



THE TAP

Technology, Anxiety, Pain

*October 2021
Issue 4*

A large, stylized graphic in a comic book style. It features a yellow starburst shape in the center, surrounded by red and white polka-dot patterns. The word '200!' is written in large, bold, red letters with a white outline and a black drop shadow, positioned in the center of the starburst.

QUESTIONNAIRE

My questionnaire study has been running since June. I am very pleased to have reached over 200 responses during September - at the time of writing this newsletter I have received 202 responses.

I am continuing to advertise my study through various avenues to try to further increase participation - the more data I collect, the stronger my findings will be.

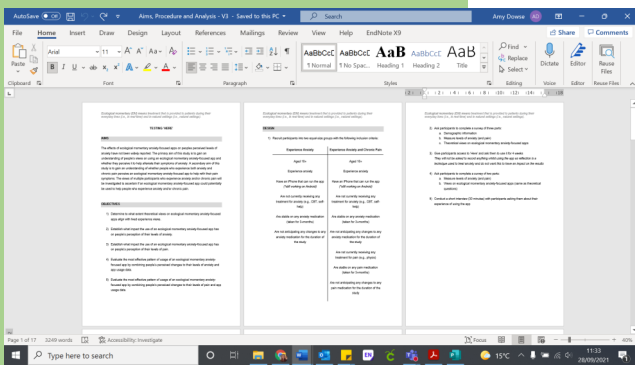
As mentioned in last month's newsletter I have continued to work on writing up elements of this study - although I cannot write about the results yet, I have been able to write about the background knowledge and methods used. I have passed this initial draft to my supervisor for feedback so that I can work on improving it ready for when I can write about the results.

TESTING 'HERE'

I have been planning my next study, testing and evaluating 'Here', the app I created as part of my master's degree. 'Here' is an ecological momentary app. This means that treatment is provided to patients during their everyday lives (in real-time) and in natural settings.

The primary aim of this study is to gain an understanding of people's views on using an ecological momentary anxiety-focused app and whether they perceive it to help alleviate their symptoms of anxiety. A secondary aim of this study is to gain an understanding of whether people who experience both anxiety and chronic pain perceive an ecological momentary anxiety-focused app to help with their symptoms.

I have sent a document to all PPI members asking for feedback on my proposed plan. I am particularly interested in members' views on the wording used within the questionnaire. I look forward to hearing their thoughts and incorporating their suggestions into this study so that it can be conducted to the highest standard possible.



Ecological momentary (EM) means treatment that is provided to patients during their everyday lives (i.e., in real-time) and in natural settings (i.e., natural settings).

QUESTIONNAIRE	MOTIVATORS			
	BEFORE (2 OPTIONS)		AFTER (2 OPTIONS)	
	Hinder motivation	Help motivation	Hinder motivation	Help motivation
M1 <i>It has strong scientific backing (the techniques within the app have been shown to be effective through research)</i>	Lack of strong scientific backing would hinder my motivation to use an EM anxiety focused app.	Knowing that an EM anxiety-focused app has strong scientific backing would help motivate me to use it.	'Here's' lack of scientific backing hindered my motivation to use it.	Knowing about 'Here's' scientific backing helped motivate me to use it.
M2 <i>I have the freedom to interact with the app as and when needed</i>	Lack of freedom to interact with an EM anxiety-focused app as and when needed would hinder my motivation to use it.	An EM anxiety-focused app that gave me the freedom to interact with it as and when needed would help motivate me to use it.	N/A	'Here's' freedom to interact with it as and when needed helped to motivate me to use it.
M3 <i>It gives me a specific task to complete</i>	Lack of having a specific task to complete would hinder my motivation to use an EM anxiety focused app.	An EM anxiety-focused app that gave me a specific task to complete would help motivate me to use it.	Lack of having a specific task to complete hindered my motivation to use 'Here'.	'Here's' focused, specific task helped to motivate me to use it.

I am keen to hear your views on the alternate wordings for before and after

- Interview Questions
- Material for Recruitment
- Participant Information - App Usage
- Participant Information - Interview
- Participant Information - Whole Study
- Participant Information and Questions - Post Questionnaire
- Participant Information and Questions - Prior Questionnaire
- Register Interest Questionnaire
- Testing 'Here' - Study Outline
- Testing Here Ethics Application

STUDENTS' UNION REP

A key part of the work I want to do as the Disabled and Specific Learning Differences (SLD) rep is to increase awareness of a variety of different disabilities, illnesses, and learning differences, and show students that they can achieve amazing things despite the challenges they face.

I will be posting content about different disabilities, illnesses, and learning differences during their national or global awareness days, weeks or months.

I will also be posting quotes from people who experience the spotlighted disability, illness, or learning difference, showing students just what is possible.

I have been blown away by the generosity of time people have given me in providing quotes. I have reached out to a range of people - athletes, celebrities, Lords, dancers, and many more - and everyone has been so supportive of the work I am doing.

I am so excited to share the wonderful quotes I have collected - I believe that they will have a big impact on those that read them.

Please follow my Instagram account to find out who will feature:

@disabled_sld_rep_qmsu

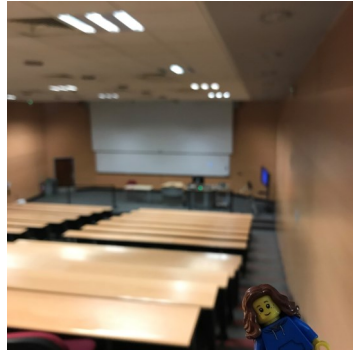
spotlight

DISABILITY SPOTLIGHT

spotlight

October 2021																																																																																										
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																																																																																				
				1 ADHD (N, M) I✓ Q# W#	2	3																																																																																				
4 Dyslexia (N, W) I✓ Q# W#	5	6 Central Palsy (W, D) I✓ Q# W#	7	8 Dyspraxia (N, W) I✓ Q# W#	9	10 Mental Health I✓ Q# W#																																																																																				
11 OCD (N, W) I✓ Q# W#	12	13	14 Sight (W, D) I✓ Q# W#	15	16	17																																																																																				
18	19	20	21	22 Stammering (L, D) I✓ Q# W#	23	24																																																																																				
25	26	27	28	29	30	31 Halloween																																																																																				
		<small>September '21</small> <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>		M	T	W	T	F	S	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<small>November '21</small> <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>		M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						<small>https://www.vertex42.com/calendars/</small> <small>© 2019 Vertex42 LLC. Free to print.</small>
M	T	W	T	F	S	S																																																																																				
	1	2	3	4	5																																																																																					
6	7	8	9	10	11	12																																																																																				
13	14	15	16	17	18	19																																																																																				
20	21	22	23	24	25	26																																																																																				
27	28	29	30																																																																																							
M	T	W	T	F	S	S																																																																																				
1	2	3	4	5	6	7																																																																																				
8	9	10	11	12	13	14																																																																																				
15	16	17	18	19	20	21																																																																																				
22	23	24	25	26	27	28																																																																																				
29	30																																																																																									





VISIT TO CAMPUS

At the end of September I spent a day on the Mile End campus - I hadn't been there since March 2020. It felt strange being there - in some respects it felt like nothing had changed and like I'd never been away, but in other ways it felt very alien. Even though it felt a bit odd at times I really enjoyed being back!

The reason for my trip was to deliver some posters and business cards I had created in my role as Disabled and SLD rep. I want to make sure as many students as possible know about my role and the work I am doing.

I also took 'Lego Amy' to my favourite spots around campus - you can see where she's been and what she's been up to on my Instagram: [@disabled_sld_rep_qmsu](https://www.instagram.com/disabled_sld_rep_qmsu).