

QR cord for The Association of Tapping Touch

Effects of Tapping Touch on Changes in Oxytocin Concentration in Saliva Part 2: The difference depending on attachment style

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Introduction

What is Tapping Touch?

A simple care technique consisting of gently alternatingly touching a partner's back by using the belly part of the fingertip (Nakagawa, 2004)

Effects of TT

TT has positive effects on psychological, physiological and **interpersonal relationships**

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

Salivary oxytocin secretion increased in people giving TT first and receiving TT later (Fukui et al., 2019)

The increase in oxytocin might partially contribute to the effects on the interpersonal relationship of TT

→However, there is a report that oxytocin secretion is suppressed in maltreated children (Heim, 2008)

Oxytocin secretion may differ in the nurturing environment?

In this study, we focused on the attachment style as reflecting the quality of the nurturing environment

Object

changes in the amount of salivary oxytocin secretion resulting from TT based on different attachment styles were examined

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 $-20^{\circ}C$ until batch assay
- Level of oxytocin in saliva was measured by oxytocin ELISA kit (Enzo Life Science, Inc.)

Questionnaire

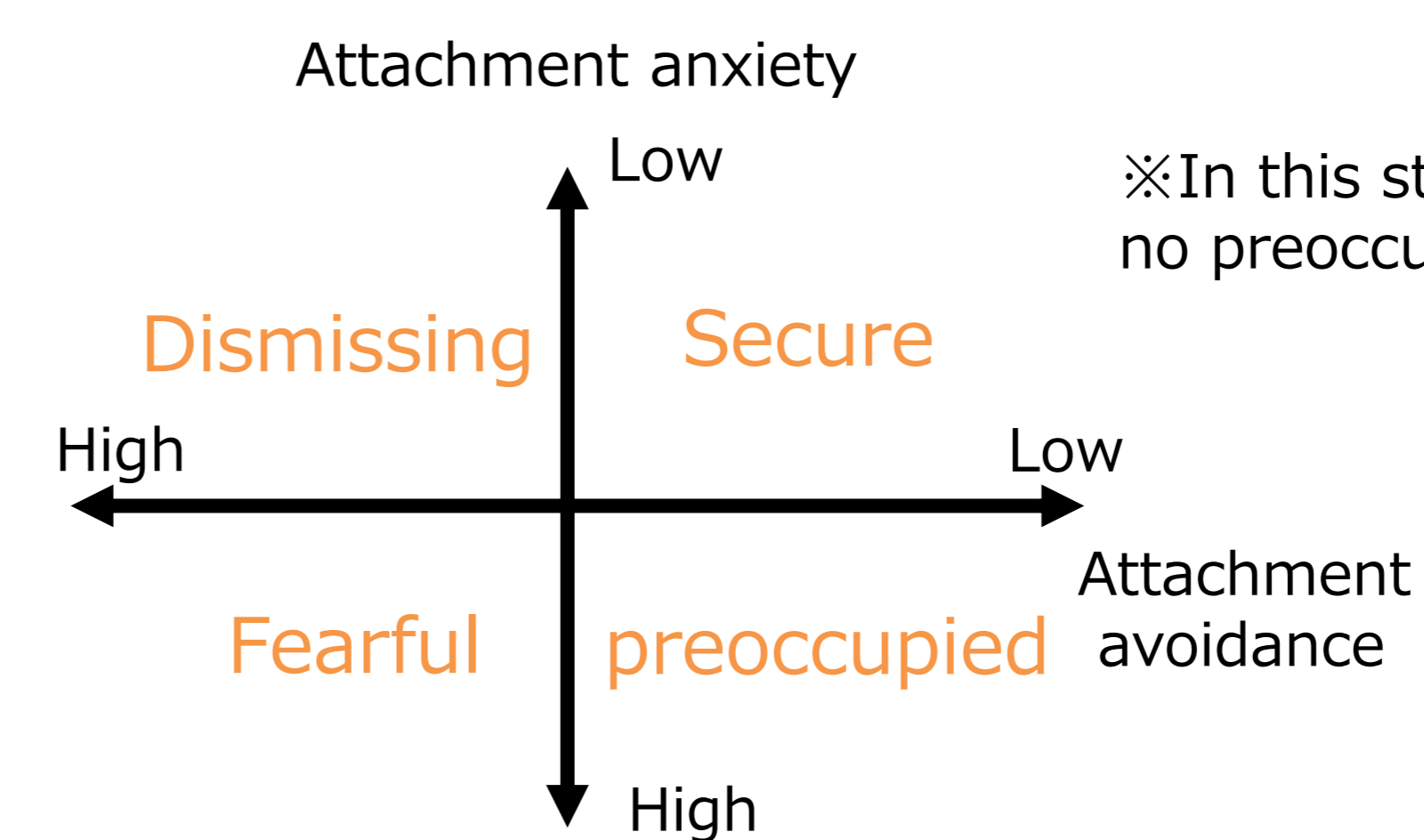
Attachment styles

- the Experiences in Close Relationships inventory for Generalized Others (ECR-GO; Nakao & Kato., 2004)

Attachment anxiety, Attachment avoidance

Attachment styles

Attachment styles (shown below) were formed based on score of each subscale of ECR-GO



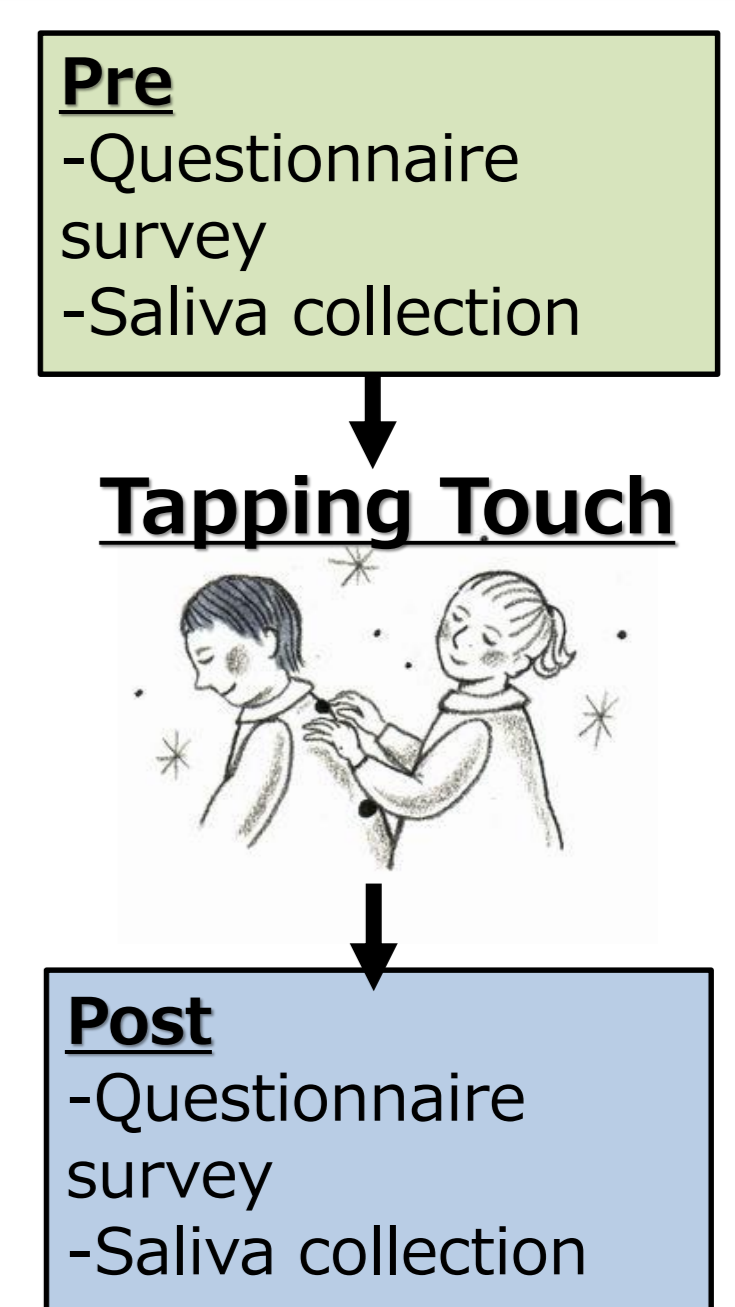
※In this study, there is no preoccupied.

Bartholomew & Horowitz (1991)

Analysis: 2x2x3 ANOVA

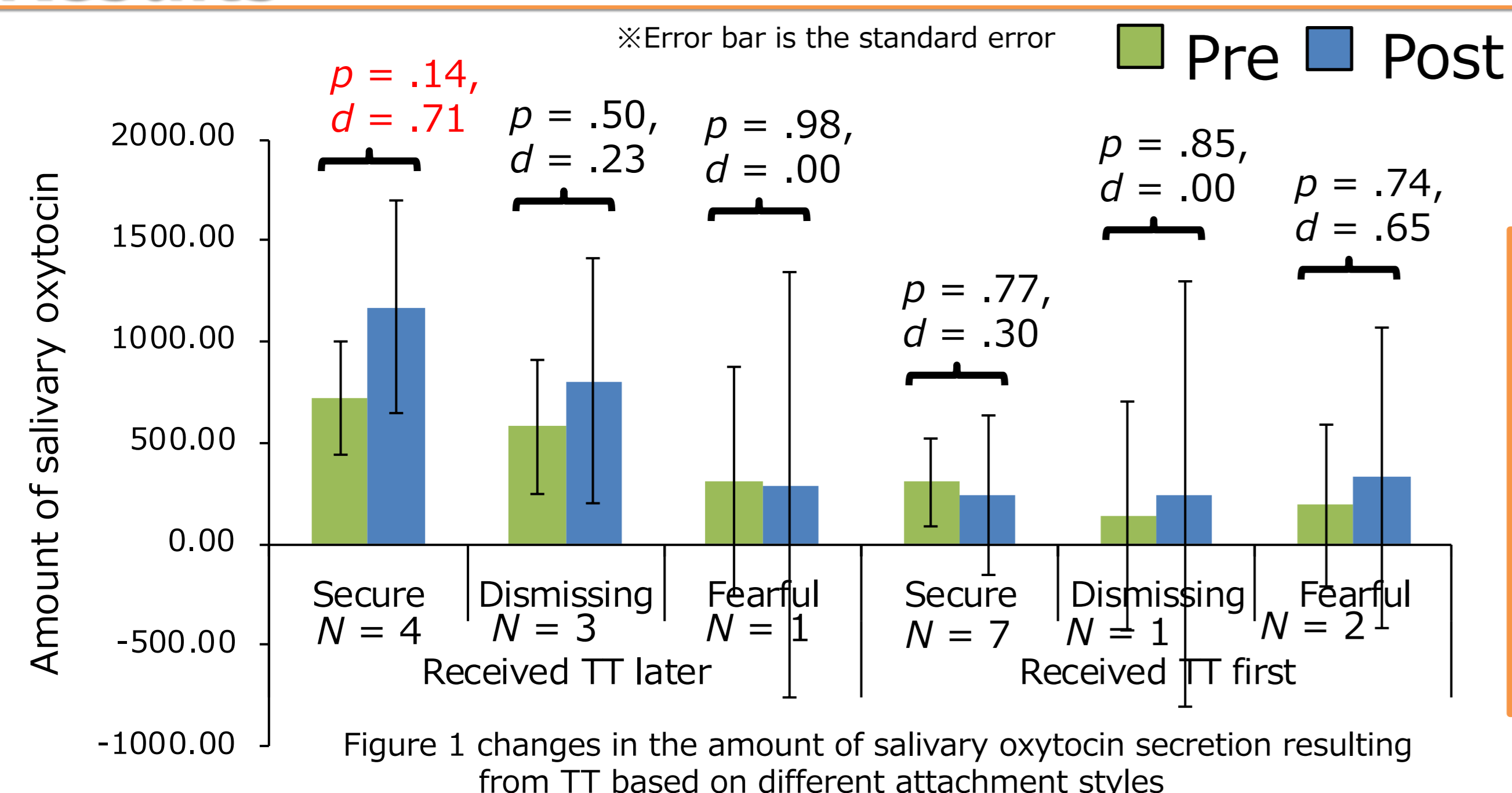
Factors: Measurement time (pre/post)
TT execution sequence (Received TT later / Received TT first)
Attachment style (Secure / Dismissing / Fearful)

Research schedule



※This experiment was conducted by authors who were the certificated instructors of Tapping Touch

Results



Although the main effect and the interaction were not significant, an increase in oxytocin was observed in the **secure attachment group that received TT first.**

Conclusions

The secretion of oxytocin by TT was promoted in the secure attachment group, which was assumed to have received adequate care in childhood, whereas was suppressed in the fearful attachment group, which might have received less care

-However, the sample size was too small. More research should be needed