



THE TAP

Technology, Anxiety, Pain

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STUDY LAUNCH

My new study has launched!

I am so pleased to let you know that I officially launched my new study on the 28th July.

Thankfully the process of getting 'Here' accepted onto the Apple App Store wasn't too difficult. When you submit an app it is reviewed within 24 hours and you are either told that it is ready to be downloaded or you are given feedback on specific areas which need improvement. I had to resubmit my app three times, but each time I only had very small issues to resolve - for example, I needed to add an email address to the Help page.

When I finally got the email to say that my app was on the App Store I was so excited - I took a screenshot and sent it to my family because I was so proud that an app I began working on as part of my Masters three years ago was finally available to the public.

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If you experience

ANXIETY, WITH OR WITHOUT CHRONIC PAIN

test our app - does it fit
into your daily life?



Aged 18+



Currently living in the UK



Experience of Anxiety



Own an iPhone

Register your
interest



www.bit.ly/herestudy

*If you have any questions or would like further information, please contact Amy Dowse:
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RECRUITMENT

If you are interested in taking part in my next study, please register your interest using the link: www.bit.ly/herestudy

I would also be hugely grateful if you could share this study with other people who meet the eligibility criteria and may be interested in taking part.

If you have any questions or would like further details about my research, please do not hesitate to contact me.

WHAT IT TAKES TO LAUNCH A STUDY

There is a lot of work that goes into launching a new study - before I began my own research, I never appreciated how much work goes into launching a new study.

Some of the things I have worked on in July are:

- Creating three questionnaires - register interest, pre-use and post-use
- Creating and formatting a participant information sheet
- Creating emails and social media posts for recruitment
- Creating emails to be sent to participants for each stage of the study
- Creating instructions on how to download and set up 'Here'
- Checking all documents for spelling and grammar mistakes
- Actively recruiting for the study
- Checking eligibility of all potential participants
- Tracking the stage of each participant within the study

Although it takes a lot of work to launch and run a study it's an amazing feeling when it's up and running and you start getting data. I'm looking forward to analysing what I find.

NEW SOCIETY

My time as Disabled and Specific Learning Differences Rep came to an end on 31st July. I had a fantastic year and I am so proud of everything that I achieved.

Going forward I will still be involved with Disability at Queen Mary as I have set up a new society - 'Students with Disabilities'. I want to create a community where students can come together, share their experiences and tips, make new friends and have fun. I have a lot of exciting things planned for this society!



DOING WHAT I LOVE

July was a very busy month for me - I did so many lovely things with my family. I took one week annual leave which gave me a much needed break from my laptop screen.

We started by seeing Ed Sheeran at Wembley Stadium (he was fantastic) followed by Ronan Keating a couple of days later!

We also celebrated my Mum's birthday - she is a massive fan of Westlife so for her present we got tickets to see them at the end of the year. To tell her about the tickets I made little felt versions of all of the Westlife members and put them on a 'stage' - I had so much fun creating them!

I also spent an afternoon at a local lavender field. I'd seen photos of this field for many years but had never been, and it was beautiful! The purple stretched as far as the eye could see.

Later in the month we went to see the new Top Gun film. I have never watched the first one (I've only ever seen bits) but I really enjoyed the film!

At the end of the month we went to see Beauty and the Beast at the London Palladium. It was so lovely to see a lot of little girls dressed up as Belle in the audience - there was even a little boy dressed as the Beast and he looked amazing. The show was spectacular - the set was amazing and left us wondering how they managed to do some parts!

July was a wonderful month spent doing what I love.

