



# THE TAP

*Technology, Anxiety, Pain*

*December 2022  
Issue 17*



## HAPPY NEW YEAR

Happy New Year to everyone.

I cannot believe we are now in 2023. It feels like only yesterday that I started my PhD, but in fact it has been 3 years!

2023 is a big year for me as it is my final year working on my PhD. If everything goes according to plan I will finish and submit my thesis by the end of 2023 and will then defend in early 2024.

During the first 6 months of this year I will continue with data collection - this means I will run the remaining studies I have planned. Then, in July 2023, I will transfer to write up. This means that I will no longer be collecting new data, but I will be focused on writing my thesis and ensuring I have a strong argument throughout which answers my research question.

Even though this is a big year for me, I am trying to just focus on the next step, otherwise it is really easy to get overwhelmed. I have a clear plan for what the next year will look like so I'm going to work hard, taking one step at a time, and I will get there.

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If you experience

## **ANXIETY, WITH OR WITHOUT CHRONIC PAIN**

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*If you have any questions or would like further information, please contact Amy Dowse:  
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## TESTING 'HERE' STUDY

This study has been progressing nicely throughout December. I have conducted more interviews, and have booked in the remaining ones I need to complete. I am now starting to analyse the transcripts I have, identifying common themes seen across the interviews. I hope to have this analysis completed by the end of January 2023 so that I can progress with my next study - focus groups. In these groups, we will discuss the findings from the Testing 'Here' Study.

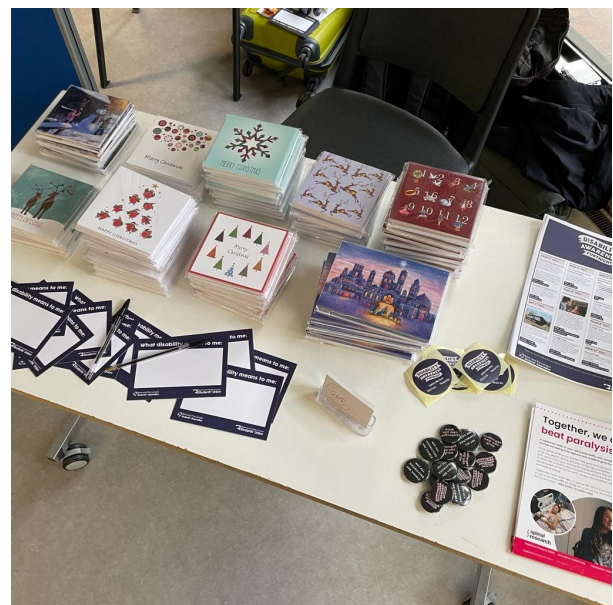
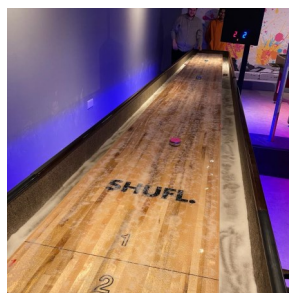
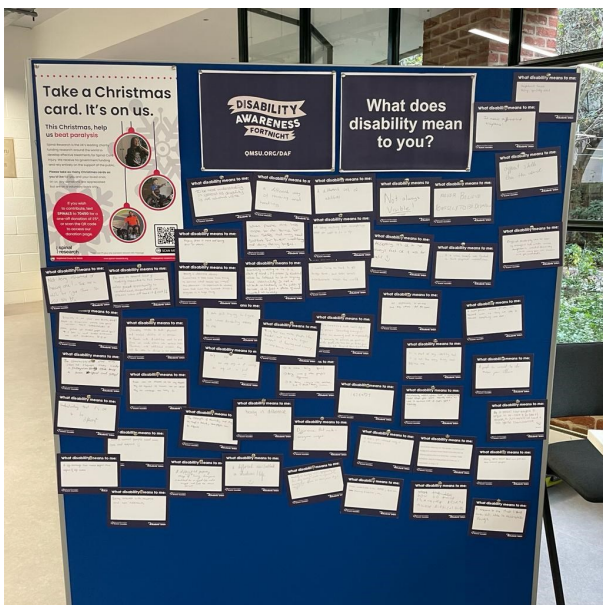
# DISABILITY AWARENESS FORTNIGHT

The first two weeks of December were Queen Mary's second ever Disability Awareness Fortnight which was a huge success. Unfortunately, we had to cancel some of the events due to the snow and train strikes making it impossible for committee members to get into London to run the events, but we plan to rearrange those in the New Year.

The first event that my society - Students with Disabilities - ran was held in the library on the first day of the fortnight. We had partnered with the Spinal Research Charity to give out free Christmas cards to students who filled in a card with their answer to the question 'What does disability mean to you?'. This was a hugely popular event with over 50 students taking part. It was so interesting to read what students thought and to talk to them about our society and our aims.

The second event we ran was an afternoon at The Boom Battle Bar in The O2. This was a chance for students to get together and have a bit of fun. First we played shuffleboard which was surprisingly difficult - I seemed to always push the puck either too lightly or too hard - but it was a lot of fun. We then played some augmented reality darts. I had never thrown a dart at a dartboard before, and to begin with I rarely hit the board - I was very good at hitting anywhere outside of it! However, with a bit of practice by the end I was consistently hitting the board, but never for where I was actually aiming for!

The other events held during the fortnight, organised by other societies and students unions reps, were also a huge success and I am very proud of the fortnight we provided.



## DOING WHAT I LOVE

December saw myself, my mum and sister going to see Westlife. We brought these tickets back in January 2022 but didn't tell our mum about them until her birthday in July. So for seven long months we had to keep them a secret. During this time mum kept saying that we should buy tickets (she is a huge fan of Westlife) and we had to keep saying no - we felt so mean! It was great to finally go and see the show and to see how happy our mum was finally seeing the group she has spent so long listening to on her phone.

Also in December I went to a Christmas light walk at Ashridge House. It was beautiful. We spent an hour walking through the grounds looking at the stunning light displays - thankfully it stayed dry which made it even more enjoyable. I had never been to a light walk before so wasn't really sure what it would be like, but I thoroughly enjoyed it and would go again next year.

Christmas Day itself was really relaxed for me - it was myself, mum and dad at home and we cooked a delicious roast. We spent the day relaxing, watching films, and snacking on lovely sweet treats.

We then had a second Christmas Day on New Year's Eve when my sister and her boyfriend came round. She had been with his family over the Christmas period so it was lovely to have them both with us to welcome in the New Year. We played Harry Potter Trivial Pursuit again and I won for the 4th time in a row! Although things were much tighter this time - for a while I didn't think I would win! The pressure is on when we next play to see if I can win it for a 5th time!

