

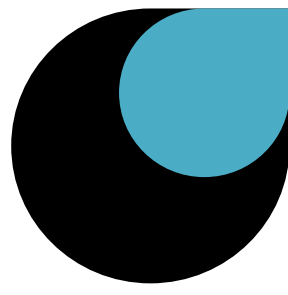
Battle Back Research Summary 2018



BENEFIT

86% Of participants felt the course was 'very or extremely' beneficial to them

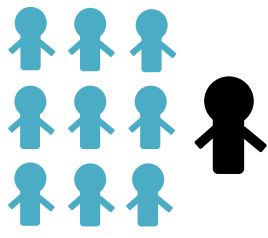
RESEARCH DEVELOPMENT



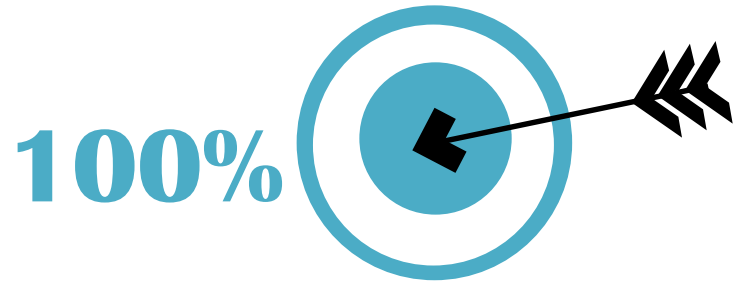
3 more ground breaking Veterans Courses
The very first MAC for AFC (Harrogate)

PEOPLE

9 OUT OF 10 felt able to make friends and feel connected with the other participants

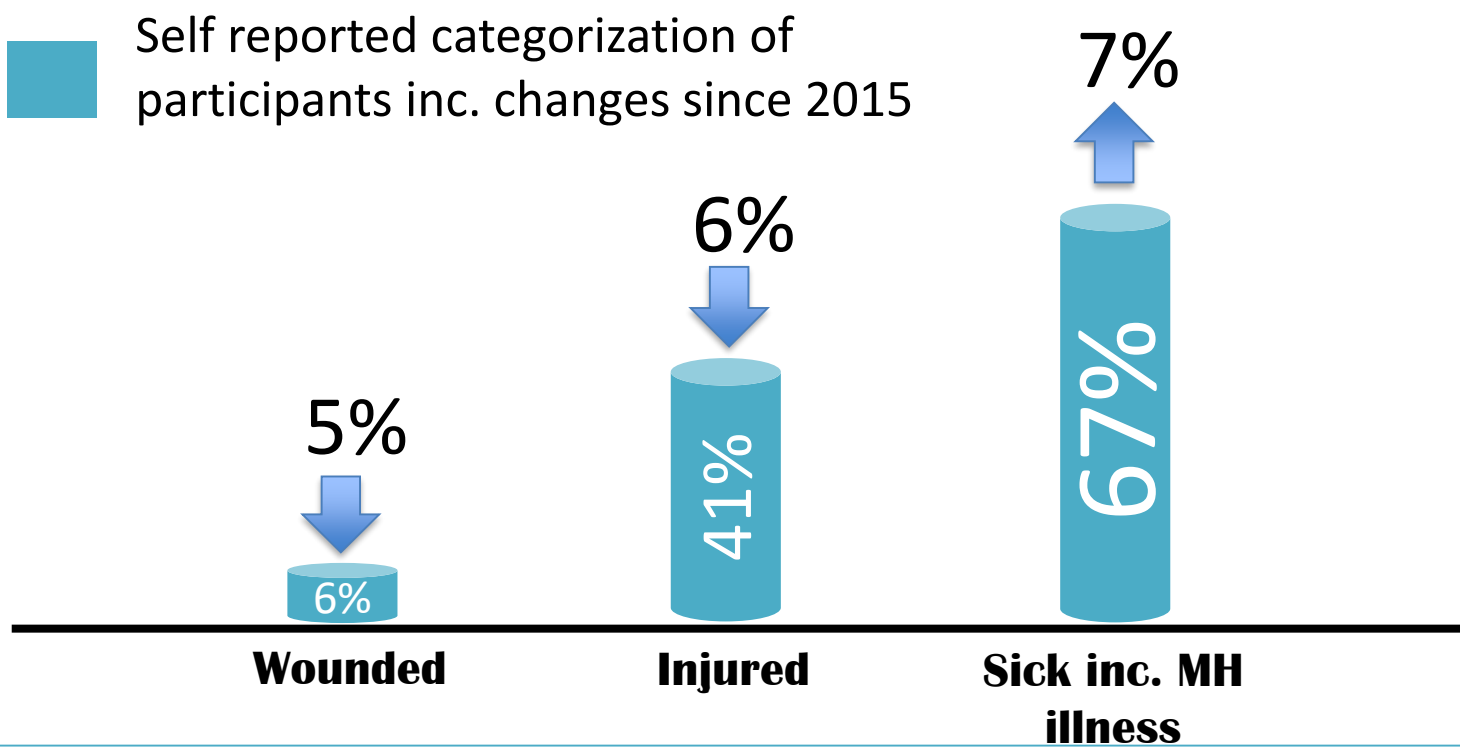


HITTING THE TARGET



100% OF PARTICIPANTS CONTRIBUTED TO THE RESEARCH

THE CHANGING NATURE OF BATTLE BACKERS



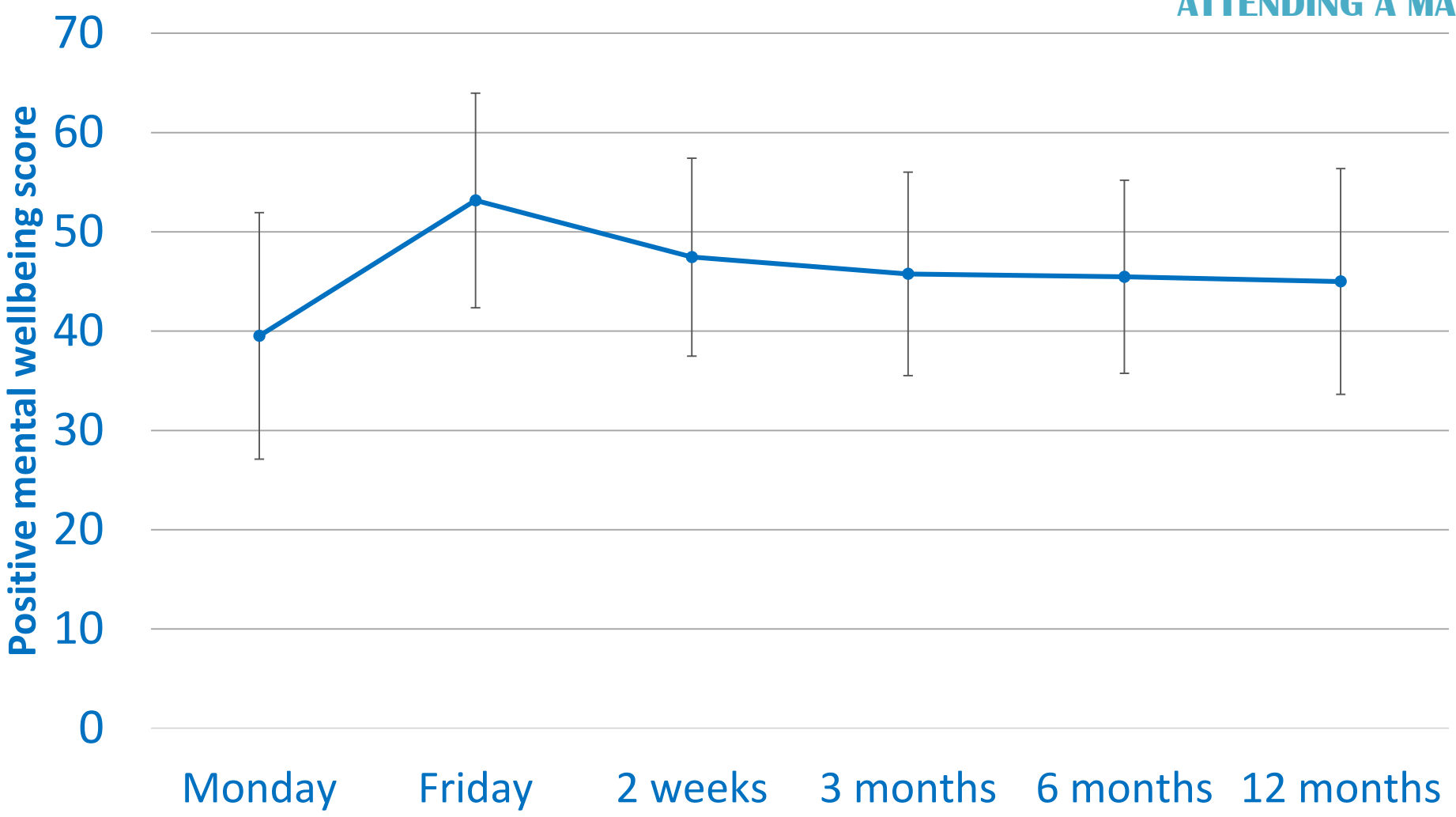
HEALTH IMPACTS



136 PARTICIPANTS TOLD US THEY HAVE STARTED DOING SOMETHING DIFFERENT IN THEIR LIFE TO BENEFIT THEIR PSYCHOLOGICAL OR PHYSIOLOGICAL WELL BEING 2 WEEKS AFTER A MAC

Sustainable change in positive mental well being after a MAC

513 PEOPLE HAVE CONTRIBUTED TO RESEARCH AFTER ATTENDING A MAC



WHAT CAN WE DO BETTER?

- **Some want the course to be longer** – to combat this desire, coaching staff must focus on *transfer of learning* during the courses.
- **Timing** – Many feel they attended too late in their recovery, stating for example that they “haven’t had the best of what I could”.
- **More female staff & Course Director’s** – this desire is being reported more frequently and is most likely linked to the changing cohort as outlined below.

	2015	2018
Male	84%	78% ↓
Female	16 %	22% ↑