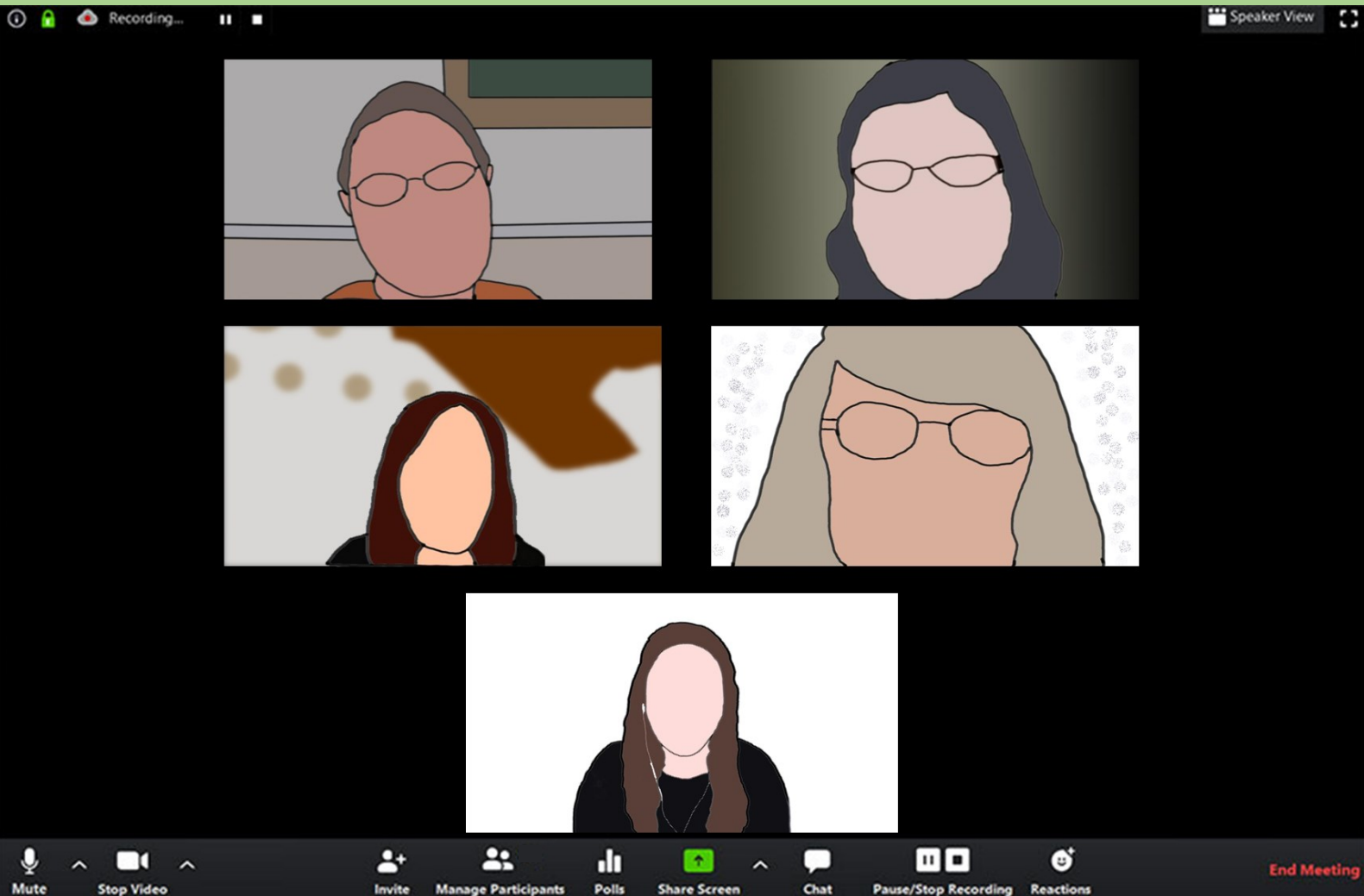




THE TAP

Technology, Anxiety, Pain

August 2021
Issue 2



FIRST MEETING

We successfully held the first of three introductory meetings on Thursday 29th July. Four members of the PPI group attended this meeting. We spent an hour covering a range of topics - what works well and what doesn't in terms of PPI groups, thoughts on the research area of pain and anxiety, and views on my previously developed app called 'Here'. I am so excited to put into practice the things we discussed and I am looking forward to the other two upcoming meetings.

UPCOMING

We still have two introductory meetings to hold:

Friday 6th August
10:00 - 11:00

Tuesday 10th August
17:00 - 18:00

QUESTIONNAIRE

My questionnaire study has been running since June. At the time of writing this newsletter I have received 110 responses.

I have been reaching out to various individuals and organisations, asking if they would be able to publicise my study to their networks. I have been blown away with the support I have received.

At the end of July my study was advertised on AnxietyUK (official) Facebook and Twitter pages. Nearly 170,000 people follow AnxietyUK across the two social media accounts which means my research has the potential to reach a huge amount of people.

Victoria Abbott-Fleming MBE, founder of Burning Nights CRPS Support charity, has also agreed to share information about my study on the charity's social media accounts and monthly newsletter.

I am still advertising my questionnaire study and trying to gather as many responses as possible.

Anxiety UK (official) 1h · 🌐

RESEARCH ADVERT: What do you think about anxiety-focused apps? Amy is looking for people who experience anxiety to complete her 10-minute questionnaire. Click here for more info & to share your views: www.bit.ly/95ahd

Queen Mary University of London

If you experience **ANXIETY** complete our research questionnaire about anxiety-focused apps

Aged 18+
Currently living in the UK
Experience of anxiety

www.bit.ly/95ahd

If you have any questions or would like further information, please contact Amy Dowse: a.h.dowse@qmul.ac.uk

Twitter post from Anxiety UK (@AnxietyUK) · 3h

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Willingness, motivators, and barriers associated with using apps to support people who experience anxiety.

100% complete

Thank you

Thank you for taking part in this questionnaire.

If you would like further support for anxiety issues, please visit:

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/charity-and-voluntary-services/get-help-from-mental-health-helplines/>

WRITING

I have made substantial progress on my thesis during July. I have started working on the questionnaire chapter, specifically the design and implementation. As the questionnaire is still running I haven't yet been able to write about the results or conclusions, but plan to do this when the questionnaire closes.

I have also started writing a blog. I will be writing about topics, ideas and concepts that frequently crop up when doing a PhD and also focusing on my own experiences. Please do visit my website to read my blog:

www.amydowse.com/blog

Chapter 3: Willingness, motivators, and barriers associated with using apps to support people who experience anxiety – A Questionnaire Study.

3.1. Background

TBC

3.2. Aims

There were four research aims for this study:

1. What are the support needs of people with anxiety?
2. What is the level of willingness among adults with anxiety or anxiety and chronic pain in using mobile applications to support the management of their anxiety?
3. What motivates adults with anxiety or anxiety and chronic pain to use mobile applications to support the management of their anxiety?
4. What are the existing barriers among adults with anxiety or anxiety and chronic pain in using mobile applications to support the management of their anxiety?

As well as the four main research aims of this study there was a secondary element being considered. This is whether there is a difference in views on the use of anxiety focused apps among people who do and do not experience chronic pain.

3.3. Methods

3.3.1. Ethical Approval

This study has received ethics approval from Queen Mary Ethics of Research Committee (ref: QMERC20.371).

3.3.2. Questionnaire Design

The 'Willingness, motivators, and barriers associated with using apps to support people who experience anxiety' questionnaire was completed by adults who had previously experienced anxiety at any point during their lives between June 2021



ANNUAL LEAVE

During July I took one week of annual leave. I spent the week at home and had a lovely time exploring the local Waterstones, going for walks, going to the cinema and venturing into London for the first time in almost 18 months. It was so nice to spend some time away from my laptop and with my family.

