



# THE TAP

*Technology, Anxiety, Pain*

*May 2022  
Issue 10*

**APPROVED**

## ETHICS APPROVAL

As mentioned in my previous newsletter, I submitted my ethics application for the next study of 'Here' (the anxiety app I created as part of my Masters). The panel met in early April and my study was approved, meaning I'm now able to begin.

Before I start recruiting participants for the study, I need to get my app accepted onto the Apple App Store so that participants are able to easily download and use the app. I have never done this before, but I have reviewed the rules that an app must comply with in order to be accepted and I believe 'Here' meets these requirements. I hope that this will be a relatively easy process and that I can get my study up and running very soon.



## BACK-TO-BACK COLDS

In April I was unlucky enough to catch two colds, back-to-back. Thankfully it wasn't Covid - I took a lot of tests just to be sure - but they did make me feel really unwell for a couple of weeks.

As a result I had to take some time away from my research - I always think it is so important to rest and recuperate when you are ill rather than trying to push through.

I am very happy to have seen the back of both colds. I am now feeling healthy and I am once again able to focus on my work and keep making progress.



## THEATRE AND BOOK SIGNING

During April I had a couple of days out in London with my family. At the start of the month we had a trip to the theatre to see 'Cinderella' - I really enjoyed the show and I have been listening to the soundtrack ever since. I have followed Carrie Hope Fletcher, who plays the role of Cinderella, for some time on YouTube so it was fantastic to see her perform.

At the end of the month my Mum and I went to Carrie's book signing (can you tell that I'm a fan?). As well as being a West End performer Carrie is also an author and her newest book was released in April. It was a great night, being surrounded by people who love reading just as much as I do, and meeting Carrie. She was sweet and took time to talk to everyone there which really made it a great night!

