



THE TAP

Technology, Anxiety, Pain

April & May 2023
Issue 21

Due to a family emergency at the start of May, a newsletter was not produced for April. This newsletter will cover work done in both April and May 2023.



BRITISH PAIN SOCIETY - GLASGOW

In early April I was notified that my application to display a poster at the British Pain Society Annual Scientific Meeting in Glasgow had been accepted.

I was so excited to have been successful in my application, but also really nervous about travelling to Glasgow and staying in a hotel for three nights on my own. I have spoken in previous newsletters about my Autism, and one of the biggest challenges I face is being away from home, and the people I feel most safe round. However, I was determined not to let my fears win, and with the support of my amazing family I prepared for the conference.

On Monday 8th May I boarded my train at Euston and travelled up to Glasgow. I had carefully selected which hotel to stay in, so as I walked out of the station my hotel was right in front of me. It was a lovely hotel and the staff were really kind and helpful - I would highly recommend Motel One in Glasgow. I was really comfortable in my room, up on the 11th floor, and quickly got settled in. I felt much better once I had got to my room and figured out where I was in relation to the conference location, the nearest Greggs, and the nearest McDonalds!

BRITISH PAIN SOCIETY - GLASGOW (CONTINUED)



On Tuesday 9th, the first day of the conference, I was up early and walked the short distance to the conference location, where I proudly put up my huge poster (it was A1 in size so I was happy to no longer have to carry it around). I then spent the day attending a range of talks from experts in the world of chronic pain. At the end of the day there was a dedicated hour where authors were asked to stand with their posters so that other attendees could go round, look at all the posters on display, and ask any questions. I was delighted to have some fantastic conversations with a number of people who were really interested in the research I am doing. I found this day extremely tiring, and was very happy to go back to my lovely hotel room and relax.



Wednesday 10th and Thursday 11th consisted of more jam packed days attending talks. I particularly enjoyed the ones that focused on digital data, as well as the ones focusing on pain and cognition.

Once the conference finished I prepared for my train home, only to find that it had been cancelled! Half an hour of stress followed, until I was told I could get on the next train, even though I wasn't booked. I was so relieved to finally get on the train and start heading home. It was a long evening of travelling, but I finally made it home at 11:30pm!



I am so proud of myself for attending this conference and sharing my research. At times, I felt extremely nervous and overwhelmed but I used all the techniques I have learnt over the years to stay calm, and make the most of the fantastic opportunity I had been given. I hope that in the future I will be able to continue to push my boundaries and do things that I never believed would be possible.

LONDON HOPPER COLLOQUIUM

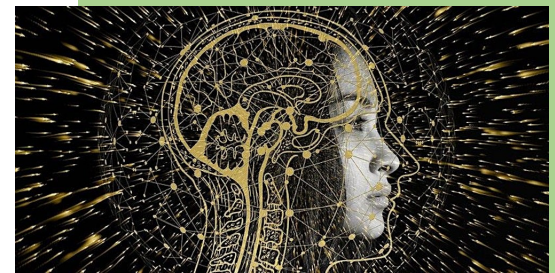
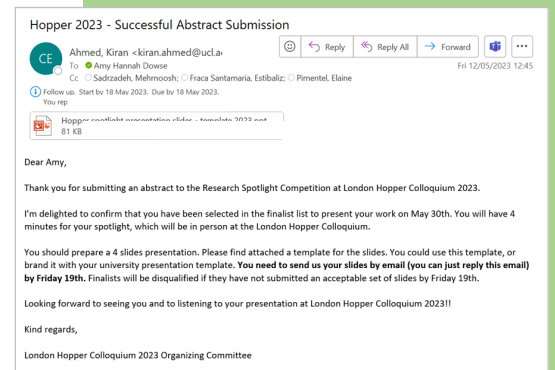
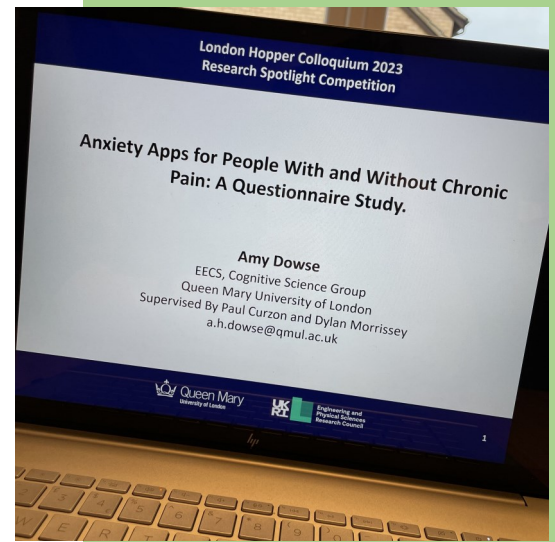
At the end of May I presented my research at the London Hooper Colloquium as a finalist in their spotlight competition. London Hopper Colloquium is an event for academic researchers across the UK who are building a career in computing.

This is the first time I have had to talk about my research to an audience bigger than my 3-person supervisory panel, and I was really nervous. As I stood to the side waiting to give my talk I wasn't sure I could do it. But, I took a deep breath, stepped to the front of the room and delivered my presentation with a sense of pride.

I am proud of myself for putting together this presentation, given the extremely stressful few weeks in the run up.

I am proud of standing up in front of an audience and delivering my presentation.

And I am proud of the work I am doing.



FOCUS GROUPS

In late May I held two focus groups, each with four participants who experience both anxiety and chronic pain.

The meetings had two aims - the first to validate findings from previous studies, and the second to get a deeper understanding of the impact anxiety and chronic pain has on people's lives.

I am extremely grateful to the participants for giving me their time and sharing their experiences. I know that their contributions have had a massively positive impact on my research.

FELLOWSHIP APPLICATION

In mid-May I was notified that my application for Associate Fellowship with Advance HE had been successful. This award is in recognition of the teaching activities I have been involved in throughout my PhD.

This now means I have an addition 5 letters after my name:

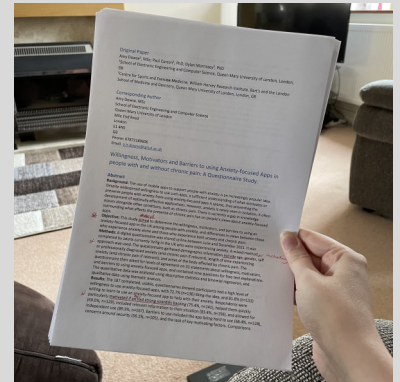
Amy Dowse, BSc (Hons), MSc, AFHEA

**This is the first time I've ever written out my full list of qualifications and it feels extremely exciting - I cannot wait to add PhD one day soon!*



JOURNAL ARTICLE

I have continued to work on my journal article over the past couple of months. I am now in a position where I have had a final read through it to make sure there are no spelling or grammatical errors. I will now begin the process of submitting it to a journal and will hopefully get some peer review feedback soon.



CROSS UNIVERSITY COLLABORATION PROJECT

I have continued to work on my Cross University Collaboration project looking at the experiences of Neurodivergent students in higher education.

Throughout April I worked on putting together our ethics application, along with a plethora of supporting material. In early May that was completed and submitted for review.

The other two researchers (from UCL and Kings') and I have worked extremely hard to design a project that we believe will allow us to gather inciteful information from Neurodivergent students so that we can then present recommendations to our respective universities with ways that they can help to improve students experiences.



Students with Disabilities Society

At the end of April my society, Students with Disabilities, hosted an online quiz. The lovely Beatrix was our winner with an impressive score of 50/57. We all had a really great time, with lots of laughter and smiles.

Have a go at a couple of our questions (answers at the bottom of the page):

1) Where in the World?



2) Say what you see

ROBBERS

3) Name the film



QUIZ NIGHT	
BEATRIX	50
EMILY	48
DAN	43
KASANDRA	38
ADAM	32



DOING WHAT I LOVE

In early April, my family visited the Harry Potter Studio Tour and it was amazing! We had been to the tour before, back in 2012, but it has changed so much since and there is so much more to see, that it was definitely worth a second visit.

Then in early May, my sister and I went to see Frozen on the West End. The show was fantastic, the set was really impressive, and the quick change into the iconic Elsa dress was magnificent.

In mid-May we then had back to back nights out - first to see Carrie Hope Fletcher's show 'An Open Book' and then to see The Vamps perform at the Royal Albert Hall. Both of these events were so much fun, and I loved spending so much time with my sister, singing and dancing along to songs we love.