

## #WhyWeDoResearch

### “What are we learning about coping, research & ourselves”

#### The Numbers

2.456M Impressions

711 Tweets

64 Participants

284 Avg Tweets/Hour

11 Avg Tweets/Participant

*The fourth #WhyWeDoResearch tweetchat, held on Tuesday 14<sup>th</sup> April 2020, explored the positives that are coming from our experiences of COVID-19. Overall, 64 participants sent 711 #WhyWeDoResearch tweets. These tweets were seen (impressions) by over 2.4 million Twitter accounts. Below is a summary of everyone's tweets merged under different sub-headings. The transcript of the #WhyWeDoResearch tweetchat (held on 14.04.2020) is available: [click here](#).*

#### A little format change

With the current global pandemic not far from everyone's minds, we wanted to try and make the tweetchat more personal and social in these difficult times. We decided to introduce a format change and made short videos to introduce the chat and give the audience questions. The addition of videos received a positive response and was mentioned in many tweets that it made people feel 'closer'.

#### Health & Wellbeing

We start each #WhyWeDoResearch tweetchat asking everyone how they are feeling and how the past week has been. People spoke about taking one day at a time; trying to maintain some normality; avoiding too much COVID-19 news and taking up new hobbies. Some spoke of isolating or living away from home to protect those they love and how difficult that can be.

Some tweeted about how they were holidaying while at home (this tweetchat took place during the Easter break). Others spoke of being able to get involved in some activities to contribute to something; focusing on what they could do and some tweeted about feeling useless/wanting to do more.

## **Grief**

During each tweetchat people have spoken of friends or family members who have passed away. Everyone has said how difficult they have found losing loved ones which is heightened by not being able to grieve as would we like to. One of the tweets said they had found the following link (<https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/>) useful in helping to deal with grief during COVID-19.

## **Hobbies (new, old or reinvigorated!)**

Learning guitar and/or languages seemed to be the most popular hobbies taken up. Some spoke of knitting and crochet, gardening, writing and some unexpected wildlife projects.

One key tip given was to remove barriers to our behavioural change i.e. make it easier to do things. For example, if you want to encourage birds to your garden remember to leave the bird seeds by the kettle in the morning (so you will not forget to leave any nuts etc out for them). If you want to learn a musical instrument leave it, or a key part of it, on the coffee table so it's a reminder to practice.

## **Quality of Research**

Concerns were expressed that mistakes could occur or be missed in the rush to develop and/or run COVID-19 studies. A couple of tweets said that studies they had reviewed or come across were of poor quality. Lack of Public and Patient Involvement (PPI) and the impact it was having on research quality was again highlighted. Others raised concerns about ethics reviews and the informed consent process. Many people tweeted about how understanding evidence and good research practice is now more important than ever.

## **Technology**

People tweeted they are using phone calls and web-based apps (such as WhatsApp) to stay in touch with friends and family. Others have been able to virtually connect with people through Twitter and other social media platforms.

Zoom was mentioned a few times. Although technology has enabled us to keep in touch with each other and work remotely some found that zooming for long periods can lead to a

different order of stress and tiredness. Reducing screen time was seen as important and people spoke about setting time limits for Zoom or having set periods in the day that were Zoom-free.

### Positives

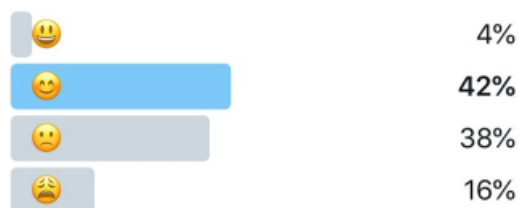
We asked the community to fill in a poll to gauge the sense of feeling before and after the #WhyWeDoResearch tweetchat. The poll results are shown below and it was noted that the general sense of feeling improved and partaking in the tweetchat.

**Ahead of #WhyWeDoResearch's tweetchat on the 14<sup>th</sup> April we wanted to get a sense of how people were feeling.**

**We then wanted to see what difference the #WhyWeDoResearch tweetchat had and asked the same question at the end.**

How are you feeling today prior to our chat?

How are you feeling now after tonight's chat?



The key positive impact of the #WhyWeDoResearch tweetchat was that people said 'this keeps me going each week', 'this makes me feel like I've had a reboot to move on to the next day' and 'there's always at least one gem that I take away from these chats' which helps to explain the results indicated by the polls.

People spoke how positive it was to see some much COVID-19 research spring into action quickly and enthusiastically. Others tweeted about lateral thinking and teamwork being used routinely throughout the day; better collaboration with non-research staff and hospitals providing food for staff that can't leave the wards and arranging transport for those that would otherwise utilise public transport.

Also, having clearer air, more space to cycle, being able to hear more birds sing and the half-priced Easter eggs were seen as a plus!

## Questions Asked



**#WhyWeDoResearch**  
(14.04.2020)



**Q1: We are facing tricky times, so every week we start these chats with a simple 'How Are You'?**



Please remember to include #WhyWeDoResearch in all your tweets so that everyone who is joining us can see your tweet.



**#WhyWeDoResearch**  
(14.04.2020)



**Q3: We'd like to try & focus a bit more this evening on drawing out the positives, so what are the silver linings you are seeing, beginning to see, or think there may be in the future?**

Please remember to include #WhyWeDoResearch in all your tweets so that everyone who is joining us can see your tweet.



**#WhyWeDoResearch**  
(14.04.2020)



**Q2: What specific changes are you having to make for yourselves (either personal or at work)?**



Please remember to include #WhyWeDoResearch in all your tweets so that everyone who is joining us can see your tweet.



**#WhyWeDoResearch**  
(14.04.2020)



**Last question of the eventing: Tell us a joke. Let's keep ourselves laughing!**



Please remember to include #WhyWeDoResearch in all your tweets so that everyone who is joining us can see your tweet.

