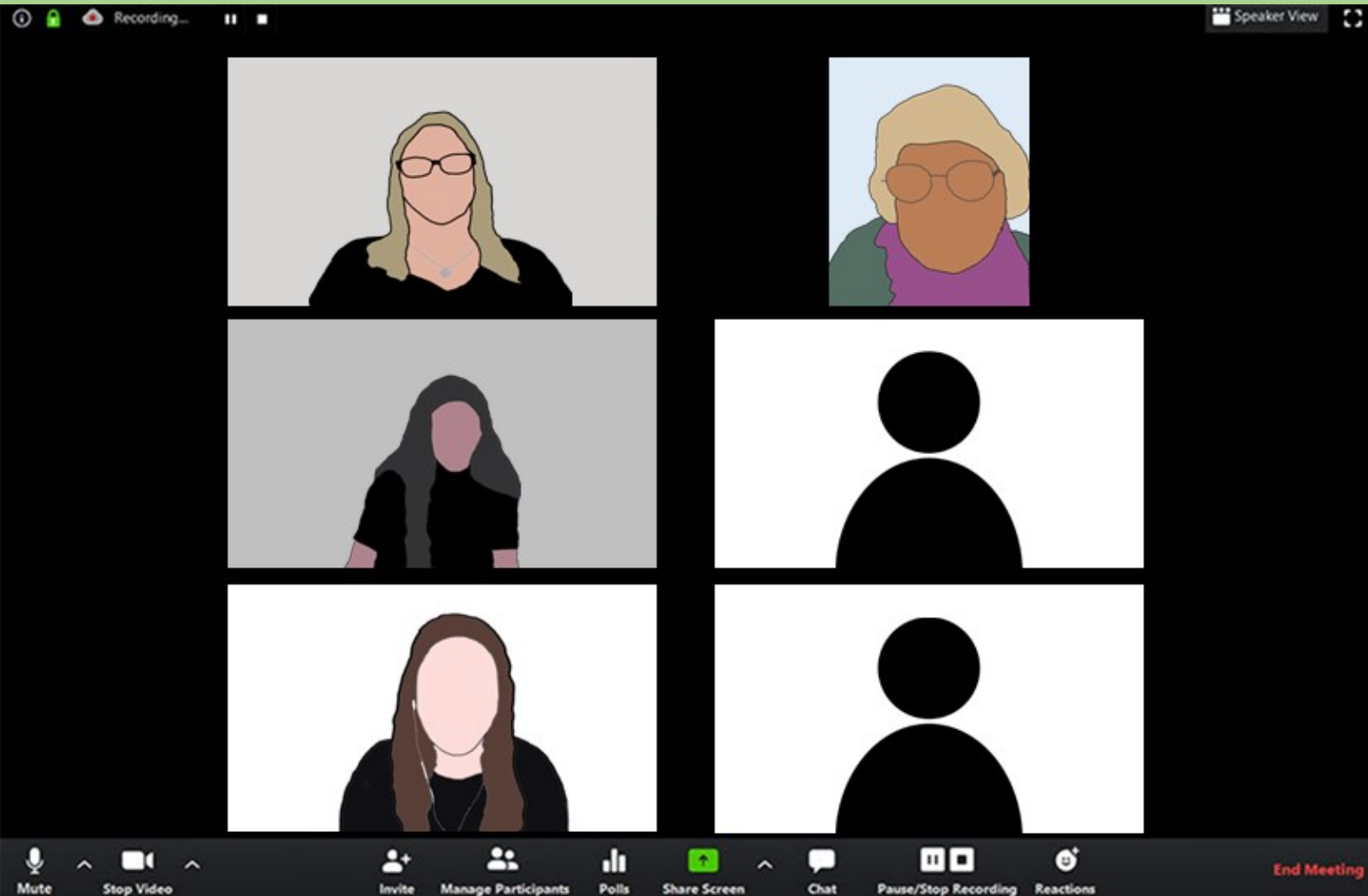




THE TAP

Technology, Anxiety, Pain

*September 2021
Issue 3*



INTRODUCTORY MEETINGS

We successfully held the second and third introductory meetings on Friday 6th August and Tuesday 10th August. In total five members of the PPI group attended these two meetings. These meetings followed the same format as the first, discussing what works well and what doesn't in terms of PPI groups, thoughts on the research area of pain and anxiety, and views on my previously developed app called 'Here'. The discussions were extremely productive, providing insights and points of focus that are invaluable to the progression of the research.

Thank you again to all members who attended these meetings, I really appreciate your time.

QUESTIONNAIRE

My questionnaire study has been running since June. At the time of writing this newsletter, I have received 192 responses. I am continuing to advertise my questionnaire study and am gathering as many responses as possible - I expect to surpass 200 soon.

Whilst I continue to collect data, I have been working on the chapter of my thesis about the questionnaire study. I have been focusing on writing the sections that have already been completed, such as background, aims, questionnaire development and recruitment.

Although I cannot yet analyse the data, I took a snapshot of the information collected at the start of August (with approximately 120 completed questionnaires). I began to define formulas in Excel which could calculate the statistical data needed. The formulas are written in such a way that I can simply insert the full dataset and all other calculations will be completed automatically. This means that the 'number crunching' of the data once I finish collecting it will be simpler, easier, and quicker to do, meaning I can focus on the discussion of the results.

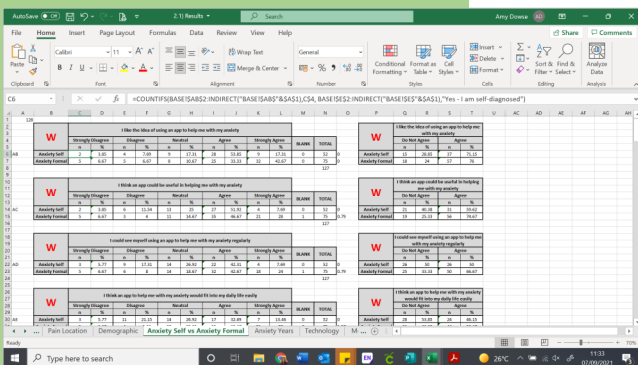
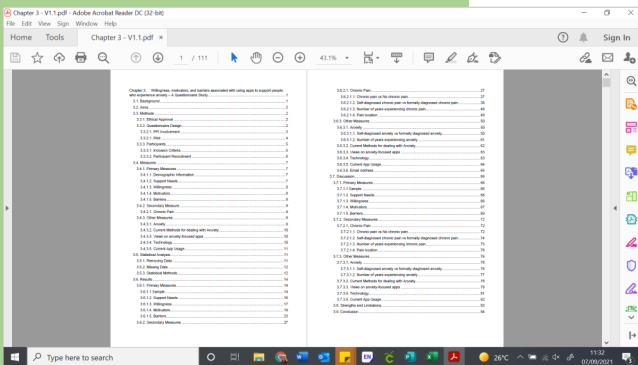
Technology

Please rank which device you use most often in your daily life.
If you do not own a particular device, please select the 'DO NOT OWN' option

	Most used	2nd most used	3rd most used	4th most used	Least used	DO NOT OWN
Smartphone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tablet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smartwatch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Laptop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Desktop Computer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How many apps do you have on your smartphone or tablet that are related to anxiety?
If you answered 'DO NOT OWN' for a smartphone or tablet in the question above, please enter 'N/A'

Please name the apps related to anxiety that you use. If you use any other technology-based means of support (e.g. a website or social media group) please also list these, making clear what they are.



STUDENTS' UNION REP

As of 1st August, I began my role as Disability and Specific Learning Differences Representative for the Queen Mary Students' Union. I am really excited to begin working on the projects I outlined in my manifesto - increasing visibility around different conditions, providing support and guidance for the transition from university to work, ensuring that no student feels alone, and providing support during the process of applying for Disabled Students' Allowance (DSA).

If you are interested in learning more about my work as a Students' Union Rep, please follow my Instagram account:

@disabled_sld_rep_qmsu



This little Lego version of me will be appearing on my Instagram account



START OF TERM

As the summer break comes to an end, things at Queen Mary are picking up pace again. Grant schemes for PPI work are opening again, ethics meetings are occurring more frequently, Student Council meetings are starting, Students' Union working groups are meeting again, teaching arrangements are being finalised, and the university is getting ready to welcome new students both in person and online.

I have experienced this stage of campus 'waking up' many times now, but each year I find it just as exciting. Even though I have been working during the summer break, I'm still excited for the new year to start.