carless, D. and K. Douglas, ***Narrating embodied experience: sharing stories of trauma and recovery.*** Sport, Education and Society, 2016. **21**(1): p. 47-61.
5. Carless, D., et al., ***Disability, inclusive adventurous training and adapted sport: Two soldiers' stories of involvement.*** Psychology of Sport and Exercise, 2014. **15**(1): p. 124-131.
6. Carless, D., ***Narrative Transformation Among Military Personnel on an Adventurous Training and Sport Course.*** Qualitative Health Research, 2014. **24**(10): p. 1440-1450.
7. Carless, D., et al., *Psychosocial outcomes of an inclusive adapted sport and adventurous training course for military personnel.* Disabil Rehabil, 2013. 35 (24): p. 2081-2088

BATTLE BACK RESEARCH

PRESENTATIONS

Kay, C. W . P. & McKenna, J. (2019) Battle Back, Adaptive Adventure Sport and Military Recovery, The European Network of Outdoor Sports Conference, Vianna Do Castelo, Portugal

Kay, C. W . P. & McKenna, J. (2019) Battle Back Courses – Military Recovery Research, Research and Enterprise Conference, Leeds, UK

Kay, C. W . P. & McKenna, J. (2019) Battle Back – Evidencing Impact, The Benefit of Outdoor Sport for Society (BOSS) Research Project meeting, Paris, France

Kay, C. W . P. & McKenna, J. (2019) Battle Back – Adaptive AT and Military Recovery, RAF Force Development Conference - Robson Academy of Resilience, Crickhowell, Wales

Peacock, S., Carless, D., McKenna, J. & Cooke, C. (2018, August) Adapted adventure for the recovery of military personnel. International Adventure Therapy Conference 2019. Sydney, Australia.

Kay, C. W . P., Peacock, S. & McKenna, J.(2017) The enduring impact of The Battle Back Adaptive Adventure Sports Programme in the lives of recovering Armed Forces personnel, Presented at The Leisure Studies Association Conference, Leeds, UK

Kay, C. W . P. & McKenna, J. (2017) Guest lecture on Partnerships in Sport for Sports Marketing students, Leeds, UK

Peacock, S., Carless, D., McKenna, J. & Cooke, C. (2015, May) Perceptions of Wounded, Injured and Sick Military Personnel of a 5-day Adapted Sport and Adventure Training Recovery Course. Presented at The British Psychological Society Annual Conference. Liverpool, UK.

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (2014, September) Outcomes from a one week recovery and development course using adapted sport and adventurous training with wounded, injured and sick UK military personnel. Presented at the Disability Sport: Changing lives, changing perceptions? conference', Coventry University, UK.

Peacock, S. (2014) Findings from a 5-day Multi Activity Course for wounded, Injured and Sick Service Personnel. Presented at Institute for Sport, Physical Activity and Leisure Research Day, Leeds Metropolitan University.

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (2014, May). Short term outcomes resulting from an adaptive sport and adventurous training programme in the recovery of wounded, injured and sick UK Armed Forces personnel. Presented at The British Psychological Society Annual Conference 2014. Birmingham, UK.

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (2013, June). Short term SDT outcomes resulting from an adaptive sport and adventurous training programme in the recovery of wounded, and sick service personnel. Poster presented at the 5th International Conference on Self-Determination Theory, Rochester, USA.

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (2012, March). Battle Back - Returning the injured to sport and adventure training. Presented at The Royal Society of Medicine: Military Rehabilitation - Optimising the Road to Recovery, London, UK.

Peacock, S., McKenna, J., Carless, D. & Cooke, C. (January 2012, April 2012) Findings from the Evaluation. Battle Back Centre Staff Conference.

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LEEDS BECKETT UNIVERSITY

THE ROYAL BRITISH LEGION

Dr Chris Kay
Prof. Jim McKenna