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ANONYMISED

Int[[1]](#footnote-1): So, just to check then that you’re happy to go ahead with the interview, and that you’re happy to be video and audio recorded for the purpose of this?

R[[2]](#footnote-2): Yes.

Int: Great. So my screen is over here, so if I’m looking over here I’ll still be listening to what you’re saying okay? So just carry on talking.

R: Yep.

Int: Do you have any questions before we start?

R: No, I don’t think so.

Int: First of all then, could you just start by telling me a bit about your experience of chronic pain?

R[[3]](#footnote-3): So, at the age of around three I was diagnosed with joint hypermobility and I was immediately put into wearing orthotics and stuff like that but around the age of maybe 12, I started getting like pain in my knees and my ankles and the rest of my joints but more specifically centred around my right knee. Since then, the pain has kind of increased in severity. I have various things to help it along, so I have kind of a mechanised knee brace to help keep everything in place. I also suffer with chronic migraines, which can leave me debilitated from anywhere from a day or two to a week.

Int: Yeah, okay. And, you mentioned that the pain is more severe now, is there anything else that’s different about the pain now, from when it first started to more recently?

R: I think it’s more, I don’t really know - I guess - the pain is just generally worse in severity, but it hasn’t, like it occurs, like I know when it happens so when the weather changes or there’s a change in pressure or I’ve walked for too long or I’ve stood on it funny and stuff like that.

Int: So, you feel like you know your triggers a bit more now maybe?

R: Yeah.

Int: Okay. And, how does pain affect your school and your university life?

R: It’s affected it quite a lot because obviously last year I was doing my A-Levels, obviously the exams didn’t happen [*laughs*] but in the run up to that there were several times where I had to take days off because I had migraines that would just leave me incapacitated so obviously that didn’t help when trying to prepare for exams and so I guess it affected quite a lot and sometimes if I’ve got a really bad pain day then I’ll get quite cranky because there’s not really a lot you can do, it’s just painful.

Int: Okay, okay. And, what about your social life, how does your pain affect that?

R: Most people in my life are very understanding, so if I say, “Hey, I can’t go out today, I have a migraine, I can’t leave my bed” they’ll be like, “That’s fine”. Some of my friends have actually seen me while I’ve had a migraine and they’ve just gone, “Oh my god, that’s not good!” and I’m like, “Yeah, I wasn’t joking! If I move, I will throw up on you, that is a warning!” So, I’m very lucky to have people who kind of understand. There are some people who are like, “Well, why can’t you just do this?” or, “Why can’t you just do that?” but it’s like I can’t physically move, like if I stand up and walk then I will pop something, or it will hurt a lot.

Int: And, you mentioned when you’re having a bad pain day that you get quite irritable, I think you said “cranky”, does your pain affect your mood and emotions in any other ways?

R: I mean obviously when I have a migraine or something I don’t really want to be around other people because they’re sources of sound which hurts so it can get quite lonely when you’re like, when the pain’s been going on for a few days and you’re just in a dark room by yourself doing nothing because there’s nothing you can do because you can’t read because that hurts to focus, you can’t watch anything because that’s too much light, you can’t, sometimes you can listen but you can’t do that very often so yes, it gets quite lonely.

Int: And, what about your other physical abilities like things that you do day-to-day or exercise and sport, how does your pain affect that?

R: So, I was quite sporty when I was younger but since I’ve grown up, a combination of pain and mental health issues has meant that I kind of stopped doing so much sport and exercising to the point that I don’t really do a lot of exercising now because it hurts.

So, a very clear thing I can remember is I used to do a lot of swimming when I was younger but there were, it got to the point where I couldn’t physically swim because I couldn’t kick my right leg so that would just be trailing along because it was just in too much pain. So, yeah, it affects it quite a big deal and, but I was quite lucky because I did my Gold Duke of Edinburgh Award and I was very proud of that because I did the whole thing with my pain as it is. Admittedly a lot of pain medication was administered, and I got special permission from my doctor to not have to carry so much weight but I was still able to do the, however many miles a day through Snowdonia, so I was pretty proud of that. But, that did leave my body in a bit of a bad state for quite a while afterwards! Yeah, [*whispering*] *I’m trying to think what else.*

Int: That’s okay.

And do you think you could tell me then about any advice that you’ve had from doctors, nurses or even psychologists and physiotherapists as well about the pain?

R: Because I have other issues, they don’t tend to focus on the pain so much and because I’ve been dealing with it for so long, it’s one of those things you can just kind of mostly shove aside and go, “Okay, I can deal with this”, you just have to kind of ignore it and shove it down, especially when you have, when it’s more of a joint thing than the migraines. The migraines I’ve had, I’ve been seen by neurologists and ophthalmologists and I’ve been given special pain medication for those so I have specific type of tablets which I take when I feel like I have one and that kind of slows it down.

But, I haven’t really, I received like a very, very small amount of physiotherapy when I was about 13/14, no 13, but I haven’t really had anything since then. I had to ask the doctor myself if I could get referred to another podiatrist because my old orthotics were getting a bit, well old, and they were like, “Ah, we kind of forgot about that, you’ve had so many other issues, it’s not really that high of a priority”. So, I guess in the GP’s eyes, there was, my main point of contact with medical services, it’s less of a problem than the other problems so it’s kind of less important to them. But it’s still something that affects my everyday life so, yeah.

Int: Yeah. And, if you don’t mind me asking, what are some of the other problems that the GP you believe is focusing on?

R: So, in the past year or so I’ve had several, I’ve been diagnosed with several different kind of gastro issues. I got diagnosed with celiac last summer, which sucked, and then earlier this year I got diagnosed with IBS and then over the summer I got diagnosed with POTS, so obviously all these new diagnoses coming through is what the doctor has been mostly focusing on because it’s been like identifying what the problems are and then treating those. So, it’s more of stemming the flow of blood than dealing with the other issues, like dealing with the big spouting artery cut rather than the other small things going on.

Int: Okay, okay. And, did the person, the doctor you saw about the migraines, did they suggest anything else other than medication or was it mainly that?

R: Not really, I saw the neurologist when I was 15 because I’d been having problems with my vision, and those were, and that was later decided to be related to my migraines as a type of aura but I’d been in and out of various eye clinics across the country and they were trying to figure out what was going on, I had an MRI scan and stuff like that and eventually they sent me to the neurologist who was like, “Yeah, sounds like it’s a migraine thing, here’s my advice, keep a migraine diary, go back to your doctor if you start having more than 15 a month or more than 15 days in the month you have a headache” and I had to go back to the GP and they were like, “Okay, well you can have some special medication, bye”.

But I was kind of familiar with this kind of stuff because my mum also has chronic migraines and she’s also got chronic pain so she’s like a good source of knowledge and someone who kind of understands because she had spinal fusion surgery, so, she has a lot of pain in her back so she understands when I go to her and I go, “Oh my god, my knee is killing me” and she’ll be like, “Okay, well go sit down, easy solution!” [*laughs*].

Int: So, your mum gives you quite a bit of advice, is that right?

R: Yeah, she gives advice and support because she’s like, she understands, especially with the migraines, so she’ll be very understanding if I go, “I can’t stand up or I will throw up”.

Int: Yeah. What about your other friends and family members, have they given you any advice about it, about what you should do?

R: Lots of family members have kind of told me, “Oh, you’re so young, you shouldn’t have these issues, you’re so youthful, this is the prime of your life, why can’t you go and do this stuff?” and I’m like, “I physically can’t, my body won’t let me” this is like a point of contention between me and my dad because he is very active and sporty and I’m not anymore. So, he’s always like, “Go out and do stuff” but recently he’s been like, “Okay, so we can’t do this but what can we do to solve around the problem?” so like cycling and stuff like that, I’ve kind of started doing that a bit more. I fixed up my bike and I did cycling over the summer and stuff like that, so yeah.

Int: Okay, and what about someone more like a psychologist or a psychotherapist? Have you seen anyone like that about the pain or related issues?

R: I haven’t actually, nobody has ever said, “Maybe you should go and see a therapist about the pain”, I’ve just kind of, it’s something I’ve just dealt with by myself. No one has ever gone, “Maybe you should see a pain management person”.

Int: Okay, okay. And, you mentioned before about kind of other mental health issues that you’ve struggled with a bit over time, what sorts of mental health issues are they, if you don’t mind me asking?

R: So, I got diagnosed with anxiety at the age of 15, I think, and when I was 17 I got formally diagnosed with depression and I’ve been on medication for both of those for quite a while. So, I was on a different kind of medication for my depression but we decided that wasn’t working so we had to swap and then we’ve had to like mess around with the dosage and stuff like that.

Int: And, do you go to like a psychologist or a therapist about the other - about the anxiety and the depression?

R: I used to... I saw a therapist for quite a while but I wasn’t deemed mentally ill enough to be referred through CAMHS which is the Children’s Mental Health Service, so I had to seek private therapy but then the cost of that was kind of racking up, so I had to stop seeing my therapist because it was just too expensive. So, I’ve like, I’ve seen my, the school counsellor a couple of times at my sixth form but obviously because of COVID and everything, I haven’t had a chance to kind of go and see the counsellor at my university yet, but yeah... so I used to see a therapist like semi-regularly but obviously that’s kind of no longer a viable option.

Int: Okay. And, for pain then, have you sought advice from any other alternative sort of therapists or other specialists?

R: Oh yeah, when I was younger, I went and saw an acupuncturist and it was like, “Oh this is going to magically cure everything!” and surprise-surprise, it did not! They just stuck a bunch of needles in me and it did nothing. I haven’t been back to see one yet, but I’d be willing to give it another go. I’d quite like to see a chiropractor because I feel like they might be able to help with like realigning and stuff because that’s obviously an issue with hypermobility, like things just kind of fall out of place. I think seeing a chiropractor would be quite good but I don’t know how I would go about going to see one, I don’t know whether you can get referred on the NHS or whether you have to go and see a private chiropractor.

Int: Okay, yeah, that makes sense, so you haven’t seen a chiropractor yet, but you’d try one?

R: No, I would like to.

Int: And, can you tell me a bit more about your experiences with the treatments that you have tried, the medications and the acupuncture and how you’ve got on with everything?

R: Well, I guess the most effective one has been kind of pain medication - that is quite good as like a plaster but it’s not fixing the underlying issue and there’s not really a lot you can do to fix the underlying issue of hypermobility because it’s something you’re always going to have.

For my migraines and stuff, I’ve kind of, by keeping a diary I’ve kind of learned what my triggers are but sometimes those triggers are unavoidable like changes in pressure and weather, like sudden changes. You can’t control the weather so that’s, you’re just going to have to, and also like staring at a screen for a long time. Where in COVID, I’ve got to stare at my screen for a long time because I’ve got to go to lectures, I’ve got hour long lectures and I’ve got to be looking at my computer screen, so I can write notes and things, so obviously that’s not ideal but knowing that I do have the medication there if I need it is quite a relief. I’d like to see if there would be anything else that could help fix it, but I don’t know what that would be.

Int: Okay, and in the past then when you’ve been trying to find out how to deal with either of the pain types, the joint pain or the migraines, who or where have you turned to in the very first instance?

R: Google. Although most of the time Google says, “You’ve got cancer, you’re going to die” you can sometimes find some quite good stuff. There are some quite good online communities of people who have various issues who can be quite good with like advice and stuff and they can go, “This can help, have you tried this?” you know, “My doctor has recommended this” and it’s good to just have other people that you can turn to and go, “Hey, I’m not quite sure what’s going on here, does anybody, has anybody had the same thing?” and things like that.

Int: Okay, so, when you first go on Google and you’re searching the internet, what do you think you’re hoping to find?

R: Well, obviously every time you go on you’re kind of hoping that there’s going to be some magical cure and you’re going to be absolutely fixed but mostly you’re just kind of looking for problems - like solutions to temporary problems - like you’ve just got a sudden onset of a migraine and you need it to be gone because you’ve got something to do later, you’re looking for a quick fix to that so somebody goes, “Try this essential oil” or, “I recommend these yoga poses” and you’re like frantically trying to do yoga while you’ve got a migraine and you feel like you’re going to pass out! So, that’s the kind of stuff that I would go to on Google but obviously, other than Google, I’d go to my mum and go, “Hey, I feel like this” and she’ll be like, “You’ll be fine, just take some pain medication and you’ll be okay, you can get through it. Have a lie down later once you’ve done the thing you need to do”.

Int: And, with these, are they forums or are they kind of social media groups? Where are you going to find those?

R: There’s this either, it’s a forum... it’s a set of forums within a single website, so it’s called The Mighty, I don’t know if you’ve heard of it? And it’s for people with like chronic health issues. So, there’s a group, like specific groups for mental health issues, like various issues to do with different parts of your body, there’s also people on there who suffer with like migraines and hypermobility issues, so you can go on there and you can find people who have the same conditions as you and you can ask questions and you can scroll through other people’s questions and their answers and like people have blog posts and that’s, it’s quite good I think.

Int: Yeah. Do you use anything else similar like Facebook groups or Instagram, following pages or…?

R: I don’t personally, I know that they probably exist but I’ve never sought them out... yeah, I follow on Instagram some influencers who have health conditions like there’s this one really good one, her name’s Jessica Kelgrin-Fosguard [sounds like 0:22:20] I don’t know, I think that’s right, and she has lots of very similar issues to me and so she uses her platform to educate others and she talks quite honestly about how it is for her and that’s quite nice knowing that there’s like someone who has all of these other followers who has similar health conditions to me. She also posts like her advice and what’s worked for her and stuff like that so you can try that.

But, I haven’t tried like Facebook groups of anything. I don’t, it’s quite nice to have these places but I’m also worried about it just kind of being an echo chamber and people just going round and round about the same things and nothing ever really coming of it or it getting to quite extremes, so obviously take everything they say with a pinch of salt.

Int: Mm, okay. And, with the website you use, The Mighty, how do you go about searching for information on there and why is it that you like it?

R: I like it because its format is quite easily set out so you can search, you can, so if you have the app, they have the website but they also have an app, when you’re making your profile you can go, “These are my health conditions” and they have like so many on there that you can pick and then it’ll go, “Here are some groups that we’ve suggested for you, here are some blog posts that might be handy for you” so that it’s got quite a good user interface, yeah.

Int: What about YouTube, do you have any experiences of looking on YouTube for information about pain?

R: This influencer I follow, Jessica, she’s a YouTuber and so I follow, like most of her content is on YouTube so I watch a lot of that and there are other people on YouTube who I follow who have similar health conditions and there’s also like, there are some doctors on YouTube and stuff like that who like, who produce content for people, who have like these illnesses and can go, “Okay, has your doctor recommended this yet?” or, “These are some questions to ask your doctor the next time you see them” or, “This is what I would recommend to my patients” and stuff like that, so that’s quite nice. But, obviously at the end of the day, these are all just strangers on the internet, so yeah, take everything they say with a pinch of salt but it’s nice to know that they’re out there and they have advice of what you could ask your own doctor, who you know personally.

Int: Yeah, yeah, okay. What about the NHS website? Have you had any experiences of using that, to find out about…?

R: Yeah, the NHS, like when I was first getting diagnosed with these things in the past year, the NHS was the first place I kind of turned to, because obviously I trust their information. So, when I was first getting diagnosed, I could go on there and be like, “Okay, so this is what this is, this is the symptoms, ah that sounds like something I’m going through, yeah, that sounds about right”... and kind of, so I trust their information and when I was getting diagnosed with my mental health issues, I used the NHS but I also used Mind, the Mind website, so that’s quite good. Also, the NHS is quite good because they had information on the medication I was being put on, so I could go on there and go, “Oh so that’s what it’s doing, that’s quite handy”, so yeah, I used the NHS website quite a lot and especially when you’re introducing other people to what you have going on, it’s quite a good source of knowledge just to say, “Read the NHS article on it, it’s not that difficult”.

Int: Yeah, so you would tell other people to have a read on the NHS?

R: Oh, yeah.

Int: [background noise interruption – interviewer side – 00:26:45]

What about, I know you mentioned the Mind website as well from the mental health side of things, what about other health advice websites like Healthline or WebMD, have you had any experiences using those?

R: Everybody goes on those but 1) they collect your data which is not great and they have these, like a bunch of stuff going, “Can we sell your data?” and you have to be like, if you want to access their content you have to be like, “Sure, you can sell all my data to people!” but they are quite good, they have like collection posts that have tips and tricks and stuff like that, which can be quite good if you’re just having a bit of a read through. Just they’re... most of them will be kind of terrible but once in a while you’ll get one that’ll be like, “Oh, that’s quite good, that’s quite good!” Yeah, so I have used both of those and especially when I was first like trying to get diagnosed, I think it’s WebMD, they have the symptom checker?

Int: Yeah.

R: And you can put all your stuff on there and it can go, “Okay, so from what we can gather this is what’s wrong with you” and it has a bit of a hit and miss like accuracy rate but some of the stuff it did say was actually true, I do have those things. Some of them less so [*laughs*], but you know, you win some you lose some!

Int: Yeah, and you said right at the beginning you know about although Google can come up with some awful things, it’s still useful.

R: Yeah, it’s useful as like just a font of knowledge, even if some of that knowledge is incorrect.

Int: Okay.

I’m going to skip back for a minute to talk about self-management and coping with pain. What kinds of things do you do yourself, when you’re just at home or on your own, to help you cope with the pain that you get?

R: So, if I’m having like a bad pain day, I have a yoga mat and so I do some stretches and like you’ve got to be careful when you have hypermobility with doing yoga and stuff because you can overextend. So, you’ve got to be careful, so you’re using resistance bands and stuff like that to keep things in place, that can be quite good. So, if it’s a bad pain day, just doing some gentle stretches just to work the muscles and just help them relax a bit can be quite good. Obviously, when you need it, take pain medication.

If it’s a bad migraine day then obviously close all the curtains, turn off any lights, kind of lie down with something like a pair of sunglasses on is my go-to, I have my, what I have dubbed my “migraine sunglasses” so anyone who meets me and I’m wearing them they know, “Ah, she’s got a migraine, hasn’t she?” and I have like lots of like cooling presses and stuff that I keep in the freezer so I can put them on. I have like lavender-scented; you know those bags that are really heavy and they’ve got beads in them and you can put them in the freezer, I have a couple of those and so I’ll put them on my forehead and like around the back of my neck because all this tenses up as well. So, those are the kind of things you do when you have a migraine.

I tend to find that people are more understanding if you have a migraine than if you have pain in your joints because they’re like, “You’re young, how can you already have joint pain?” and you can be like, “Surprise, surprise! It’s there!”

Int: Okay, okay. And you mentioned about doing some stretches and things for that as well.

R: Yeah, the stretches are obviously for them.

Int: What about things like mindfulness, do you do any of that to help with it?

R: Oh, yeah, I’ve tried mindfulness and like meditating and stuff, but I tend to find I get distracted so it has to be like guided meditation. So, there’s lots of stuff on YouTube that you can find that people have like guided meditation and you’ll be like, “Okay, I can focus on this”. I’ve tried apps like Calm and Headspace for mindfulness and things like that but, yeah, they can be quite good like when you’re having a joint pain day or if you’re having a migraine day, so long as they’re auditory rather than something you have to watch.

Int: Okay, alright. And, that was going to be what I asked next about whether you use online resources to help with any of the coping but you’ve mentioned a few things there.

What’s your experience been like of using, I think it was Calm and Headspace, you mentioned?

R: Yeah, I like them quite a lot but obviously I understand that it’s a service but it can be quite expensive, so if you don’t have a lot of money to spare on this kind of stuff and you’re getting most of your like health things covered by the NHS, it can be quite costly. So, I’d like it more if there was like more lower priced or free resources out there. So, a lot of that stuff you can find on YouTube, which is quite good, I appreciate the service of YouTube quite a lot because you can find a lot of decent stuff out there.

Int: Meditation type things?

R: Yeah, meditation, advice on how to do stuff like progressive muscle relaxation - sorry, my shoulder’s gone funny- yeah, so that’s quite handy.

Int: Okay. What about with the stretching, do you use online resources to help you cope with, to help you in that way? [continued background noise]

R: Yeah, so I, there’s quite a few like YouTube channels and things like that. There’s this one that I really like called “Yoga with Adrienne” and she has like a 30-day, “Begin your yoga experience” thing which is quite good so depending on how long it’s been since you last did some, you can start at whatever day you want and you can be like, “Okay, I can do this, this is fine”.

Int: Yeah, so preferences of what you follow. [continued background noise]

Alright, that’s interesting, did you have a preference out of Calm and Headspace at all?

R: I guess Calm, I subscribed to that one for a year because I had, yeah, so I subscribed to that app for a year and it was quite good because it had, for my anxiety and stuff, it had like guided like breathing patterns and stuff which was nice... and they also had like gentle reading and stuff which was nice as well as the guided meditation. But I also quite liked Headspace because it had like fun little characters on the screen [background noise interruption 00:34:52] which is quite good, so, but I guess Calm was the one that I ended up subscribing to, but I liked both of them.

Int: And, with the coping strategies that you use just to self-manage, have you had any problems with those, coping strategies, with any of them?

R: I guess there’s always a worry when you’re using or self-administering pain medication that one day like you’re not going to be able to stop taking it. I know that that’s like a serious issue because if you, it’s the toss-up of do you take, do you deal with the pain or do you take it and run the risk of like getting addicted or taking too much by accident and stuff like that, so you’ve got to be really careful. That’s the only thing that I can really think of that I’ve had issues with. Yeah, that’s the only thing I can think of.

Int: And, I suppose then how do you overcome that sort of, I guess “fear”, or maybe that’s not the right word but with medications…?

R: “Caution” I guess, you’ve just got to be careful and know your limits. Like you have to decide, “Is this something I can deal with without medication?” or try to do it with like a lower dose. I found that with migraines it’s more of a precautionary thing because you don’t want to let it get to the point where you’re immobile, that’s, yeah, so it’s more precautionary with migraines but reactionary with, more of a reaction with like joint pain. So, you have to like judge when the pain is in your joints, like how bad it is, can you deal with it, do you need to take something for it? Whereas, if you have even the slightest like inkling you might be getting a migraine then you take something straight away because it’s like you don’t want to let it develop so that’s, yeah.

Int: Okay, so different strategies for the different things?

R: Yeah, for sure.

Int: Okay. You’ve mentioned a lot of different internet resources and websites and apps.

How would you say your use of internet resources and social media has changed from when you were first diagnosed, to more recently?

R: I guess I use it quite a bit more because like even if I’m not in any groups or things, they have a lot of resources. So, a good example is something like Pinterest, you wouldn’t think it, but it actually has quite a lot of quite good stuff, like you can find links to articles by scholars and doctors and things like that, so the more you use it the more you know what to look for is what I found. So, I now know what I’m looking for, like when I’m looking for resources or if I’m looking for like advice and things like that, I know where to go. I guess that’s the big change since I first started getting diagnosed.

Int: And, which internet resources, apps or websites have you found the most helpful overall?

R: I guess... online it would be NHS, Mind and The Mighty. In terms of apps, I would say actually Pinterest and Calm because with Pinterest obviously you can make folders and stuff which is quite good to refer back to, especially if you’ve got mental health issues which cause you to be quite forgetful, which I have, so I forget quite a lot of things. So, knowing that I’ve like saved it for later and I can come back to it is quite relieving, because I can be like, “Ah, okay, I don’t have time for this now, but I know where I’ll be able to find it when I do have time”.

Int: And, which internet resources have you found were unhelpful, or have you come across anything that was unhelpful on the internet, and why?

R: Unhelpful is like when you’re searching around and people will go, “Oh vaccines have caused all of this” and you’re like, “No, vaccines are stopping me from getting Polio, I think that’s what you’ll find”. That’s the only thing I can really think of. Like most things you just take with a grain of salt and you’re like, “It has some good stuff”. Most websites you’ll find they have some good stuff, but you do have to be wary of a couple of things here and there of just people have been misinformed or are a bit ignorant and things like that, that’s the only thing you can think of but the only big problem is like anti-vaxxers and it’s just like, “No, no they haven’t, the vaccines have not caused my autism, that’s just me, that’s all me!”

Int: Oh dear! But, yeah, I can see what you’re saying so there are some people online who you know you’ve got to be a bit wary of, perhaps not good info, okay.

Okay then, so thinking about all of these online resources, is there anything else that you think would be helpful, or perhaps that would have been helpful in the past, for managing the pain conditions?

R: I don’t know whether this already exists and I just haven’t found it yet but I’d quite like if there was an app or something where I could like log my pain. Because it’s well and good like writing it down and stuff but eventually, if you’re in enough pain, you’re going to forget or you’re not going to be bothered because it’s just difficult. So, if there was like an easy interface, app or something, I’d quite like that so I could like register how bad my pain is each day and like whether or not I’ve needed to take medication and stuff like that - I’d quite like that. And, also, if it also like came up with little tips, in the corner you could have like a little (***i***) and be like, “Your tip for the day is try this” or, “Have you done this yoga pose?” Things like that, I’d quite like if there was something like that but for the most part, yeah - I don’t know if something like that already exists but I haven’t found it yet.

Int: More like an e-diary?

R: Yeah.

Int: Okay. That’s really interesting, thank you. Is there anything else that you would like to add to anything that you’ve said about your experiences or about online things, websites, apps?

R: Um... No? I’m going to go with “no”! [*laughs*] Obviously there’ll be something like 10 minutes later I’ll be like, “Oh man, I forgot about that!” but for the most, off the top of my head I can’t think of anything other than my shoulder is in pain right now, so I think I’m going to have to take some paracetamol because that’s a sign, that’s a sign of a migraine is coming.

Int: Okay, we’ll finish up there then, so that’s the end of my questions anyway.

R: Oh, brilliant.

Int: I’ll just say thank you and close the call. You can ask me questions off the recording, okay. Thank you.

[CLOSE]

1. Interviewer [↑](#footnote-ref-1)
2. Respondent [↑](#footnote-ref-2)
3. Respondent [↑](#footnote-ref-3)