



# 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.

# PRESENTING MY RESEARCH

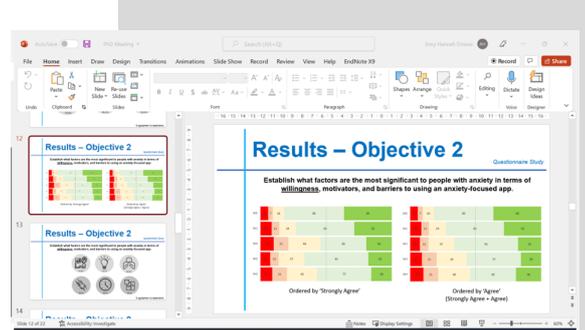
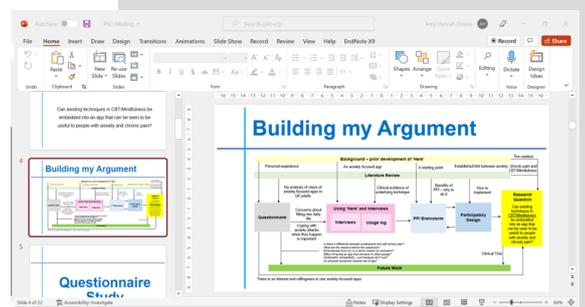
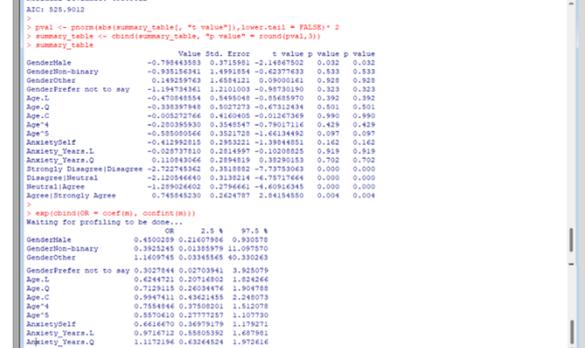
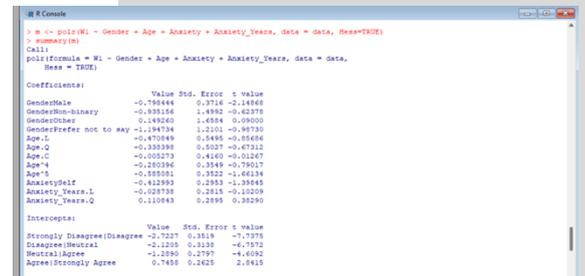
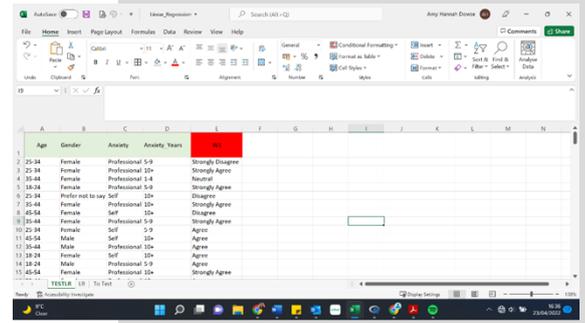
My second supervisor, Dylan Morrissey, holds a meeting every Wednesday morning for all of his Sports and Exercise Medicine PhD students to get together, discuss any issues, and then present any data they have so that other group members can give feedback and advice.

At the end of April I presented the data from my questionnaire study. As Dylan is my second supervisor, and I am actually part of the Computer Science Department rather than Sports and Exercise Medicine, I gave the group an outline of my entire research area and then went into details about the data from my study.

Everyone was really interested in my research - they asked some really insightful questions and were very complementary on my presentation of my findings.

I also received some invaluable advice on what next steps I could take. As I have mentioned previously I am working on an additional type of statistical analysis. I have never used this before and although I have done extensive reading and followed a fantastic tutorial by 'Laerd Statistics' I still had outstanding issues. Fellow PhD students and staff who are part of this meeting were able to give me suggestions on what to do next so that I can get the most out of my data and make some very strong and valuable conclusions.

I am very grateful to be able to work alongside such a friendly, helpful and insightful group of fellow PhD students.



## 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!

