

# #OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, December 7th 2021, 8:00PM – Fri, December 10th 2021, 10:15AM

(Europe/London).

See #OTalk Influencers/Analytics.

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**#OTalk @OTalk**

4 days ago



Good evening everyone and welcome to tonight's #OTalk. Tonight we are delighted to welcome our host @AnujaCabraal who is joining us this morning from Australia. Say hello if you are joining us this evening!!! <https://t.co/NdRRrTCXWp>

0 0 0

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago



RT @OTalk: Good evening everyone and welcome to tonight's #OTalk. Tonight we are delighted to welcome our host @AnujaCabraal who is joinin...

0 0 0

**#OTalk @OTalk**

4 days ago



Whilst we all say hello, a quick reminder rule number 1. Don't forget to add #Otalk to your tweets!

0 0 0

**Dr Jenny Preston MBE @preston\_jenny**

4 days ago



@OTalk @AnujaCabraal Hi #OTalk

0 0 0

**Tori the OT @Tori\_Doll**

4 days ago



@OTalk @AnujaCabraal Hello! Tori here, joining from the North West UK. Here in the capacity as an OT Clinician, Research Officer for @VdTMoCAFUK and Prof Doc student. #OTalk

0 0 0

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago



Hi Everyone! I'll be hosting a tweetchat on research journaling this evening/morning for the next hour or so. Feel free to join using the hashtag #OTalk, otherwise feel free to mute for an hour or so.

0 0 0

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago



Hi Everyone! Really looking forward to this tweetchat. Talking about research journaling is one of my favourite topics! #OTalk

0 0 0

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago



@preston\_jenny @OTalk Hi Jenny! #OTalk

0 0 0

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago



@Tori\_Doll @OTalk @VdTMoCAFUK Hi Tori! Welcome today. #OTalk

0 0 0

**Dr Jenny Preston MBE @preston\_jenny**

4 days ago



@AnujaCabraal @OTalk Hi Anuja so great to have your input tonight. Really looking forward to the chat #OTalk

0 0 0

**#OTalk @OTalk**

4 days ago



We are really looking forward to this one in the #OTalk Research team! @AnujaCabraal will be starting us off with our first question so we can share our experiences and learn from others who have sued research journals

0 0 0

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago



Question 1. What is your understanding of a research diary or research journal in qualitative research? #OTalk @OTalk

0 0 0

 **#OTalk @OTalk\_** 4 days ago  
Tonight's first question **#OTalk** What is your understanding of a research diary or research journal in qualitative research?  
🔗 ↗️ ❤️

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@preston\_jenny. @OTalk\_ Thanks Jenny. **#OTalk**  
🔗 ↗️ ❤️

 **Dr Heather Baglee @HeatherBaglee** 4 days ago  
@AnujaCabraal **#otalk** watching with interest 😊  
🔗 ↗️ ❤️

 **Tori the OT @Tori\_Doll** 4 days ago  
@AnujaCabraal @OTalk\_ Q1) To practice reflexivity throughout the research process & to be mindful of my positionality within the research (i.e how does my role, values, assumptions & experiences influence my research/practice). **#OTalk**  
🔗 ↗️ ❤️

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@HeatherBaglee Good morning/evening Heather! **#OTalk**  
🔗 ↗️ ❤️

 **Dr Jenny Preston MBE @preston\_jenny** 4 days ago  
@AnujaCabraal @OTalk\_ It forms an essential tool in recording your reflections but also is key to acknowledging and dealing with your own biases and assumptions as part of the process of reflexivity **#OTalk**  
🔗 ↗️ ❤️

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@Tori\_Doll\_ @OTalk\_ Yes, I think reflexivity is a very important part of research, and a journal definitely helps with that **#OTalk**  
🔗 ↗️ ❤️

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
RT @Tori\_Doll\_ : @AnujaCabraal @OTalk\_ Q1) To practice reflexivity throughout the research process & to be mindful of my positionality within...  
🔗 ↗️ ❤️

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
RT @preston\_jenny: @AnujaCabraal @OTalk\_ It forms an essential tool in recording your reflections but also is key to acknowledging and deal...  
🔗 ↗️ ❤️

 **#OTalk @OTalk\_** 4 days ago  
RT @preston\_jenny: @AnujaCabraal @OTalk\_ It forms an essential tool in recording your reflections but also is key to acknowledging and deal...  
🔗 ↗️ ❤️

 **Dr James Burford @jiaburford** 4 days ago  
RT @AnujaCabraal: Hi Everyone! I'll be hosting a tweetchat on research journaling this evening/morning for the next hour or so. Feel free t...  
🔗 ↗️ ❤️

 **Ros French @RosFrench1** 4 days ago  
@AnujaCabraal @OTalk\_ **#OTalk** it's a resource for reflexivity to document your own thoughts, feelings, perceptions etc that occur during the research process. I have started with documenting my own perceptions and reasons for undertaking my project as I can't "detach" from them but still valuable  
🔗 ↗️ ❤️

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@preston\_jenny. @OTalk\_ Definitely! it really is valuable in helping us capture our thoughts, as well as helping us understand our thoughts and prejudices/biases in the process. **#OTalk**  
🔗 ↗️ ❤️

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
RT @RosFrench1: @AnujaCabraal @OTalk\_ **#OTalk** it's a resource for reflexivity to document your own thoughts, feelings, perceptions etc that...  
🔗 ↗️ ❤️

 **#Hellomynameis Sarah (she/her)** 4 days ago  
Hi **#OTalk** sorry I'm late I've been at @otwg\_gcu tonight and just needed a quick break first before joining you  
🔗 ↗️ ❤️

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 **Georgia Vine** @GeorgiaVineOT

4 days ago

@AnujaCabraal @OTalk\_ Agreed with all the above, helps to aid the process and can offer a different perspective when thinking about it through different reflective models. #OTalk

  

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 **Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

Lots comments that it is a resource for helping with reflexivity in research, and helping us to understand our biases. It can also be used to help us capture our thoughts and thinking along the research journey, to document our research and processes, and add rigour. #OTalk

  

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 **Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

Question 2. Why keep a research diary? What are some ways it can be useful? #Otalk @OTalk\_

  

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 **Dr Nikki Daniels** @NikkiDanielsOT

4 days ago

@AnujaCabraal @OTalk\_ I wouod have been lost without it during my PhD research. It was great to have a central place to share thoughts,creflectuons, questions, observations, notes to self, interpretations, my inner voice.....#otalk

  

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 **#OTalk** @OTalk\_

4 days ago

RT @AnujaCabraal: Lots comments that it is a resource for helping with reflexivity in research, and helping us to understand our biases....

  

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 **Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

RT @NikkiDanielsOT: @AnujaCabraal @OTalk\_ I wouod have been lost without it during my PhD research. It was great to have a central place to...

  

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 **Tori the OT** @Tori\_Doll\_

4 days ago

@AnujaCabraal @OTalk\_ Q2) To demonstrate growth in skills, thoughts, views, confidence and mindset, no better way to see personal growth though the journey than looking back on old reflections & notes #OTalk

  

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 **TashaCNS** @TashaCNS

4 days ago

RT @AnujaCabraal: Hi Everyone! I'll be hosting a tweetchat on research journaling this evening/morning for the next hour or so. Feel free t...

  

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 **#OTalk** @OTalk\_

4 days ago

Moving on to question 2.....looking forward to hearing how and why you have found a research diary useful #Otalk

  

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 **Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

@NikkiDanielsOT @OTalk\_ Same! It can be anything you want it to be, to help capture thoughts on your research, for project management, meeting notes, reflections! #OTalk

  

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 **Nat Jones** ❤️ She/Her @natlouj

4 days ago

RT @Tori\_Doll\_ : @AnujaCabraal @OTalk\_ Q1) To practice reflexivity throughout the research process & to be mindful of my positionally within...

  

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 **Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

RT @OTalk\_: Moving on to question 2.....looking forward to hearing how and why you have found a research diary useful #Otalk

  

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 **Dr Nikki Daniels** @NikkiDanielsOT

4 days ago

@AnujaCabraal @OTalk\_ \*would #otalk

  

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 **Nat Jones** ❤️ She/Her @natlouj

4 days ago

RT @RosFrench1: @AnujaCabraal @OTalk\_ #OTalk it's a resource for reflexivity to document your own thoughts, feelings, perceptions etc that...

  

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 **Nat Jones** ❤️ She/Her @natlouj

4 days ago

RT @preston\_jenny: @AnujaCabraal @OTalk\_ It forms an essential tool in recording your reflections but also is key to acknowledging and deal...

  



" " lk @OTalk\_

4 days ago



RT @Tori\_Doll\_: @AnujaCabraal @OTalk\_ Q2) To demonstrate growth in skills, thoughts, views, confidence and mindset, no better way to see pe...



#HelloMyNameIs Sarah (she/her) 🚗 💙 🏳️🌈 😊 @SLawsonOT

4 days ago

@AnujaCabraal @OTalk\_ To capture how thoughts, feelings, learning, progress throughout the research process #otalk



Georgia Vine @GeorgiaVineOT

4 days ago

@AnujaCabraal @OTalk\_ To get down thoughts and feelings. I think this is useful at the end to reflect on how far you've come but also useful for future research or further down the line to remind yourself of what did and didn't work and why. This in itself may inspire new ideas. #OTalk



Dr Jenny Preston MBE @preston\_jenny

4 days ago

@AnujaCabraal @OTalk\_ Already touched on the personal benefits but there are additional reasons in relation to the requirements of the research methodology/method, rigour, transparency etc. #OTalk



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

@Tori\_Doll\_ @OTalk\_ This is a really important point. You can really see how the research has progressed and changed when you keep a research journal over time. #OTalk



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

RT @Tori\_Doll\_: @AnujaCabraal @OTalk\_ Q2) To demonstrate growth in skills, thoughts, views, confidence and mindset, no better way to see pe...



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

RT @SLawsonOT: @AnujaCabraal @OTalk\_ To capture how thoughts, feelings, learning, progress throughout the research process #otalk



#HelloMyNameIs Sarah (she/her) 🚗 💙 🏳️🌈 😊 @SLawsonOT

4 days ago

@preston\_jenny @AnujaCabraal @OTalk\_ Yes, it's crucial to help reader make judgements about the quality of our research #OTalk



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

This is such an important point. I often say that a research journal is like armour for your research and methods. It helps you justify what you've done, and why you've done it, and makes your research much more transparent #OTalk @OTalk



Nat Jones 💙💚 She/Her @natlouj

4 days ago

#OTalk Q1 some good suggestions I would add that it can be helpful for processing thoughts and emotions in a mindful way @OTalk\_



Dr Jenny Preston MBE @preston\_jenny

4 days ago

RT @AnujaCabraal: This is such an important point. I often say that a research journal is like armour for your research and methods. It hel...



Dr Nikki Daniels @NikkiDanielsOT

4 days ago

@AnujaCabraal @OTalk\_ I found it stopped me from going round in circles! I remembered when I had 'been here before' so confirmed my thinking and reminded me of previous thought processes (compensated for my bad memory!) #otalk



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

@SLawsonOT @preston\_jenny @OTalk\_ Yes, and for us to be able to assess that as well. It is often difficult to know in the moment we are making decision or choices, but to be able to look back and see when and why we made certain decisions can help. #OTalk



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

RT @GeorgiaVineOT: @AnujaCabraal @OTalk\_ To get down thoughts and feelings. I think this is useful at the end to reflect on how far you've...



#OTalk @OTalk\_

4 days ago

RT @AnujaCabraal: This is such an important point. I often say that a research journal is like armour for your research and methods. It hel...



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago



**@GeorgiaVineOT @OTalk** Yes, in the current project, and for future ones. It also helps you justify and acknowledge the reasons for the choices you made and how you got to where you did #OTalk



**Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
RT @NikkiDanielsOT: @AnujaCabraal @OTalk I found it stopped me from going round in circles! I remembered when I had 'been here before' so...



**Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@NikkiDanielsOT @OTalk Great point! #OTalk



**Georgia Vine @GeorgiaVineOT** 4 days ago  
@AnujaCabraal @OTalk Yes! I am newly qualified so have only done my dissertation proposal but my journal helped me so much. I remember asking about it before we started because I knew that I would need it. #OTalk



**Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
I actually wrote a post about why it's useful to keep a research journal <https://t.co/KM5RXyFZod> #OTalk



**Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
Question 3. Do you keep a research diary? What are the sorts of things you have, or think you might put in there? #OTalk @OTalk



**#OTalk @OTalk** 4 days ago  
RT @GeorgiaVineOT: @AnujaCabraal @OTalk Yes! I am newly qualified so have only done my dissertation proposal but my journal helped me so m...



**#OTalk @OTalk** 4 days ago  
Question 3...lets explore in a bit more detail what we add to our diaries #OTalk



**Tori the OT @Tori\_Doll** 4 days ago  
@AnujaCabraal @OTalk Q3 I am starting to the further I progress in my Prof Doc journey. I do need to find a way to document better & more structured within my journal, so any suggestions welcome. #OTalk



**Nat Jones 💙💚She/Her @natlou** 4 days ago  
RT @AnujaCabraal: I actually wrote a post about why it's useful to keep a research journal <https://t.co/KM5RXyFZod> #OTalk



**#Hellomynameis Sarah (she/her) 🎓💙🌈😊 @SLawsonOT** 4 days ago  
@AnujaCabraal @OTalk Anything and everything, never know what may or may not be important #otalk also good place to free write when getting 'stuck'



**Nat Jones 💙💚She/Her @natlou** 4 days ago  
RT @GeorgiaVineOT: @AnujaCabraal @OTalk Yes! I am newly qualified so have only done my dissertation proposal but my journal helped me so m...



**Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@GeorgiaVineOT @OTalk That is great to hear Georgia. You will find it so useful. Often we forgot what we were thinking at different stages in our research. Thinking is work, and keeping a journal helps us document that work, but also helps us see what we were thinking at different stages #OTalk



**Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@Tori\_Doll @OTalk We will definitely be coming to that question Tori! #OTalk



**Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@SLawsonOT @OTalk Can you give some examples of what you have put in your research journal? #OTalk



**Dr Jenny Preston MBE @preston\_jenny** 4 days ago  
@AnujaCabraal @OTalk For me it is really important to document my decisions and the reasons for my decisions within context and in the moment. Research, as an emergent process, can feel a bit like hindsight at times and it is so important not to lose that naivety as we become more familiar #OTalk



**Dr Nikki Daniels @NikkiDanielsOT** 4 days ago  
@AnujaCabraal @OTalk I was using a new approach to collect data so it was important to reflect on what went well and what I could improve on. Explicitly thinking about it and documenting it meant I identified areas of development and could show my learning and progression #OTalk

**Georgia Vine @GeorgiaVineOT** 4 days ago



@AnujaCabraal @OTalk\_ Yes and thank you for explaining this. When I asked those they seemed keen for me to use it. But it then was never discussed again which was a shame. #OTalk



#Hellomynameis Sarah (she/her) 🚗 💙 🌈 😊 @SLawsonOT

4 days ago

@Tori\_Doll\_ @AnujaCabraal @OTalk\_ Part of what I've found is I have different formats depending on what I'm doing/where I am. I use annotations & capture reflections in NVivo a running document saved in the cloud to access anywhere, handwrite in a note book, mindmaps too. I find the variety helps the flow #otalk



#OTalk @OTalk\_

4 days ago

RT @preston\_jenny: @AnujaCabraal @OTalk\_ For me it is really important to document my decisions and the reasons for my decisions within con...



Tori the OT @Tori\_Doll\_

4 days ago

@preston\_jenny. @AnujaCabraal @OTalk\_ That's really helpful in preparation for when defending your research and decision making. I'll definitely bear this in mind. Thank you for sharing. #OTalk



#OTalk @OTalk\_

4 days ago

Some good examples here #Otalk



Tori the OT @Tori\_Doll\_

4 days ago

@SLawsonOT @AnujaCabraal @OTalk\_ Thank you for sharing. #OTalk



Dr Jenny Preston MBE @preston\_jenny

4 days ago

@Tori\_Doll\_ @AnujaCabraal @OTalk\_ Glad you are finding it useful, more than happy to share my experiences #OTalk



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

I think this is one of the most useful reasons to keep a research journal. Our thinking process can change over time, and documenting our thoughts can help add rigour to the research process. #OTalk



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

RT @Tori\_Doll\_ : @preston\_jenny. @AnujaCabraal @OTalk\_ That's really helpful in preparation for when defending your research and decision mak...



#OTalk @OTalk\_

4 days ago

RT @AnujaCabraal: I think this is one of the most useful reasons to keep a research journal. Our thinking process can change over time, and...



Tori the OT @Tori\_Doll\_

4 days ago

RT @AnujaCabraal: I think this is one of the most useful reasons to keep a research journal. Our thinking process can change over time, and...



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

Yes! Anything can go in there. Meeting minutes, reflections, research questions, analytical thoughts, notes after an interview. @ncjbrown has written a great about about research journaling, well worth a look.



Georgia Vine @GeorgiaVineOT

4 days ago

@AnujaCabraal @OTalk\_ Thoughts- where I'm at, where I need to go. Feelings- feelings for me is huge as I used to reflect weekly so if I hadn't gotten as far as I'd hoped that week I would write it down-how this made me feel and why and I wouldn't feel as 'guilty' for not achieving what I wanted #OTalk



Sal Alderson OT Student @SalAldersonOT

4 days ago

@SLawsonOT @AnujaCabraal @OTalk\_ I would find this really helpful. I'm in 4th year and doing my Honours project which is a single case study research project and I'm struggling to figure out what to add to my diary. #OTalk



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

Question 4. How do you think a research journal can add value to your research? Can you share any examples? #Otalk



Georgia Vine @GeorgiaVineOT

4 days ago

@AnujaCabraal @OTalk\_ Indeed I will #OTalk



Dr. Anuja Cabraal (PhD) @AnujaCabraal

4 days ago

This is really helpful, and some great suggestions for research journaling #Otalk

#OTalk @OTalk\_

4 days ago



Moving on to question 4 - How do you think a research journal can add value to your research? #OTalk

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**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

@SalAldersonOT @SLawsonOT @OTalk I often just write any thoughts or ideas, frustrations, analysis, even if it isn't always research related. I find it helps to keep other things documented too. Remember, it doesn't just have to be words, you can use images, diagrams, audio recording and so on too #OTalk



**Tori the OT @Tori\_Doll**

4 days ago

@AnujaCabraal Q4) Again, it links to reflexivity and examining my judgments, assumptions, and belief systems during the research process, adding to rigour and reliability of my findings #OTalk



**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

RT @Tori\_Doll : @AnujaCabraal Q4) Again, it links to reflexivity and examining my judgments, assumptions, and belief systems during the res...



**#OTalk @OTalk**

4 days ago

Bookmark this to have a read of later #OTalk



**Sal Alderson OT Student @SalAldersonOT**

4 days ago

@AnujaCabraal @SLawsonOT @OTalk Thank you, that's really helpful! #OTalk



**Tori the OT @Tori\_Doll**

4 days ago

RT @OTalk : Bookmark this to have a read of later #OTalk



**Georgia Vine @GeorgiaVineOT**

4 days ago

@AnujaCabraal You have more insight and are therefore able to acknowledge your own biases as some may be subconscious and on come to light when reflecting. #OTalk



**#HelloMyNameIs Sarah (she/her) @SLawsonOT**

4 days ago

#OTalk



**#OTalk @OTalk**

4 days ago

@SalAldersonOT @AnujaCabraal @SLawsonOT We'll be looking at challenges a bit later in the #OTalk so it'll be good to get your perspective on this and hear others' thoughts on overcoming them



**#HelloMyNameIs Sarah (she/her) @SLawsonOT**

4 days ago

RT @OTalk : Bookmark this to have a read of later #OTalk



**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

I really like the way you've said acknowledge here. Some people assume that we need to get rid of bias, which I disagree with, I think acknowledgement is the key. #OTalk



**Dr. Jenny Preston MBE @preston\_jenny**

4 days ago

@AnujaCabraal I have found journals really helpful in research supervision as it can add value in terms of understanding interpretations particularly with methodologies such as IPA. Probably another example of the importance of context, thoughts, experiences, feelings #OTalk



**#HelloMyNameIs Sarah (she/her) @SLawsonOT**

4 days ago

RT @AnujaCabraal: I really like the way you've said acknowledge here. Some people assume that we need to get rid of bias, which I disagree...



**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

Some really good points here! #OTalk



**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

@preston\_jenny That's a really good point. I hadn't considered it from the point of view of supervision before, but can see how it would be very useful. #OTalk



**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

RT @preston\_jenny: @AnujaCabraal I have found journals really helpful in research supervision as it can add value in terms of understanding...

**Georgia Vine @GeorgiaVineOT**

4 days ago

@AnujaCabraal Indeed, why get rid of them as they're probably the reason you was so passionate to research your chosen area in the first place! #OTalk

**#OTalk @OTalk**

4 days ago

RT @preston\_jenny: @AnujaCabraal I have found journals really helpful in research supervision as it can add value in terms of understanding...

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

Question 5. What are some of the challenges you find when it comes to keeping or maintaining a research diary? #OTalk @OTalk

**#HelloMyNameIs Sarah (she/her) 🚧 💙 🏳️🌈 😊 @SLawsonOT**

4 days ago

@preston\_jenny @AnujaCabraal I always write an agenda for my supervisions & find it and the supervision meeting record a good precis of my thought progress over the month #otalk

**#OTalk @OTalk**

4 days ago

RT @AnujaCabraal: I really like the way you've said acknowledge here. Some people assume that we need to get rid of bias, which I disagree...

**Ros French @RosFrench1**

4 days ago

@AnujaCabraal @OTalk\_ #OTalk only just started my research journey but the first thing I started it has everything in thoughts, feelings, values, ideas, searches, questions... at the moment it looks very similar to my reflection notebook just waiting to take it a step further!

**Tori the OT @Tori\_Doll**

4 days ago

@GeorgiaVineOT @AnujaCabraal Very true #OTalk

**#OTalk @OTalk**

4 days ago

Time to think about challenges when keeping a research diary...and any tips to help us overcome those challenges #OTalk

**Dr. Jenny Preston MBE @preston\_jenny**

4 days ago

@AnujaCabraal @OTalk\_ Getting started, it's that blank page thing again but once I do get going there is no stopping me #OTalk

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

@SLawsonOT @preston\_jenny That's a great suggestion! Using it to help with supervision meetings and track progress #OTalk

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

RT @RosFrench1: @AnujaCabraal @OTalk\_ #OTalk only just started my research journey but the first thing I started it has everything in though...

**#HelloMyNameIs Sarah (she/her) 🚧 💙 🏳️🌈 😊 @SLawsonOT**

4 days ago

@AnujaCabraal @OTalk\_ Remembering & recognising to do it #otalk often find that I'm doing it as I'm writing my thesis. Cut and paste it into my running reflexivity document

**Dr. Nikki Daniels @NikkiDanielsOT**

4 days ago

@preston\_jenny @AnujaCabraal @OTalk\_ You and me both! My supervisors used to ask me which volume I had reached!!! #OTalk

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

@RosFrench1 @OTalk\_ Hi Ross, mine looks like this too. I find it easier to maintain one this way #otalk

**Georgia Vine @GeorgiaVineOT**

4 days ago

@AnujaCabraal @OTalk\_ For me I found the energy a challenge as if I had limited energy I would rather spend it on the research itself. #OTalk

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

I think realising that no one else will read it helps. I sometimes even used to start by typing "I don't know what to say" over and over again until my brain kicked in. #OTalk

**Priya Hope the OT 🌱 @ot\_priya**

4 days ago

@AnujaCabraal @OTalk\_ I've used a research journal in the three pieces of qual research I've carried out. The journal has been integral to me making connections between the data and interpretations I have formed. It helps me to make sense of my qual analysis and think more critically about it #OTalk

**Dr. Anuja Cabraal (PhD) @AnujaCabraal**

4 days ago

RT @SLawsonOT: @AnujaCabraal @OTalk\_ Remembering & recognising to do it #otalk often find that I'm doing it as I'm writing my

thesis. Cut a...



**Sal Alderson OT Student** @SalAldersonOT

4 days ago

@AnujaCabraal @OTalk\_ Recognising that I should be doing it but not really knowing what I should be writing. I've got some ideas after tonight's talk so hoping that it'll become a bit easier. Wondering if I'm too late to start as I'm half way through my project? #OTalk



**Dr Jenny Preston MBE** @preston\_jenny

4 days ago

@GeorgiaVineOT @AnujaCabraal @OTalk\_ That exactly why it must feel relevant and meaningful and something that adds value to your research #OTalk



**Ros French** @RosFrench1

4 days ago

@AnujaCabraal @OTalk\_ #OTalk probably making it more readable, at present it is more like lots of word splats on a page in different coloured pens as I try and process the information that buzzes around in my head!



**Tori the OT** @Tori\_Doll

4 days ago

@AnujaCabraal @OTalk\_ Q5) I suppose it's difficult to see the long terms benefits when you are very early on in your research journey and are a novice researcher (like me) ... #OTalk



**Georgia Vine** @GeorgiaVineOT

4 days ago

@NikkiDanielsOT @preston\_jenny @AnujaCabraal @OTalk\_ I found it hard to stop too, I love a long waffle reflection! #OTalk



**Tori the OT** @Tori\_Doll

4 days ago

@AnujaCabraal @OTalk\_ However, now since given this more though from this chat, I can see how useful it must be to see your professional development journey documented in chronological order & how you ended up at the final destination #OTalk



**Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

@GeorgiaVineOT @OTalk\_ #OTalk



**Dr Jenny Preston MBE** @preston\_jenny

4 days ago

@AnujaCabraal I get that! I also bought an unruled notebook so that I could be more creative as lines imply structure and logic. This works for so many things, not just research. It's worth giving it a try #OTalk



**Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

Question 6. What are some things you could try to help you with your research journaling? Do you have any tips to share with others? #OTalk @OTalk\_ Last question for today.



**#OTalk** @OTalk\_

4 days ago

RT @ot\_priya: @AnujaCabraal @OTalk\_ I've used a research journal in the three pieces of qual research I've carried out. The journal has bee...



**#OTalk** @OTalk\_

4 days ago

RT @AnujaCabraal: I think realising that no one else will read it helps. I sometimes even used to start by typing "I don't know what to say..."



**Ros French** @RosFrench1

4 days ago

@AnujaCabraal #OTalk I am planning to use IPA and think it will be invaluable to include my own thoughts, feelings, values and perceptions and experiences throughout the process and documenting my supervision



**Dr Jenny Preston MBE** @preston\_jenny

4 days ago

@SalAldersonOT @AnujaCabraal @OTalk\_ Never too late! Think of all the reflections you can still capture #OTalk



**Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

@preston\_jenny: Yes! I have been experimenting with different style notebooks lately, and have really found the dot grid very useful. #OTalk



**Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

RT @preston\_jenny: @AnujaCabraal I get that! I also bought an unruled notebook so that I could be more creative as lines imply structure a...



**Dr. Anuja Cabraal (PhD)** @AnujaCabraal

4 days ago

YES!



**Georgia Vine** @GeorgiaVineOT

4 days ago

@AnujaCabraal @OTalk\_ Yes I do get what you mean. I did always reflect but having a disability in my final few months I was very careful of how I spent my energy. But I completely agree with what you are saying as I'm very passionate about the power of an kind of reflection. #OTalk

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
RT @preston\_jenny: @SalAldersonOT @AnujaCabraal @OTalk\_ Never too late! Think of all the reflections you can still capture #OTalk

 **Dr Jenny Preston MBE @preston\_jenny** 4 days ago  
@Tori\_Doll\_ @AnujaCabraal @OTalk\_ It's a case of speculating to accumulate, I promise. It will be so worth it #OTalk

 **Tori the OT @Tori\_Doll\_** 4 days ago  
@AnujaCabraal @OTalk\_ Tips and best practices would be hugely appreciated. #OTalk

 **Dr Jenny Preston MBE @preston\_jenny** 4 days ago  
@RosFrench1 @AnujaCabraal Totally, so important with IPA #OTalk

 **#OTalk @OTalk\_** 4 days ago  
Top tip #Otalk

 **Dr Jenny Preston MBE @preston\_jenny** 4 days ago  
@AnujaCabraal I've not gone there yet but now you have intrigued me so might have to make a purchase. Any excuse for me to buy a notebook #OTalk

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
I see it like this: you've lost nothing if you do keep a research journal. It's a way to capture things related to your research. However, if you don't keep one, it's really hard to go back and capture those thoughts, reflections, ideas or reasons behind decisions. #OTalk

 **#OTalk @OTalk\_** 4 days ago  
The hour has flown by! We are at our final question already! #Otalk

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@Tori\_Doll\_ @OTalk\_ Yes. It adds armour and rigour to your research #Otalk

 **Ros French @RosFrench1** 4 days ago  
@AnujaCabraal @OTalk\_ #OTalk glad it's not just me then, when processing my ideas to develop a research proposal my tutor said not to worry what form it took - not sure word splats and coloured pens was what he was expecting but it works for me!

 **#OTalk @OTalk\_** 4 days ago  
Great advice #Otalk

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
There is no one right way, you have to do what works for you! #Otalk

 **#Hellomynameis Sarah (she/her) 📖 💙 🏳️🌈 😊 @SLawsonOT** 4 days ago  
@RosFrench1 @AnujaCabraal @OTalk\_ Important to find the ways that work for you as more likely to capture your thoughts than if using a method because we think we should #otalk

 **#Hellomynameis Sarah (she/her) 📖 💙 🏳️🌈 😊 @SLawsonOT** 4 days ago  
RT @AnujaCabraal: There is no one right way, you have to do what works for you! #Otalk

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
@preston\_jenny Oh I would love to talk more about the actual physical notebooks!! #OTalk

 **Ros French @RosFrench1** 4 days ago  
@AnujaCabraal @OTalk\_ #OTalk for me it's using what works best - coloured pens and words splats then going back through to process my thoughts and feelings - I find others I get distracted with interesting reading and more ideas this way I can add thoughts down and come back to them!

 **Dr Jenny Preston MBE @preston\_jenny** 4 days ago  
@AnujaCabraal 😂😂😂😂 don't encourage me #OTalk

 **Tori the OT @Tori\_Doll\_** 4 days ago



RT @AnujaCabraal: I see it like this: you've lost nothing if you do keep a research journal. It's a way to capture things related to your r...



● **Mister J.B./Don José Bernardo** .. 🍂 @negronjb  
#SoMe4QualResearch

4 days ago



● **#Hellomynameis Sarah (she/her)** 🚧 💙 🏳️🌈 😊 @SLawsonOT  
Got to go now #OTalk thanks @AnujaCabraal and @OTalk\_ for interesting chat

4 days ago



● **#OTalk @OTalk\_**  
Well #otalk Our hour is up! Please do feel free to keep chatting and sharing your thoughts. Thank you all for your input - a lot of sharing and food for thought on the chat tonight!

4 days ago



● **Dr. Anuja Cabraal (PhD) @AnujaCabraal**  
Find what works best for you. There's no "perfect". You can audio record thoughts, some people might like diagrams, pictures, others may type, or handwrite in a lined book, or a dot grid book, others may like structured notes, and others more free flowing. Find YOUR way.  
#Otalk

4 days ago



● **#OTalk @OTalk\_**  
@SLawsonOT @AnujaCabraal Thanks for joining in #OTalk @SLawsonOT

4 days ago



● **Sal Alderson OT Student @SalAldersonOT**  
@preston\_jenny @AnujaCabraal @OTalk\_ Thank you! Feeling a bit better about it all now! #OTalk

4 days ago



● **Dr. Anuja Cabraal (PhD) @AnujaCabraal**  
Yes! Finding what works best for you is important!

4 days ago



● **#OTalk @OTalk\_**  
RT @AnujaCabraal: Find what works best for you. There's no "perfect". You can audio record thoughts, some people might like diagrams, pictures...

4 days ago



● **#OTalk @OTalk\_**  
Can we say a big collective #Otalk THANK YOU to @AnujaCabraal We are delighted we were able to overcome time zones so she could facilitate our discussion and share experiences. It's been a really informative chat. Check out Anuja's blog <https://t.co/kDP5o3YVgI>

4 days ago



● **#OTalk @OTalk\_**  
Join @OT\_Expert for the last #OTalk of 2021 <https://t.co/ShEWduV098>

4 days ago



● **Dr. Anuja Cabraal (PhD) @AnujaCabraal**  
I wrote another blog post on research journaling here #OTalk <https://t.co/5pvrcoijum>

4 days ago



● **#OTalk @OTalk\_**  
RT @AnujaCabraal: I wrote another blog post on research journaling here #OTalk <https://t.co/5pvrcoijum>

4 days ago



● **Tori the OT @Tori\_Doll\_**  
@AnujaCabraal Thank you - this is really helpful. #OTalk

4 days ago



● **Tori the OT @Tori\_Doll\_**  
RT @AnujaCabraal: I wrote another blog post on research journaling here #OTalk <https://t.co/5pvrcoijum>

4 days ago



● **Dr Jenny Preston MBE @preston\_jenny**  
Thank you so much to everyone, what a great discussion. Particular thanks to @AnujaCabraal and to @NikkiDanielsOT who did a great job suggesting the topic and for managing the #OTalk account tonight. Off to look for notebooks now 😊

4 days ago



● **Dr Nasima Riazat @NSRiazat**  
RT @AnujaCabraal: I see it like this: you've lost nothing if you do keep a research journal. It's a way to capture things related to your r...

4 days ago



● **Dr. Anuja Cabraal (PhD) @AnujaCabraal**  
@Tori\_Doll\_ I'm glad! I've found in the past that what other people suggest I "must" do, doesn't work for me. Hope this helps! #Otalk

4 days ago

 **Dr Jenny Preston MBE @preston\_jenny** 4 days ago  
RT @AnujaCabraal: I wrote another blog post on research journaling here #OTalk <https://t.co/5pvrcoijum>

 **Tori the OT @Tori\_Doll** 4 days ago  
@OTalk\_ @AnujaCabraal Thank you - real thought provoking & helpful chat. Definitely coming away with some food for thought & practical solutions. #OTalk

 **#OTalk @OTalk\_** 4 days ago  
Definitely some great learning tonight. Do check out @AnujaCabraal website and follow on twitter for more great advice and signposting #OTalk <https://t.co/tjS7oiyOmg>

 **Dr. Anuja Cabraal (PhD) @AnujaCabraal** 4 days ago  
Two resources I wanted to share on research journaling during the #Otalk @OTalk tweetchat: The book on research journaling by @ncjbrown <https://t.co/N13ffU74zK> Research Diary: A Tool for Scaffolding - Marion Engin, 2011 <https://t.co/Wn8uFc4IMe>

 **Priya Hope the OT @ot\_priya** 4 days ago  
@AnujaCabraal #OTalk I think it adds value by increasing the "trustworthy" nature of a piece of qualitative research. For example it allows reviewers or readers to see that the researcher was able to acknowledge how their perceptions may have influenced the findings.

 **#HelloMyNameIs Sarah (she/her) 🚗 💙 🌈 😊 @SLawsonOT** 4 days ago  
RT @AnujaCabraal: Two resources I wanted to share on research journaling during the #Otalk @OTalk tweetchat: The book on research journali...

 **Nicole Brown @ncjbrown** 4 days ago  
Thank you very much for the shout-out!! #Otalk @OTalk May I add a link to a padlet, also... Feel free to add to it: <https://t.co/Q7hVfqH1r4>

 **Jardin @afdujardin** 4 days ago  
RT @AnujaCabraal: Two resources I wanted to share on research journaling during the #Otalk @OTalk tweetchat: The book on research journali...

 **Maria Skouroliakos @Mariaergo** 3 days ago  
The latest The Ergo+Padi Daily! <https://t.co/zpTHzyjs8E> Thanks to @OTalk\_ @LindaKKaye #exclusive #otalk

 **Prof Dr Carmen L Rosales-Dordelly, PhD PennState @RosalesDordelly** 3 days ago  
RT @AnujaCabraal: Two resources I wanted to share on research journaling during the #Otalk @OTalk tweetchat: The book on research journali...

 **Hamza Rahim Ali @OTchampAli786** 3 days ago  
Hi can someone advice how O can acces the chat transcripts please. I want to write a reflection and cant seem to figure it out. #otalk

 **Anna Braunizer (she/her) @ABraunizer** 3 days ago  
@AnujaCabraal @OTalk\_ I have multiple as I organize them by research area - I write key points and reflections on the research and explore how it might relate to practice and/or topic of research journal, and ideas and questions that stem from reading. #OTalk

 **Rachel W @rachwake\_ots** 3 days ago  
RT @AnujaCabraal: I wrote another blog post on research journaling here #OTalk <https://t.co/5pvrcoijum>

 **OT\_Expert ❤️ #StopTheShock #StopSpectrum10k @OT\_Expert** 3 days ago  
Looking forward to our #OTalk @OTalk\_ chat next Tusday 14th 8-9pm on #Neurodiversity "Neurodivergent-affirming models of practice benefit all" Co-hosting with @ElaineMcgreevy @SusanGriffiths5 @LaughingOT @Niamh\_Mell Everyone welcome to join in the chat

 **OT\_Expert ❤️ #StopTheShock #StopSpectrum10k @OT\_Expert** 3 days ago  
RT @OT\_Expert: Join @OT\_Expert for the last #OTalk of 2021 <https://t.co/ShEWduV098>

 **KristinaB.OT @KristinaB\_OT** 3 days ago  
Should be a good one!

 **Susan Griffiths @SusanGriffiths5** 3 days ago  
RT @OT\_Expert: Looking forward to our #OTalk @OTalk\_ chat next Tusday 14th 8-9pm on #Neurodiversity "Neurodivergent-affirming models of pr...

 **Niamh Mellerick @Niamh\_Mell** 3 days ago  
RT @OT\_Expert: Looking forward to our #OTalk @OTalk\_ chat next Tusday 14th 8-9pm on #Neurodiversity "Neurodivergent-affirming models of pr...

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 **Alice McCarron** @AlicetheOT 3 days ago  
RT @OT\_Expert: Looking forward to our #OTalk @OTalk\_ chat next Tuesday 14th 8-9pm on #Neurodiversity "Neurodivergent-affirming models of pr..."

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 **Elaine McGreevy** @ElaineMcgreevy 3 days ago  
RT @OT\_Expert: Looking forward to our #OTalk @OTalk\_ chat next Tuesday 14th 8-9pm on #Neurodiversity "Neurodivergent-affirming models of pr..."

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 **Thriving Autistic** @thriving\_autist 3 days ago  
RT @OT\_Expert: Looking forward to our #OTalk @OTalk\_ chat next Tuesday 14th 8-9pm on #Neurodiversity "Neurodivergent-affirming models of pr..."

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 **Ruta Uselyte** @ruta\_uselyte 3 days ago  
One not to be missed!

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 **Alice Hortop** @LaughingOT 3 days ago  
@UWE\_AHP @UWEEquality @UWEOTSOC Co-hosting this tweet cpd session, representing our neurodiverseOT empowerment group.  
Xx

---

 **Margaret Spencer MA** @margaretOT360 2 days ago  
#OTalk 14th Dec 2021 – How Neurodivergent-affirming models of practice benefit all – OTalk <https://t.co/WmWq7IMePT>

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