

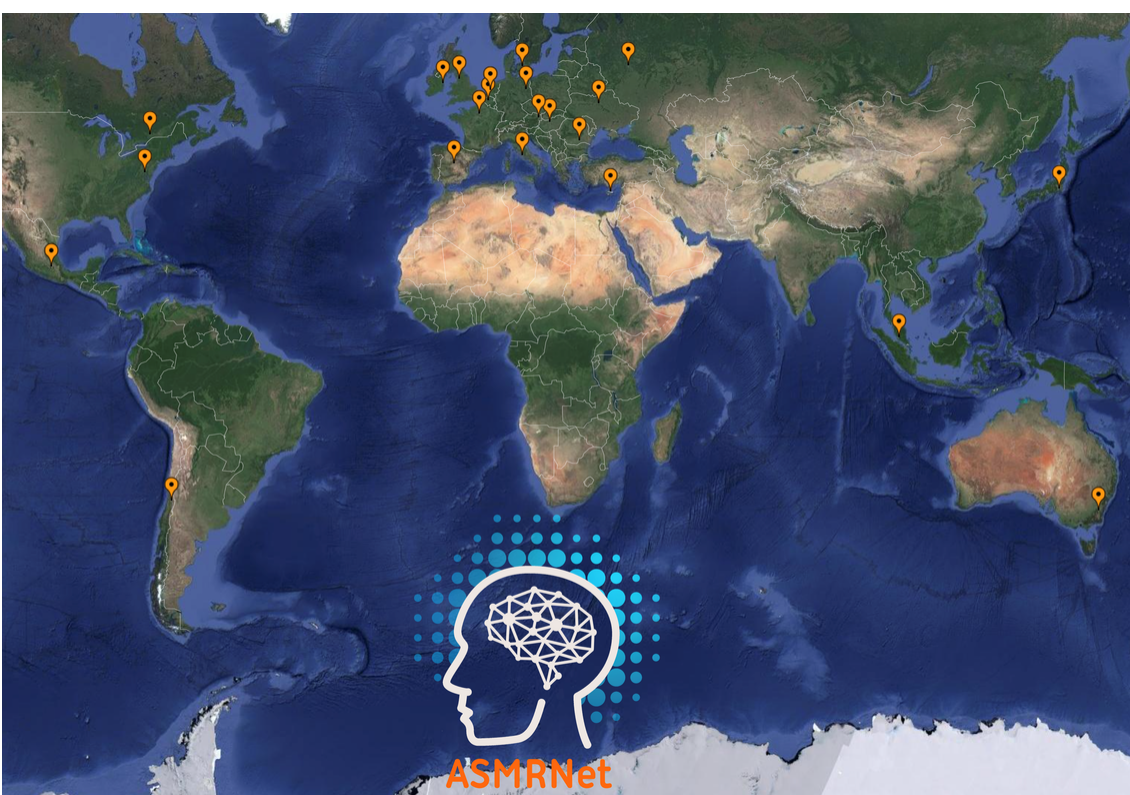
February 2022

## PROJECT UPDATES

Since you last heard from us, we've:

**Been working hard to collate ASMR research questions!** Stage 1 of the Delphi study produced hundreds of ASMR research questions from 98 people all around the world (see map below!). We've been working on distilling the research questions into common themes for voting in Stage 2. Some common themes and questions that have emerged cover the following topics:

- Definition, conceptual clarification, and measurement of ASMR
- Understanding ASMR triggers
- Therapeutic applications of ASMR in clinical or 'special' populations/contexts
- ASMR community, culture, and practice



## 2 NEW STUDIES...

1. **If you experience ASMR** there is a study from researchers at Southampton looking at unusual sensory experiences, ASMR, and Game Transfer Phenomenon! It is online and takes about 15 minutes with the chance to win £20 Amazon voucher (see below for more details)...

TAKE PART

# TAKE PART IN OUR STUDY



## Sensory experiences and the exposure to passive and interactive media

Enter a draw to win £20 Amazon Voucher

Must have no previous psychotic disorder and be aged over 18

UNIVERSITY OF  
Southampton

V2, 18.08.20, ERGO: 54401



2. **Open to anyone (whether you experience ASMR or not) is a study looking at experiences of touch.** This is an online study which takes around 20 minutes and will ask you to respond to videos depicting touch (an example below) and also more generally about your experiences of interpersonal touch. We'd be very grateful if you could take the time to participate!

TAKE PART

