



September 2021

## PROJECT UPDATES

Since you last heard from us, we've:

- 1. Changed the newsletter format.** We want to make sure our ASMRNet newsletters have substantial and interesting content so you can see the progress we're making! So, we've decided to change our format slightly - instead of every 2 weeks, we'll be sending these emails out monthly. You'll be able to hear about what we've done over the month and what we've got coming up!
- 2. Made a full length version of our Q&A available.** You can view the video [here](#). Hope you enjoy!
- 3. Arranged a meeting in September for our newest ASMRnet members.** We're delighted that Andrew, Clau and Safiyya have joined us to implement ASMRNet's next phase: the Delphi study to co-create a research agenda for ASMR. See next section...

## ASMR NEWS

Welcome to Andrew, Clau and Safiyya!

We're very lucky to have this wonderful trio on our team...



**Andrew Lin** is an Adjunct Instructor in the Department of Psychology at Mercy College (New York). His research interests center around stress: particularly the effect of shiftwork on stress, and the exploration of alternative/non-traditional means of addressing the symptoms of stress. When asked about his interest in ASMR he says: *"based on the existing knowledge base and available anecdotal evidence (which includes my own personal experiences with ASMR), I believe that ASMR has the potential to emerge as a formal therapeutic option that could address particular symptoms of stress, anxiety, or other related conditions."*

**Clau Nader** BEng, MSc, PhD candidate. Pronouns: she/they. Clau is an audio engineer specialised in immersive sound design for media. Their research interests focus on media studies, mental health and social justice. Clau is currently doing a doctoral research at the University of York, which explores user experience of different sound formats in ASMR-inducing media, as well as their potential benefits in wellbeing. Her favourite ASMR triggers are the sound of recorded metal sponges, watching stroking, and real life, deep conversations.

**Safiyya Mank** is a PhD researcher at the University of Manchester whose research focuses on health psychology and behaviour change. She began researching ASMR during her undergraduate degree and developed an interest in the use of ASMR to improve health and wellbeing, as well as ASMR immunity.

