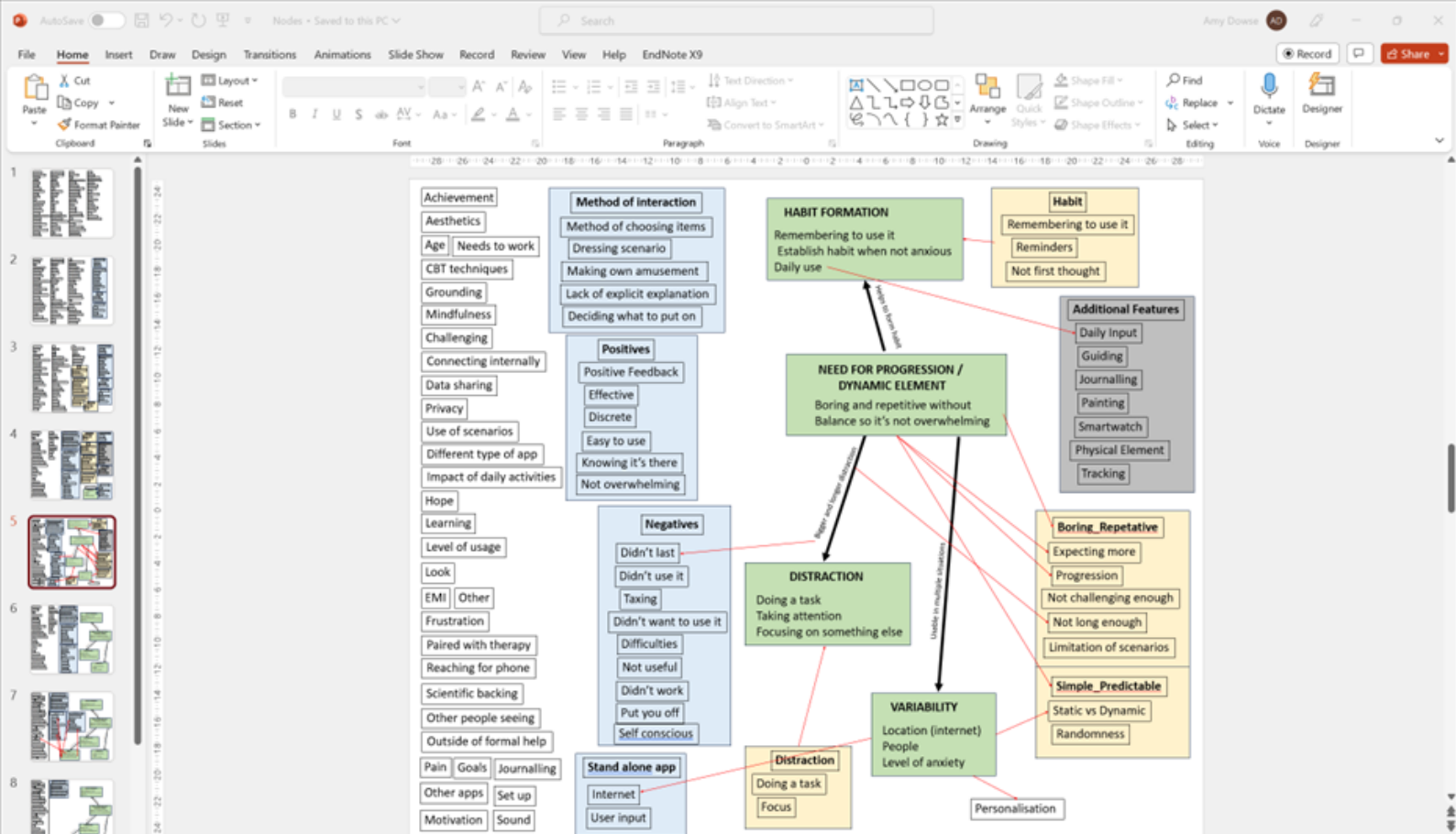




THE TAP

Technology, Anxiety, Pain

August 2023
Issue 23



THEMATIC ANALYSIS

During July I focused on analysing the interviews I did as part of my Testing 'Here' study via thematic analysis. This is a six stage approach:

1. Familiarisation
2. Coding
3. Generating themes
4. Reviewing themes
5. Defining and naming themes
6. Reporting

The image above shows my process, going from individual codes (white boxes) to generating themes (coloured boxes). Once I identified these themes, I went back through the interview transcripts to ensure I had collected all quotes relating to that theme. I then spent a significant amount of time developing and finessing my themes to make sure that they expressed what I intended.

This was the first time I had done thematic analysis, and though it was difficult and frustrating at times I am confident that I have been able to identify some really interesting themes.

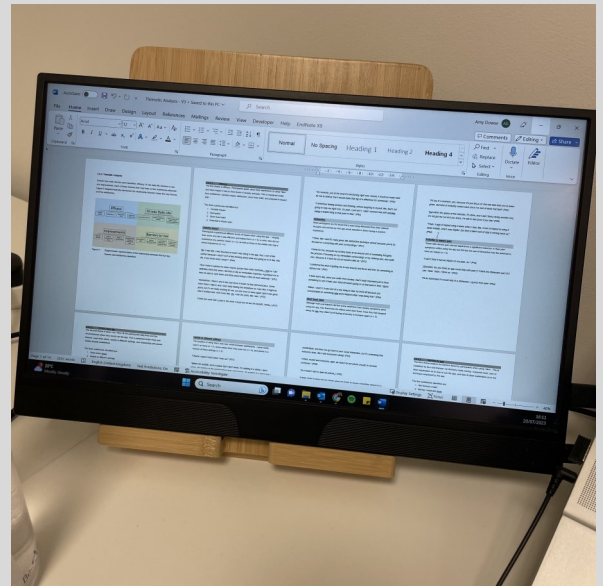
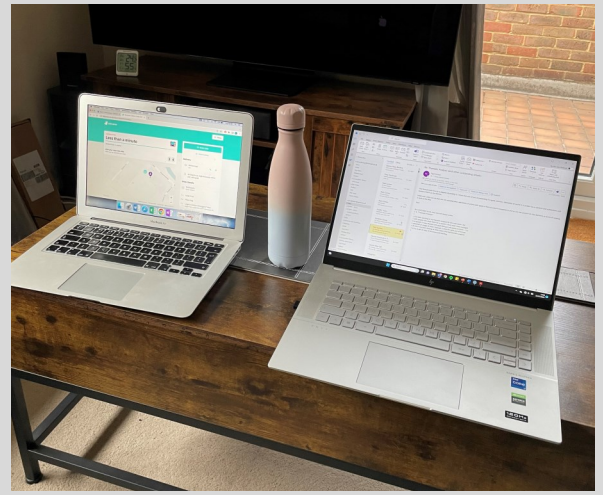
PHD EVENING

During the process of doing my thematic analysis I felt a little lost - I wasn't sure if what I was doing made sense.

My sister invited me round to her flat to talk it all through to try to get me back on track. It was really useful having to go back over what I had done so that I was able to explain it to her the steps I had taken. After talking the process through for a while we took a break, ordered a take away, and her boyfriend joined us. I then explained it all to him who agreed with my sister that my process made sense and they could understand why I had arrived at my themes.

We then spent the evening discussing my PhD and they both asked some really useful questions which led me to consider other ideas that I hadn't previously thought of, all of which will be so helpful.

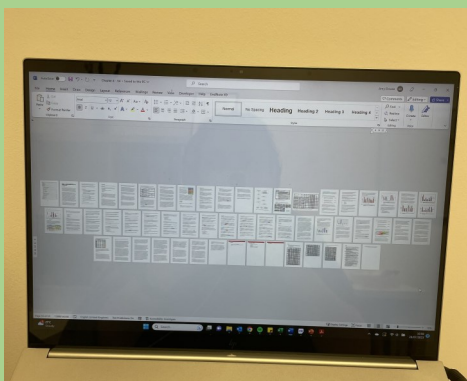
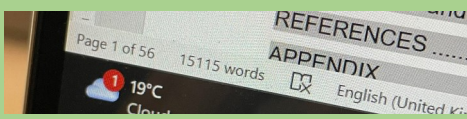
Thank you both for spending the evening talking about my PhD, your help and support means so much to me and has helped me to keep moving forward.



FINISHING A CHAPTER

On 31st July I finished by chapter about my Testing 'Here' study. It is a really chunky chapter made up of 15,115 words over 56 pages. This is only the first complete draft of this chapter so I will now work on editing it and making improvements.

By completing this chapter by the end of July, I am still on track for my target submission in early 2024. My aim is to complete a chapter a month and then have some extra time at the end for reviewing my thesis as a whole. I'm now excited to start working on my next chapter, analysing my focus group sessions.



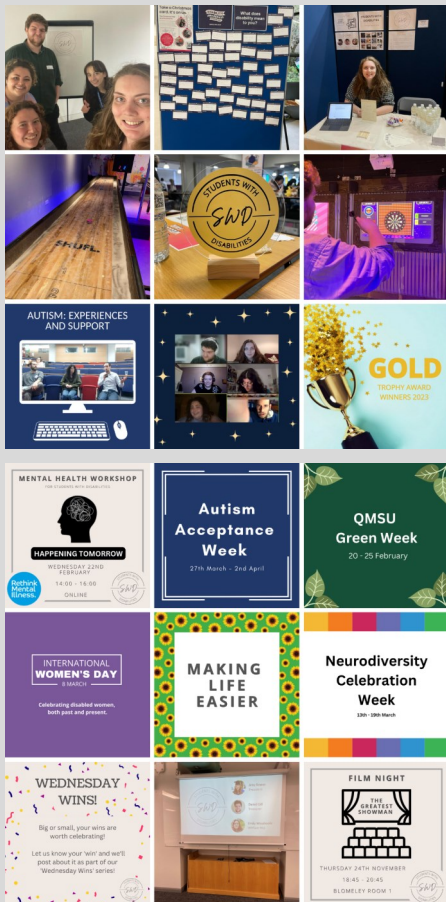
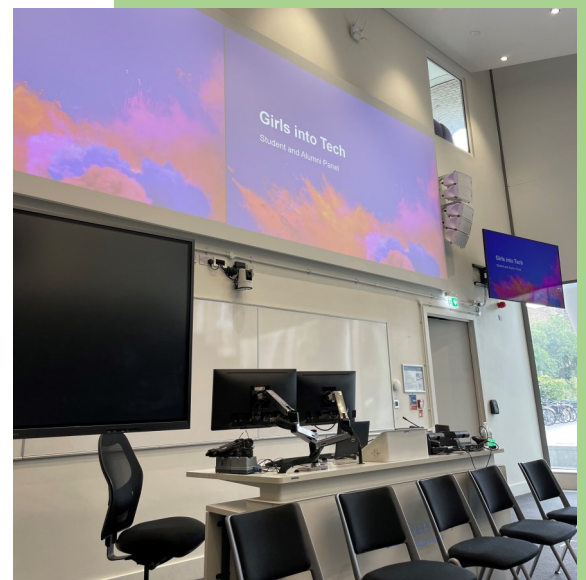
Gantt Chart	7/23	8/23	9/23	10/23	11/23	12/23	1/24	2/24
Finish writing Testing 'Here' chapter	✓							
Analyse focus group transcripts								
Write up focus group chapter								
Write final discussion and conclusions								
Finish Methods chapter								
Finish Literature Review								
Finish Introduction								
Write up Aims and Objectives chapter								
Write abstract								
Finish off all other smaller sections								
Whole Thesis review and edits								
Submit								

GIRLS IN TECH EVENT

On 5th July I was invited to be a panel member at a 'Girls into Tech' event at Queen Mary. This event was aimed at Year 12-13 female students who are interested in studying a tech subject.

I spoke very openly about my experiences as someone with Autism and anxiety, encouraging the girls to do what makes them feel happy and comfortable. After the panel, one of the girls sought me out to talk more about my experiences as she too has Autism and feels very nervous about the transition to university. I hope that by talking about my experiences I showed her that it is possible and that there is support out there to help her during this process.

As a thank you for speaking at the event the lovely Alumni team gave me a goodie bag of QMUL gifts.



SWD SOCIETY

At the end of July, I formally ended my time as President of the Students with Disabilities Society.

I started this society last year in the hope of creating a space where students with disabilities could feel seen, heard and understood. Looking back over all the things we have achieved I like to think that we have achieved our aims. We have had some really lovely feedback from people who have attended our events or interacted with our online content.

Sadly, as I am due to finish my PhD in early 2024 I was not eligible to be part of the committee this year, but I am handing over to Dan and Emily who worked as the Treasurer and Welfare Rep alongside me. I am confident that they will continue to do amazing things with the society next year.

DOING WHAT I LOVE

July started with celebrating my Mum's 60th Birthday. We invited all of the family round for afternoon tea at our house to celebrate. We have quite a big extended family so ended up with a house full - there were 24 people. We put on a spread of finger sandwiches and loads of cake. I really enjoyed going down the cake aisle in the supermarket saying "one of them, one of them" to everything. We had also arranged for a giraffe birthday cake to be made for my Mum - it was so lovely seeing the smile on her face when we brought the cake out. It was a great afternoon and it was so lovely to have all of the family together.

On Mum's actual birthday we went to the cinema to see *The Little Mermaid* and then went out for dinner. We all took the day off work and it was so much fun for me, my mum, dad, and sister to just spend the day together having fun.

In July I also met up with some of my friends - we all met at secondary school and still keep in touch. It was great to catch up with everyone and hear about all the exciting things happening in their lives. It still feels strange when we are talking about mortgages and rent - I still think of us as 16 year olds at school.

Towards the end of the month I went to the cinema to see *Oppenheimer* with my parents. It was a really interesting film - I didn't know anything about Dr Oppenheimer before we went so I feel like I learnt a lot.

Throughout July I also continued to attend ((Bounce)) exercise classes. These are cardio classes which involve routines done on rebounder trampolines to some really great music. I absolutely love these classes and feel so great afterwards.

