

Introduction

What is Tapping Touch?

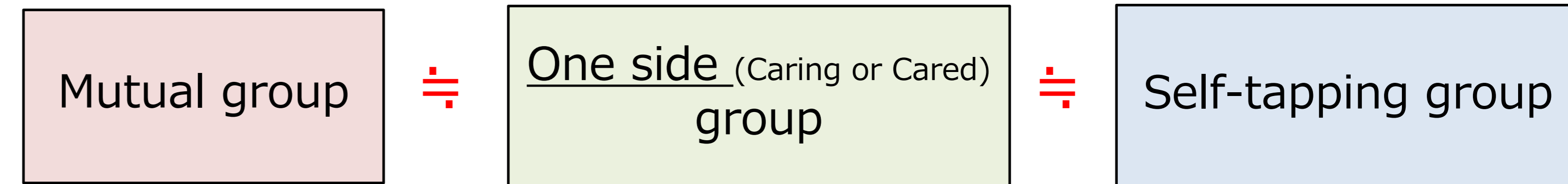
- Tapping touch (hereafter, TT) is a holistic care technique that is conducted mutually in pairs.
- In TT, the left and right parts of the body are touched gently, tenderly and slowly.
- TT has positive influence on not only psychological and physiological aspects but also **interpersonal relationship**



※Cited from [HP of The Association of Tapping Touch](#)



QR cord for The Association of Tapping Touch



These groups have equivalent effects in interpersonal relationships. (Fukui, 2016)

Positive changes in **subjective** and **objective** empathy behind the effect of interpersonal relationship (Fukui et al., 2017, 2018)



The physiological mechanisms of these social effects have not been investigated

Object

The effects of TT on changes of **oxytocin** in the saliva were examined in relation to the order of implementing TT

Methods

Participants

- 18 Japanese adults (6 men and 12 women)
- $M_{age} = 45.50$ ($SD = 12.23$)

Salivary Oxytocin

- For each participant 2ml of unstimulated saliva was collected into cryotubes using the passive drool method
- Samples were immediately frozen and were stored at -20°C until batch assay
- Level of oxytocin in saliva was measured by oxytocin ELISA kit (Enzo Life Science, Inc.)

Research schedule



- ※This experiment was conducted by authors who were the certificated instructors of Tapping Touch
- ※In this study, the data of questionnaire survey was not used

Results

Analysis: 2×2 ANOVA

- Factors:** Timing of assessment (pre/post)
Sequence of executing TT (Received TT later / Received TT first)

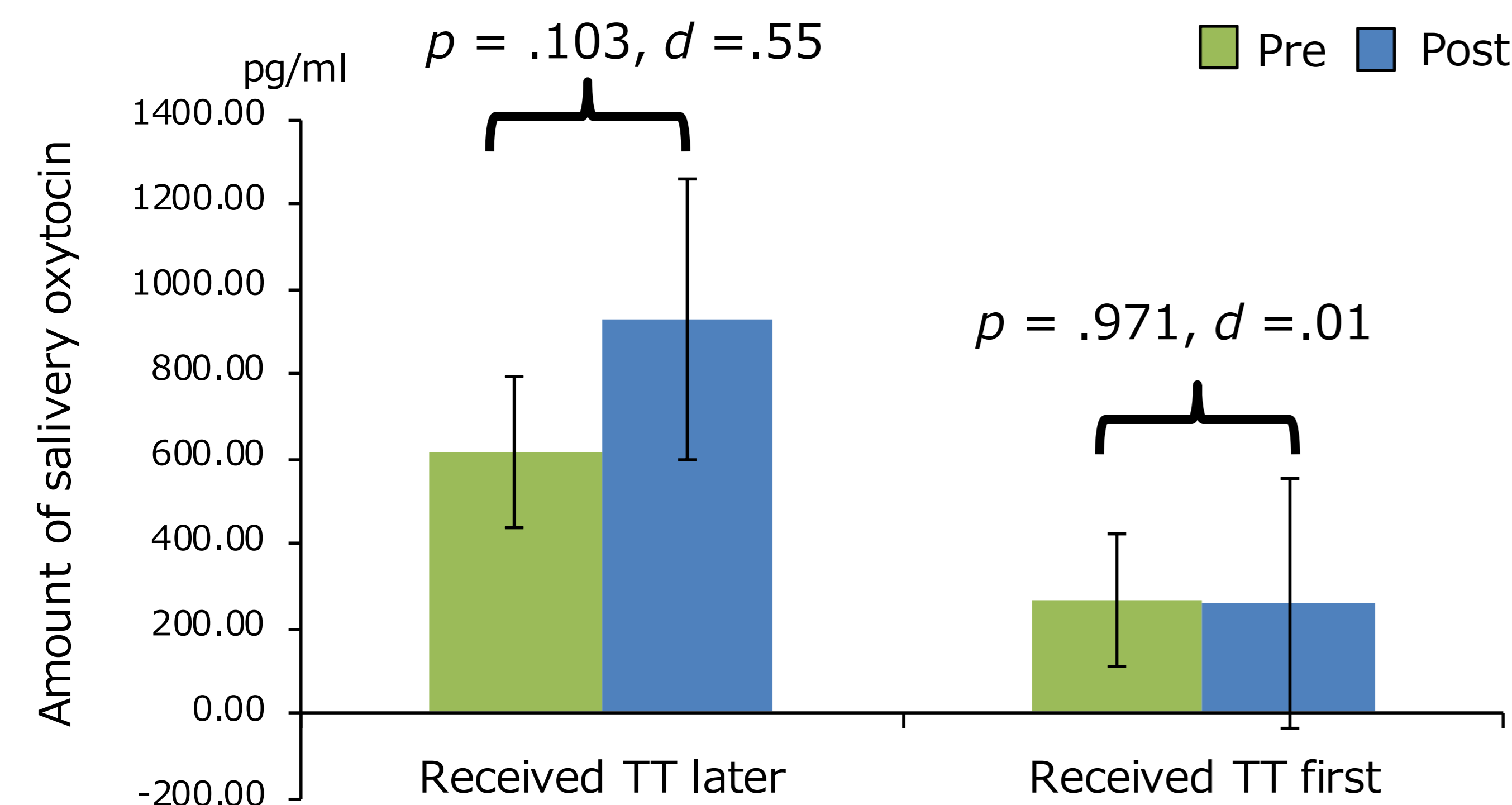


Figure 1 The effects of TT on changes of oxytocin in the saliva were examined in relation to the order of implementing TT

- The main effect and the interaction were not significant
- However, **an increase in the concentration of oxytocin** was observed in the group that **received TT later**

Conclusion

These results suggest that the increase in oxytocin might partially contribute to the social effects of TT

Future Task

Since individual differences in oxytocin secretion are known to be large, reproducibility needs to be confirmed