



THE TAP

Technology, Anxiety, Pain

February 2023
Issue 19

Name	Codes	References	Modified On	Modified By	Classification
21_Transcription		30	68 17/02/2023 12:15	AD	
35_Transcription		29	69 08/02/2023 12:20	AD	
37_Transcription		29	61 08/02/2023 12:20	AD	
39_Transcription		26	51 20/02/2023 10:07	AD	
44_Transcription		20	38 08/02/2023 12:20	AD	
52_Transcription		25	64 23/02/2023 14:17	AD	
53_Transcription		27	57 08/02/2023 12:20	AD	
61_Transcription		25	47 08/02/2023 12:20	AD	
64_Transcription		29	51 08/02/2023 12:20	AD	
66_Transcription		0	0 08/02/2023 12:20	AD	
84_Transcription		0	0 08/02/2023 12:20	AD	

ANALYSING TRANSCRIPTS

During February I began to analyse the transcripts from the Testing 'Here' study.

This involves reading through each transcript and identifying features of the data that are potentially relevant to the research question. These features are then labelled with a code. As you progress through each transcript you will look to find elements of the text which align to an already defined code, as well as looking for features of the text which warrant a new code to be generated.

So far, I have completed this first review of the transcripts.

I will now begin reviewing all of the codes I have created and look to create themes. A theme "captures something important about the data in relation to the research question, and represents some level of *patterned* response or meaning within the data set". I am really excited to move onto this stage as I have already begun to consider the themes and I'm keen to delve into them in more detail.

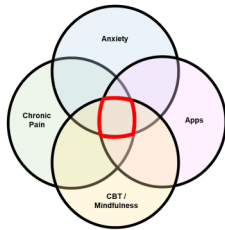
REVISTED STATISTICAL ANALYSIS

I have been working on writing a journal article for the questionnaire study I have completed. In February I sent my draft for this to my second supervisor and we met to discuss it. He advised that my analysis could be strengthened by running additional statistical tests which would then help to identify which results are of most importance. Therefore, I have spent some time revisiting the statistical analysis that I have already done, as well as running additional tests. Although this has not yet been completed, I can already see the positive impact it has had on my results.

The image shows a screenshot of an R script in RStudio. The code includes library calls, data loading, and various statistical functions like 'summary', 'table', and 'prop.table'. Below the code, there are several data tables with columns representing different variables and rows representing individual data points or summary statistics.

Research Question

Can existing techniques in CBT/Mindfulness be embedded into an app that can be seen to be useful to people with anxiety and chronic pain?



Methodology

- Mixed methods
- Triangulation
- Depth
- Balance of strengths and weakness



Building my Argument

A detailed flowchart titled 'Can existing techniques in CBT/Mindfulness be embedded into an app that can be seen to be useful to people with anxiety and chronic pain?'. The process is divided into several stages: Literature Review, Design and Evaluation, and Intervention. Each stage includes specific tasks and decision points, such as 'Does a key paper?' and 'Can this be used in my app?'. The flowchart uses arrows to show the progression and feedback loops between different stages.

PROGRESSION PRESENTATION

In early March I have a meeting schedule with my supervision panel to discuss my progress so far and to solidify plans for what the last year of my PhD will look like.

I have already written a report which I sent to all three panel members in mid-January. I have since created a 15 minute presentation to accompany this.

Although our meeting is not a formal progression point within my PhD we will be treating it as though it is as this will give me more practice for when I defend my thesis at the end of my studies.

I look forward to hearing their feedback.

MENTAL HEALTH WORKSHOP

MENTAL HEALTH WORKSHOP
FOR STUDENTS WITH DISABILITIES

WEDNESDAY 22ND FEBRUARY
14:00 - 16:00
ONLINE

In February my society, Students with Disabilities, held a mental health workshop in collaboration with the charity 'Rethink Mental Illness'. This was a free, interactive wellbeing workshop created for, and by, disabled students. It was designed to give students a chance to reflect together, share practical resources and gain new tools to support their wellbeing. Students found the workshop really useful, sharing that candid conversations about the difficulties they face in relation to their disability helped them to feel less alone as everyone in the session had similar experiences.

DEMONSTRATING

Throughout February I have continued to be involved in teaching activities. I marked and graded exam and coursework for the large programming module from last term, and supported students on their group project in the Interactive System Design module this term.



ASSOCIATE FELLOWSHIP

I am in the process of applying for an Associate Fellowship as part of the Higher Education Teaching Recognition Programme. I am required to write a 1500 word account of how I have demonstrated skills outlined in the UK Professional Standards Framework. I am working alongside a mentor to ensure my application meets all of the criteria with the aim of submitting it at the end of March. This will give formal recognition of the teaching I have been involved in.

Professional Values
In your context, show how you:

- V1 respect individual learners and diverse groups of learners
- V2 promote engagement in learning and equity of opportunity for all to reach their potential
- V3 use scholarship, or research, or professional learning, or other evidence-informed approaches as a basis for effective practice
- V4 respond to the wider context in which higher education operates, recognising implications for practice
- V5 collaborate with others to enhance practice

Core Knowledge
In your context, apply knowledge of:

- K1 how learners learn, generally and within specific subjects
- K2 approaches to teaching and/or supporting learning, appropriate for subjects and level of study
- K3 critical evaluation as a basis for effective practice
- K4 appropriate use of digital and/or other technologies, and resources for learning
- K5 requirements for quality assurance and enhancement, and their implications for practice

Areas of Activity
In your context, demonstrate that you:

- A1 design and plan learning activities and/or programmes
- A2 teach and/or support learning through appropriate approaches and environments
- A3 assess and give feedback for learning
- A4 support and guide learners
- A5 enhance practice through own continuing professional development

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DOING WHAT I LOVE

February started with a relaxing day at the spa with my sister. It was lovely to spend the day with her, making the most of the hot rooms and spending hours reading.

I then went to the Strictly Come Dancing Live Tour with my Mum. We loved watching the show on TV so it was amazing to see them in person. Our favourite was Hamza - his tricks were really impressive!

We also went to see the Book of Mormon in the West End. This was our Christmas present to our parents - it's a show we had heard about but never seen. After the show we went out for a meal which was really fun.

To celebrate Valentines on the 14th I hosted a crafty Gal-entines. A couple of my friends came round to my house and I had gathered a variety of different crafts to try. This included using my Cricut (cutting machine that can cut a wide variety of materials for your craft projects like paper, vinyl, heat transfer vinyl and cardstock) to make stencils for glass etching, rock painting, trinket bowl decorating, and cross stitch. It was so much fun to spend the evening catching up being crafty. My friends had never seen my Cricut machine so I really enjoyed showing them how it works and watching their excitement as their designs came to life.

The last thing I did in February was go to Abba Voyage. I wasn't really sure what to expect from the show, but I had only heard great reviews. It was absolutely amazing! The technology that must have gone into making these Abba-tars is mind-blowing. It made you question reality as they were so realistic on stage, it felt like they were real people. I would highly recommend everyone to go and see it - it was fantastic!

