



THE TAP

Technology, Anxiety, Pain

*December 2022
Issue 17*



FUNDING AND ETHICS

During November I submitted two applications as part of my next study - for ethics and funding - both of which have been approved!

My next study will consist of two focus groups made up of PPI group members who experience anxiety and chronic pain. The first half of the meeting will focus on discussing the findings from the study I am currently running. Focus group members will be asked to discuss the findings and comment on how much they align with their lived experience. The second half of the meeting will focus on peoples experience of anxiety and chronic pain, and how that impacts their daily lives. I hope to gain a deeper understanding of the challenges people face.

As I have received funding for this study I will be able to reimburse participants time.

I hope to run these focus groups early in the new year so keep an eye on your emails in the coming weeks as I will be inviting people to take part very soon.

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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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TESTING 'HERE' STUDY

So far for this study I have conducted 9 interviews - 6 with people with anxiety, and 3 with people with anxiety and chronic pain. I also have 7 people still taking part in the study who are at various stages of using the app. I have thoroughly enjoyed the interviews I have completed, and I have found it so interesting to hear peoples feedback. There are some points which have come up in all of the interviews, but there are also very specific points which individuals have brought up. I am always intrigued to see how a person has used the app and their views towards it as every participant has been given the same information and guidance, yet everyone's experience is so unique. I am looking forward to carrying out the remaining interviews over the coming weeks.

DISABILITY AWARENESS FORTNIGHT

In November I have been really busy organising events as part of Queen Mary's second Disability Awareness Fortnight. We had a really enthusiastic organising committee for this campaign who came up with loads of really fun and exciting events to host.

The Students with Disabilities society chose to organise four events throughout the fortnight. The first, a stall in the library asking people to answer the question "what disabilities means to me" and add it to our wall for all students to read. The second, a talk by Andy Russell from the Spinal Research charity to talk about the impact his injury has had on his life. Thirdly, we organised a film and food night for students to come together and have a relaxing evening watching a lovely Christmas film. Finally, we organised an event at the Boom Battle Bar in The O2 so that students could have a bit of fun!



Disability Awareness Fortnight 2022
Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14				



My First Symposium

On 24th November I attending my first symposium - "NIHR MindTech MIC 2022 Mental Health Technology Symposium: New Frontiers of Digital Mental Health".

I've been nervous about attending this sort of event since I started my PhD as they involve a lot of things that make me really anxious, including networking. But I decided to approach it with the thought that this was my experience - it didn't matter what other people were doing, I was going to make this work for me. And so I attended all of the talks, I looked around all of the exhibits, I spoke to people when I felt comfortable to, and I took a step away when I needed a break from it all. I had a really great conversation with a Clinical Psychologist whose research is looking at technology and chronic pain. It felt amazing to discuss my research with them, and to hear their excitement and encouragement about what I'm doing. That one interaction made all of the difficulties worth while. I'm so proud of myself for pushing through my fear and making this symposium a really enjoyable experience.

DOING WHAT I LOVE

In November we celebrated my sisters birthday. She recently moved out but came home for the day and we had a lovely family roast. We also played Harry Potter Trivial Pursuit and I won for the 3rd time in a row - I am the reigning champion!

November also saw my sister and I going to see The Vamps at The O2. I have been a massive fan of The Vamps for over 10 years and had such a fun night dancing and singing along to all of their hits!

I also went with my mum to see Marti Pellow, as well as meet him! My mum is a massive fan of Marti and it was so lovely to see her so excited. He put on an amazing show, talking about his life and things he's learned, as well as singing some of his most popular hits.



MERRY CHRISTMAS

I want to wish everyone a very Merry Christmas and a Happy New Year! I hope that you have a lovely break over the festive period and that you are able to spend time with friends and family.

I will send the next newsletter in early 2023!

