



Experiences of nature-based exercise on first-responders' mental health and wellbeing.

You are invited to participate in a research project being conducted by Deakin University. The focus of this project is to explore the experiences of Fortem Australia members who have taken part in a Fortem wellbeing activity in nature (e.g., nature walk/run, surfing lesson etc.).

Participation will involve completing an online interview (via Zoom), which should take no longer than 60 minutes. The questions will focus on your experiences of completing a nature-based wellbeing activity with Fortem Australia. Your participation is voluntary and you will remain anonymous. In order to participate, you must:

1. Be a Fortem member (i.e., a first-responder, or support person),
2. Have completed at least one Fortem nature-based wellbeing activity in the last 12 months (e.g., park run), and
3. Be 18 years of age or older.

This research project has been approved by the Human Research Ethics Committee of Deakin University, Australia (Approval No. HEAG-H 31_2023, valid to 20/12/2024).

If you would like to take part in the study, or have further questions, please contact Dr Tim Chambers (Principal Investigator) by email at tim.chambers@deakin.edu.au.

Thank you for your interest and participation in this research.