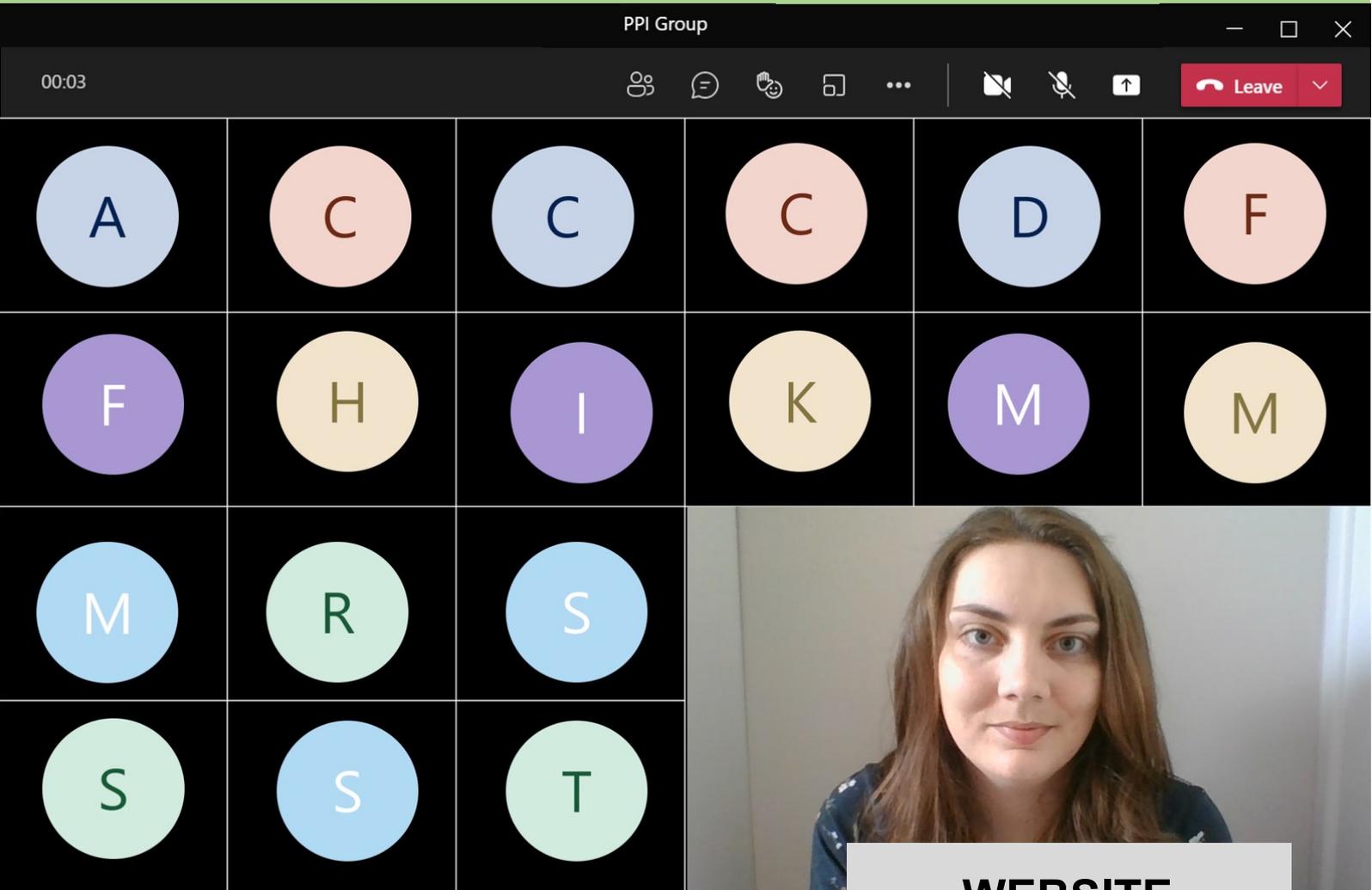




THE TAP

Technology, Anxiety, Pain

July 2021
Issue 1



PPI GROUP FORMATION

Since advertising for members for the “Technological Support for people who experience either Anxiety alone or Anxiety and Chronic Pain PPI Group” on the NIHR People In Research Website, 18 people have volunteered to be part of this group.

We are currently waiting for the university to complete some administrative tasks before we can move forward and arrange our first virtual meeting - I hope this will take place in July.

WEBSITE

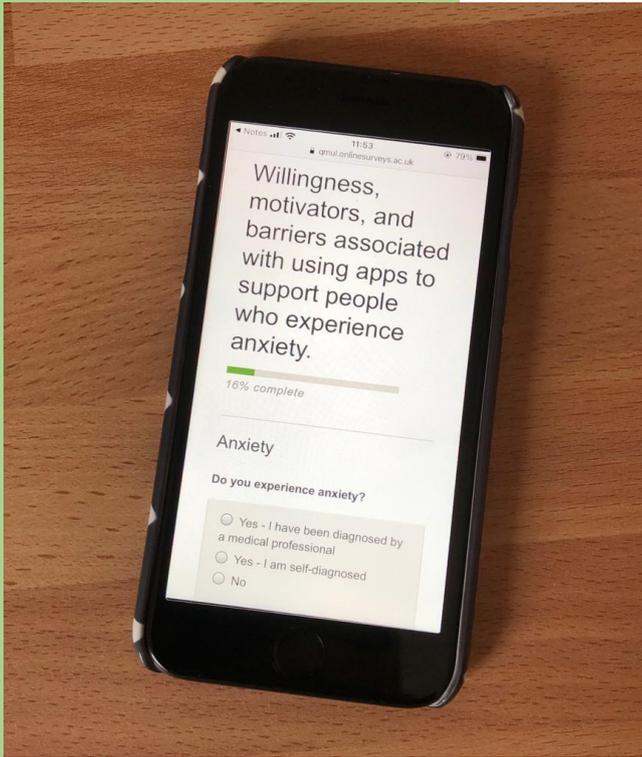
My research website is now live:

www.amydowse.com

Visit the website to see all of the latest developments in my research.

Don't forget to create a PPI members account.

QUESTIONNAIRE STUDY



My questionnaire study looking at peoples opinions on using anxiety-focused apps was launched on 1st June 2021.

At the time of writing this newsletter, I have received 88 completed questionnaires. This is fantastic, but I still need more - the more data I can collect the better my results will be.

I have been advertising my questionnaire through many different channels:

- Social media
- Friends and family
- Pain focused groups
- Anxiety focused groups
- Charities (e.g. Pain UK)

Please continue to share this questionnaire with anyone who you think it will be relevant to. There are 3 eligibility criteria:

- 1) Aged 18+
- 2) Currently living in the UK
- 3) Experience of anxiety

Link to questionnaire:

<https://qmul.onlinesurveys.ac.uk/willingness-motivators-barriers>

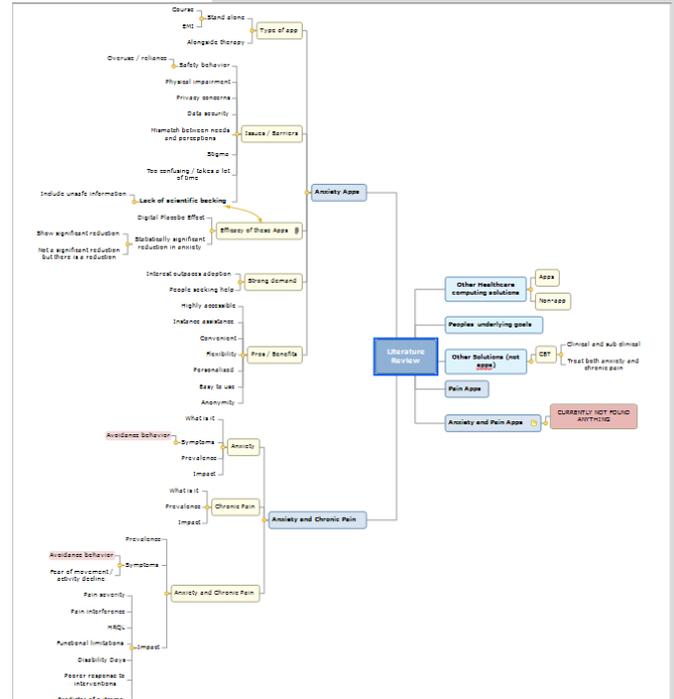
WILLINGNESS					
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
9.1.a. I like the idea of using an app to help me with my anxiety	2	3	1	0	0
9.2.a. I think an app could be useful in helping me with my anxiety	2	3	1	0	0
9.3.a. I could see myself using an app to help me with my anxiety regularly	2	2	2	0	0
9.4.a. I think an app to help me with my anxiety would fit into my daily life easily	2	4	0	0	0
9.5.a. I am willing to learn to use an app to help me with my anxiety	2	4	0	0	0

MOTIVATORS					
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
11.1.a. It has strong scientific backing (the techniques within the app have been shown to be effective through research)	3	3	0	0	0
11.2.a. I have the freedom to interact with the app as and when needed	3	3	0	0	0
11.3.a. It gives me a specific task to complete	2	2	2	0	0
11.4.a. The information in the app is relevant to my situation	5	1	0	0	0
11.5.a. It allows for personal autonomy (I don't need anyone else's input)	4	1	1	0	0
11.6.a. It comes with an endorsement from my doctor	2	1	3	0	0
11.7.a. It comes with an endorsement from a doctor	1	2	3	0	0
11.8.a. Other people I know are using it and find it useful	3	2	1	0	0
11.9.a. I am told other people are using it and find it useful	2	1	2	1	0
11.10.a. It is entertaining to use	1	2	1	2	0
11.11.a. It can be used with a smartwatch	0	0	3	2	1
11.12.a. It is aesthetically pleasing	0	2	3	1	0
11.13.a. I have used the app for a long time	0	2	4	0	0
11.14.a. I find that it helps me quickly	2	2	1	0	1

LITERATURE REVIEW

I am continuing to read research papers published in my field. This is an important part of any research project as it ensures that you are aware of what has come before you and also keeps you at the forefront of developments in your area.

I have also been working with a 1:1 study skills support worker to help me develop my academic writing skills so that I effectively synthesise the vast amount of reading I have been doing into a succinct, focused and relevant piece of work.



TRAINING

I have been taking advantage of the fantastic training and development courses offered to me by Queen Mary University of London.

I have recently completed a four day statistics course using software called 'R'. The course was led by two extremely knowledgeable statisticians who guided us through a series of lectures and practical exercises, giving us the tools needed to complete a huge variety of statistical calculations.

I am continuing to take part in various training courses, aimed at improving my research skills.

