



# Volunteers Needed!



**UCLan, in collaboration with Z's Defence Academy are assessing the potential health benefits of a 6-week self-defence fitness course.**

**You will be required to complete validated questionnaires online before you begin the 6-week course and once again after completing the 6-week course**

**We will be assessing measures of health-related wellbeing, including:**

**Confidence  
Happiness  
Psychological wellbeing  
Self-efficacy**

**If you would like to part or would like more information, please tick the box on the sign-up form for the course declaring that you would like to take part in the study.**

**For further information please contact the research team using the subject line**

**"Self-defence research study"**

**Email: [ICResearch@uclan.ac.uk](mailto:ICResearch@uclan.ac.uk)**

