

# Effects of Tapping Touch on self-compassion

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## Introduction

### What is Tapping Touch?

Tapping Touch (hereafter, TT) is a holistic care method, based on the slow, soft and mindful touch, with the right and left hands alternately



※Cited from HP of The Association of Tapping Touch  
(URL: [http://www.tappingtouch.org/old/en/t\\_touch/](http://www.tappingtouch.org/old/en/t_touch/))



QR cord for The Association of Tapping Touch

Although the relationship with each other had been examined, there was no research on the effects of TT on the relationship toward oneself, especially regarding self-compassion

### Effects of TT

-Increased serotonin level in blood and urine  
-Increased skin surface temperature and  $\alpha$  waves  
(Nakagawa& Sakurai, 2003)

#### Mind

-Increased positive emotion  
-Decreased negative emotion  
(Nakagawa& Sakurai, 2003)

#### Body

#### Relationships

-Increased a sense of trust and acceptance  
-Decreased a sense of rejection from others  
(Fukui, 2016)

### Object of the study

## Examining the effects of TT on self-compassion

## Methods

### Participants

- 23 Japanese adults (7 men and 16 women)
- $M_{age}=45.22$  ( $SD=11.03$ )

### Questionnaire

#### Self-compassion

- Japanese version of self-compassion scale(Arimitsu, 2014)
- Self-kindness, Self-criticism, Common humanity, Isolation, Mindfulness, Over-identification**

### Research schedule

#### Pre

- Questionnaire survey
- Saliva collection

#### Tapping Touch



#### Post

- Questionnaire survey
- Saliva collection

※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: *t*-test

■ Pre ■ Post

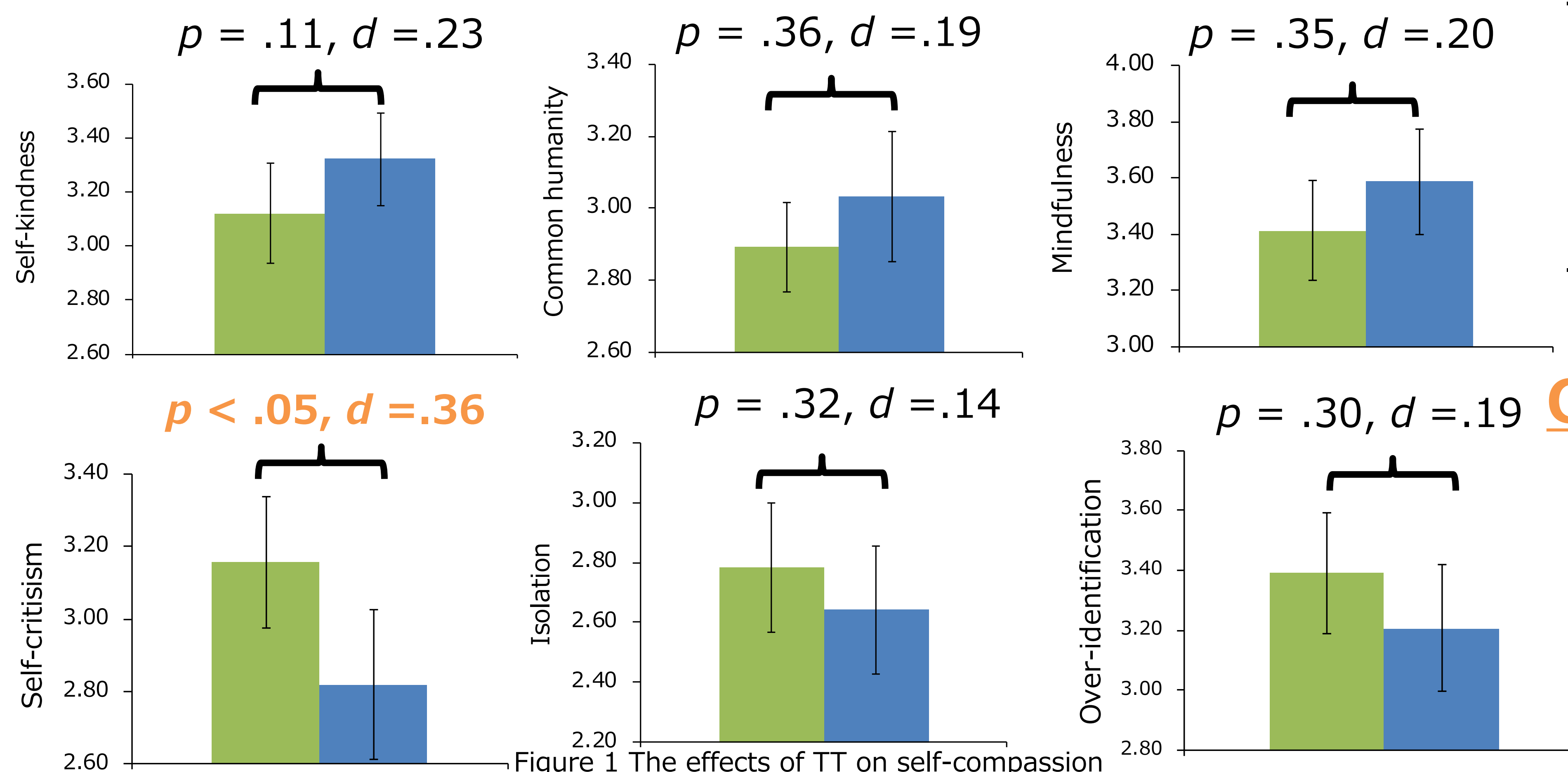


Figure 1 The effects of TT on self-compassion

-Results showed a significant difference between pre- and post-performance on the subscale of **self-criticism**, indicating that TT tends to decrease the tendency for self-criticism

-In this analysis, there were no other significant differences found

## Conclusions

**The results of this research indicate that Tapping Touch decreases a sense of criticism toward oneself**