

Battle Back: Adaptive Adventure Sports and Military Recovery

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The Multi Activity Courses (MACs)

5-day Battle Back recovery courses aim to support wounded, injured and sick (WIS) armed forces personnel and help them achieve their best possible recovery to return to duty or transition smoothly to civilian life. This is achieved through delivering a participant-centered approach to engaging in developmental adapted adventurous activities and personal wellbeing coaching. The MAC is now a mandated part of the recovery process for all Army and Royal Air Force WIS personnel.

Leeds Beckett University is investigating the effectiveness of attending the course in positively influencing aspects of physical and mental wellbeing.



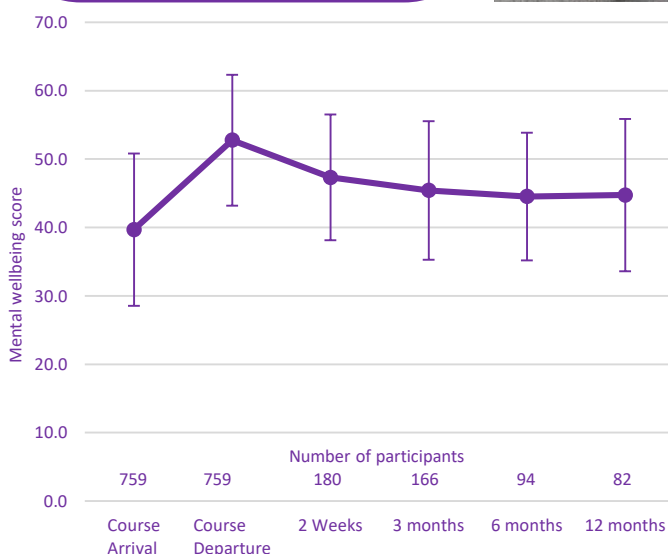
Theoretical considerations of the course delivery

The design and delivery of the emotional support provided during the courses is based on the core concepts of Self Determination Theory; autonomy, competence and relatedness^[1]. Daily post-activity reflective sessions encourage coaches to consider how well they upheld these principles during the adventurous activities.

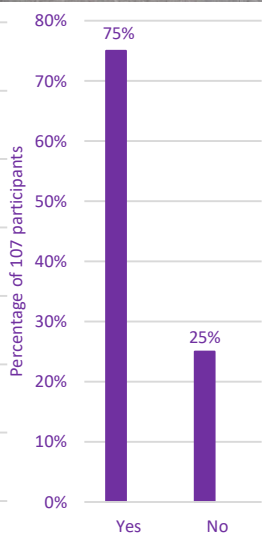
Research methods

When participating in a recovery course, participants are requested to contribute to a series of research surveys. They are then invited to contribute at four time points in the following 12 months. Quantified data from the positive mental wellbeing scale and questions assessing attribution of influence are presented here. This evidence documents the influence of these courses on participants' recovery, personal growth and how it plays a part in shaping their respective futures.

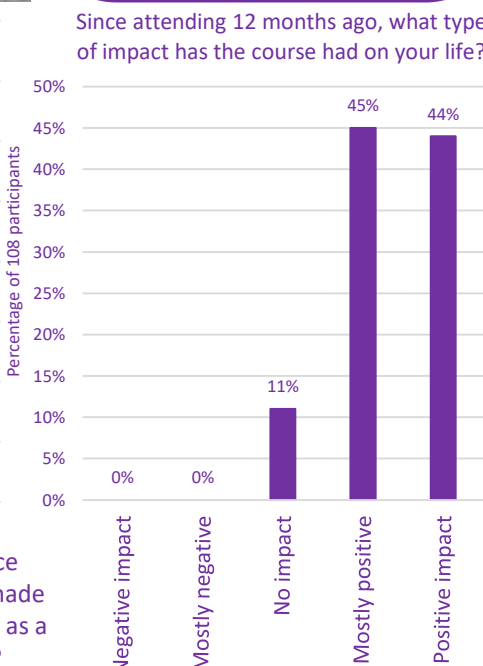
[1] Ryan, R.M. and E.L. Deci (2000)



Improvements in participants positive mental wellbeing in the 12 months after attending Battle Back



In the 12 months since Battle Back, have you made any changes to your life as a result of attending?



Since attending 12 months ago, what type of impact has the course had on your life?

Conclusion

These improvements in mental well-being were found to represent 'meaningful change'. Following participation in the MAC, significant, sustainable positive changes in mental wellbeing were widely reported. The magnitude of the effect of the change in wellbeing is comparable to or more substantial than existing interventions utilising this positive mental wellbeing scale as a measure of effect and was achieved in a much shorter time frame than many other programmes. Findings suggest that the MAC helped initiate positive activities likely to foster eudaemonic wellbeing in the time after attending it.

Course attendance is just one aspect of participants individual recovery process and many other events will positively influence their wellbeing in the 12 months following attendance. Supportive attribution data (not reported here) endorses the conclusion that attendance on the MAC plays a positive part in the improving positive wellbeing.

Contact & further research

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