



THE TAP

Technology, Anxiety, Pain

*October 2022
Issue 15*



NEW OFFICE

On 1st September I moved into my new office.

Since starting my PhD in January 2020 I have spent almost 30 months working from home. We converted a corner of our living room into a little work space which I used almost every day. However, recently I found it really hard to motivate myself to actually sit at my desk and work. Being at home, I always found distractions and reasons not to work. I also found that I was lacking the distinction between work time and rest time as my work was always there.

So, to help me regain my motivation for the last parts of my PhD, I have rented an office space close to where I live. I have been coming here every work day and really focusing on my research - I have been more productive here in the past month than I have in the last few months at home. It has also really helped with my mental health, leaving the house and having somewhere to work so that, when I come home, I know I can rest guilt free.

I adore my office and I look forward to coming here every day.

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If you experience
**ANXIETY, WITH OR
WITHOUT CHRONIC PAIN**

test our app - does it fit
into your daily life?



Aged 18+



Currently living in the UK



Experience of Anxiety



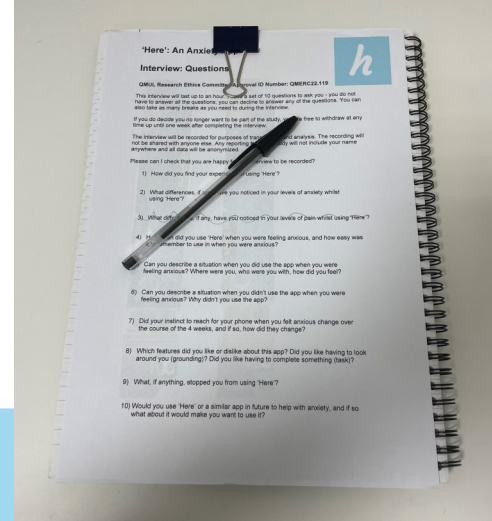
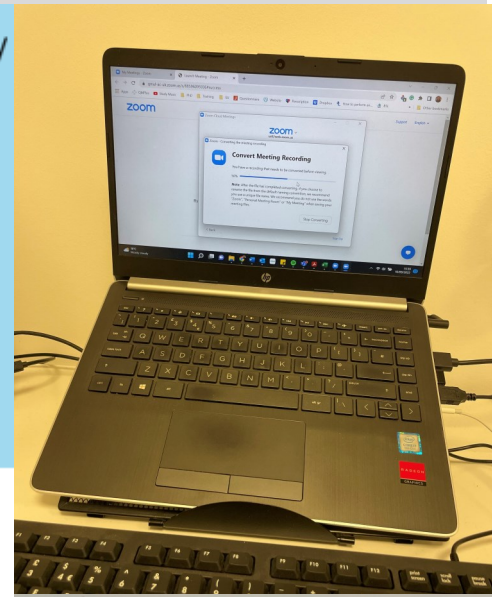
Own an iPhone

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interest



www.bit.ly/herestudy

If you have any questions or would like further information, please contact Amy Dowse:
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TESTING 'HERE' STUDY

My study, testing the 'Here' app, has been going fantastically. During September I conducted my first few interviews with people who had been using 'Here' for four weeks. I was extremely nervous going into these interviews but everyone I have spoken to has been so kind and instantly put me at ease. I've also found that with each interview I do I gain a little bit more confidence which makes the next one a little less daunting.

I have already got really interesting results from these interviews and am really excited to see what else these discussions uncover.

I am still trying to recruit that last few participants for this study. I need 20 people overall (10 with anxiety, 10 with anxiety and chronic pain), and so far I have 16 in the pipeline (8 with anxiety, 8 with anxiety and chronic pain).

If you are interested in taking part in the study, please do register your interest using the link: www.bit.ly/herestudy. I would also be hugely grateful if you could share this study with other people who meet the eligibility criteria above and may be interested in taking part.

I would like to say a massive thank you to everyone who has taken part in this study already. I really appreciate you giving me your time and insights, and for helping to make this research as strong as possible.

PLAN FOR THE REST OF MY PHD

I recently had a meeting with my supervisor where we discussed where I was in my research, what I still need to do, and how long I have left until I need to submit my thesis.

My aim is to complete all of my studies (have gathered all of my data) by June 2023. I will then 'transfer into writeup' where I will have 6 months to write my thesis and then submit at the end of 2023. I will then defend my thesis in early 2024 and hopefully pass, becoming Dr Dowse.

Therefore, the next 8 months will be very busy - I need to complete recruitment and interviews for my current study testing 'Here', analyse the data, host two focus group sessions based on those findings, host a couple of participatory design sessions to improve 'Here' and then evaluate this design. I have a lot to do but I am embracing the challenge.

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SWD Society

September marks the start of a new academic year. At Queen Mary we host a week of events for the students joining the university, including the Welcome Fair where all of the societies have a stall and are able to talk to students about what they do.

I attended this two day event representing the Students with Disabilities Society. It was a fantastic experience to talk to so many students, answer their questions, and hear their excitement about all of the things we plan to achieve this year. I'm really excited to host our first event in October.

DOING WHAT I LOVE

August started with a visit to our local independent cinema to see the Elvis movie. I adore this cinema as it is designed in the art deco style and feels very luxurious.

My family and I also travelled to the London Palladium to hear Tim Peake speak. I love all things space and really enjoyed hearing about his experiences aboard the International Space Station in 2015.

September also involved a visit to the theatre to see *Come From Away*, a musical based on the events in a Newfoundland town during the week following 9/11. It was an amazing show which really gave another perspective on events.

We also took a trip to the Royal Albert Hall to see *Magic at the Musicals*, a show where the casts from West End shows come and perform. As you can probably tell, I love musical theatre and so a night filled with all the best songs was an amazing experience. This is a show that is often put on each year, and I'm already planning on going to the next one.

And finally, September ended with a final trip to see *Dear Evan Hansen* before it closes in the West End. I've written previously about how much this show means to me and I'm so happy I got to see it one more time.

