



# THE TAP

*Technology, Anxiety, Pain*

*March 2022  
Issue 8*



## STAGE 2 REPORT AND VIVA

Throughout my PhD I have to create reports and present my work to my supervisory panel (called a viva) to ensure that I am making good progress and that my research is heading in the right direction. These milestones are referred to as Stages. I completed Stage 0 in July 2020, Stage 1 in November 2020, and now Stage 2 in February 2022.

I am pleased to say that I passed my Stage 2 report and viva. This means that my supervisory panel are happy with the quality of work I have produced so far, and believe that my plans for the rest of my research are on track. My supervisory team also offered some invaluable advice on areas within my Questionnaire study write up where I can strengthen my findings and produce stronger conclusions.

I spent a large chunk of time in February preparing my report and viva presentation, and I'm really happy that my supervisory panel are supportive of my research progress and direction.



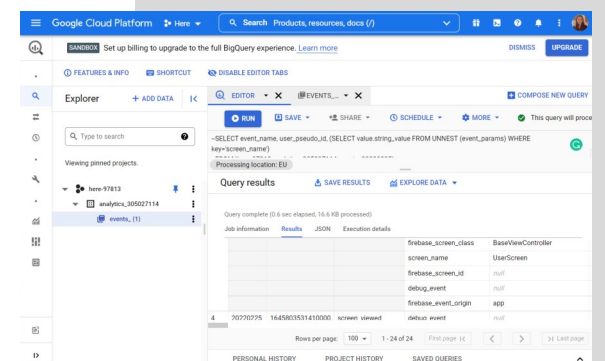
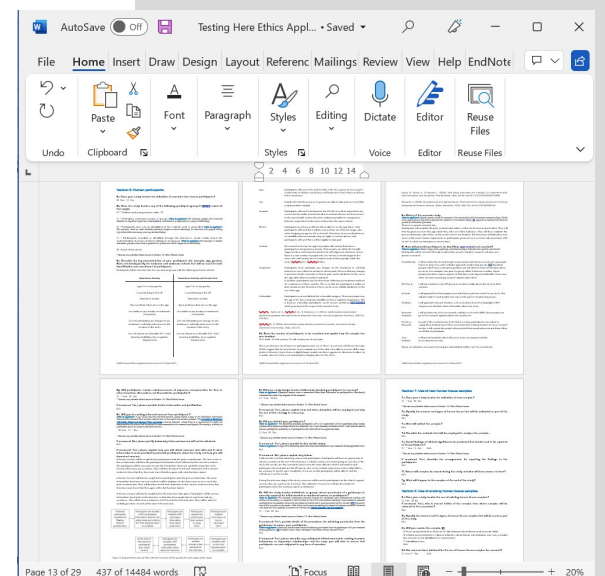
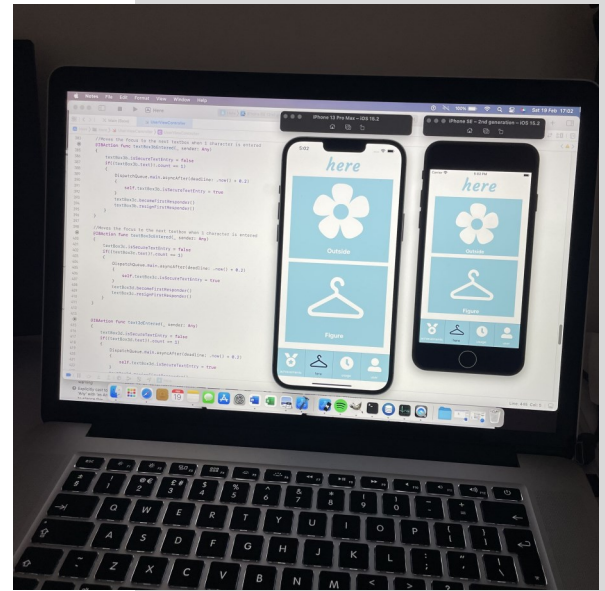
# 'HERE'

I am currently in the process of finalising my ethics application for my next study which will involve testing 'Here', the anxiety-focused app I developed for my Masters.

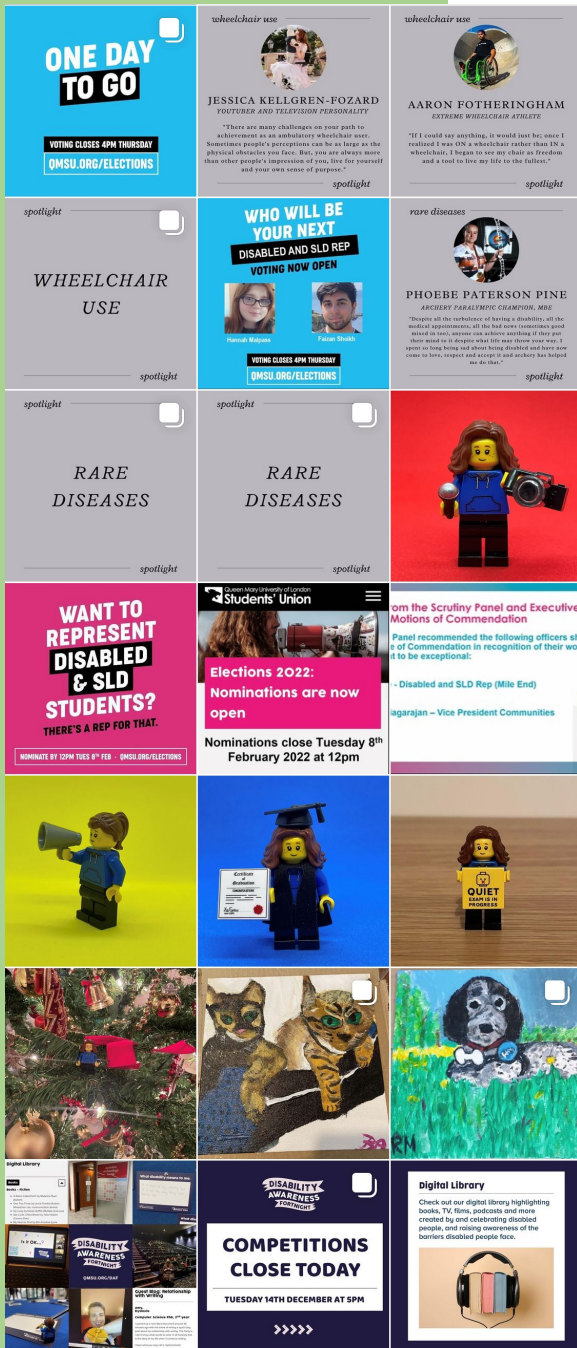
In order to get 'Here' ready for this study I have had to implement some major changes to the app. When I created it, the sizes and spacing only appeared correctly on an iPhone 7. However, when using it in this study, 'Here' will need to be used on a variety of different sized screens. Therefore I had to adapt the app so it could automatically calculate and change sizes and shapes depending on the phone it was being displayed on.

Adapting 'Here' was not an easy task. I faced many challenges and setbacks which resulted in a lot of frustration. However, after working on it non-stop for 10 days, I finally had the entire app updated and working correctly.

I plan to do some testing of 'Here' on friends and family's phones prior to the study starting so that I can test that all features are working correctly and appearing in the right places. This will give me time to make any additional changes so that once the study starts things should run smoothly.







## DISABLED AND SLD REP

I have continued my work as Disabled and SLD Rep for Queen Mary's Students Union.

I have recently had a number of students reach out to me for support in organising disability awareness events which has been fantastic to be a part of.

I have also been working on my own projects such as creating a video series answering questions about working with a disability, as well as creating some information to demystify the process of applying for Disabled Students Allowance.

I have also continued with my 'Disability Spotlight' series on my Instagram account, sharing information about a huge range of disabilities and learning differences, as well as quotes from people who have that disability, condition or specific learning difference.

## ALPACA WALKING

In amongst all of the work I have been doing, both for my PhD and as an SU Rep, it is always important to find time to relax and enjoy yourself.

In February, my sister and I spent a morning walking Alpacas - we had the pleasure of meeting a beautiful alpaca called Floyd. It really was a lovely morning, learning more about these wonderful animals and having a chance to walk them and stroke their unbelievably soft coat.



↑ This is Floyd