



# Effect of an online Tapping Touch self-care program on fear of COVID-19 Part 2

## :Examination of the effect of the program including follow-up

○Yoshikazu Fukui<sup>1</sup> · Shin-ichi Oura<sup>2</sup> · Ichiro Nakagawa<sup>3</sup> · Yuki Tsubota<sup>3</sup>

<sup>1</sup> Konan University, <sup>2</sup> Tokai-Gakuin University, <sup>3</sup> Osaka University of Economics

## Introduction

### What is Tapping Touch (TT)?

- TT is a holistic care method, using the slow, soft and mindful touch, with the right and left hands alternately.
- TT has psychological, physical, and interpersonal effects. Nakagawa (2004)

### Online TT self-care program

- This program was to reduce stress during COVID-19 pandemic.

#### The 1st program (November, 2020)

- This program reduced stress responses and relieved insomnia. (Nakagawa et al., 2021)
- These effects partly did not last long. (Tsubota et al., 2021)

#### The 2nd program (May, 2021)

- This program reduced the fear of COVID-19 and replicated the results of the 1st program. (Oura et al., 2022)
- The long-term effects of this program have not been examined.

## Objective

This study examined the long-term effects of the 2nd program including a follow-up (FU) survey.

# Methods

## Participants

-11 Japanese adults who participated until the FU survey

- $M_{age} = 57.55$  ( $SD = 13.15$ )

※The data partly overlapped with Oura et al. (2022).



Demonstration of TT self-care  
(only in Japanese)

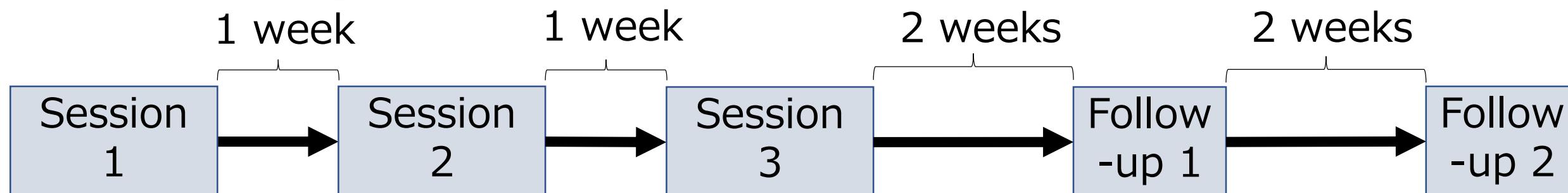
## Questionnaire

-Effects of TT were measured by the scales shown below.

-The scale scores of the 1st, 3rd sessions, and FU2 were used in this study.

Names of the Scales	References	Names of the Scales	References
<b>Psychological effects</b>		<b>Interpersonal effects</b>	
The Japanese version of the Fear of COVID-19 Stereotyped Response Scale 18	(Tachikawa et al., 2020) (Suzuki et al., 1997)	The Japanese version of the revised UCLA Loneliness Scale	(Moroi, 1991)
		The Sense of Acceptance and Rejection Scale	(Sugiyama et al., 2006)
<b>Physical effect</b>		The Sense of Trust Scale	(Amagai, 1995)
Athens Insomnia Scale	(WHO, 2000)	The Japanese version of Interpersonal Reactivity Index	(Himichi et al., 2017)

## Outline of the program



### Contents of the online Sessions (2h)

- 1) Assessment (answers to the questionnaire)
- 2) Introduction of TT (only in the 1st session)
- 3) Learning of the procedure of the self-care
- 4) Sharing of the experience of the self-care
- 5) Q & A

※The procedure of the self-care was taught by the 4th author who was the developer of TT.

※The participants were required to implement the self-care at least once a day.

# Results

ANOVA was conducted

- Independent variable: Measurement time (the 1st, 3rd session, and FU2)
- Dependent variables: Scale scores measuring effects of TT

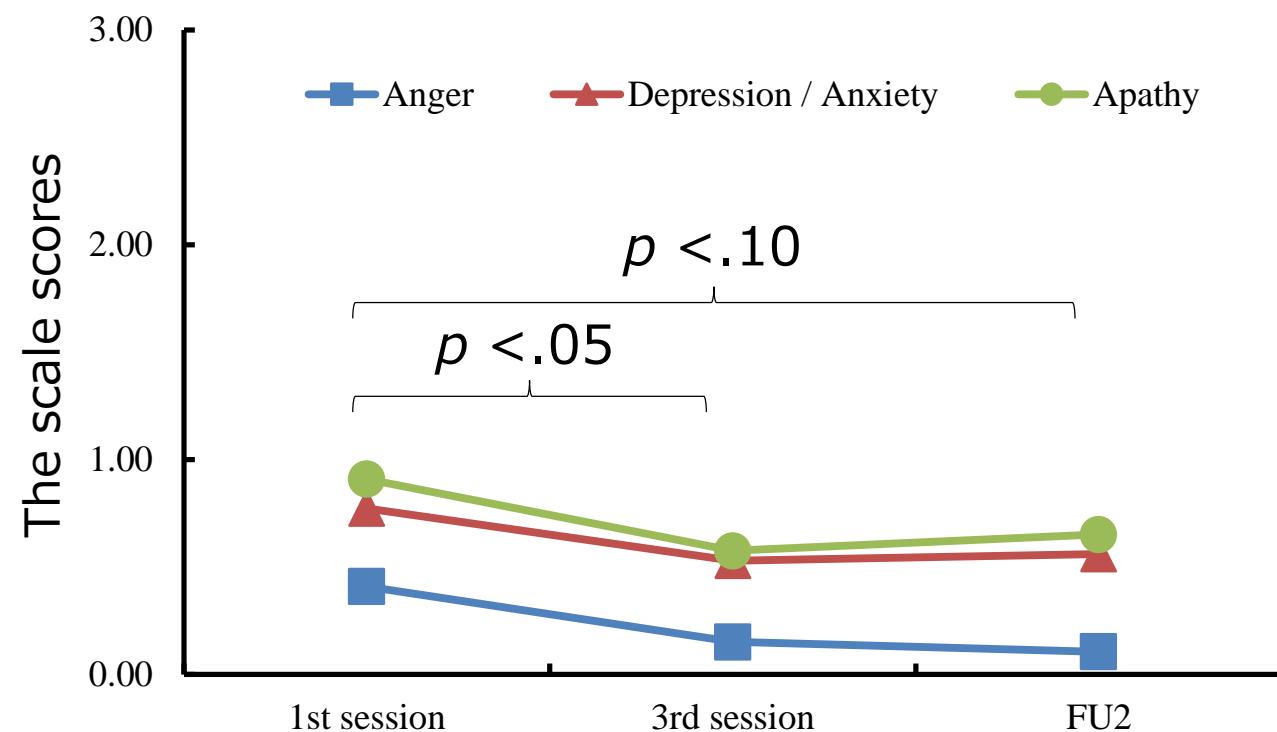


-The main effects of the measurement time on stress responses and insomnia, were significant or marginally significant, whereas it was neither significant on the fear of COVID-19 nor cognitive empathy.

-The main effects of the other variables were not significant.

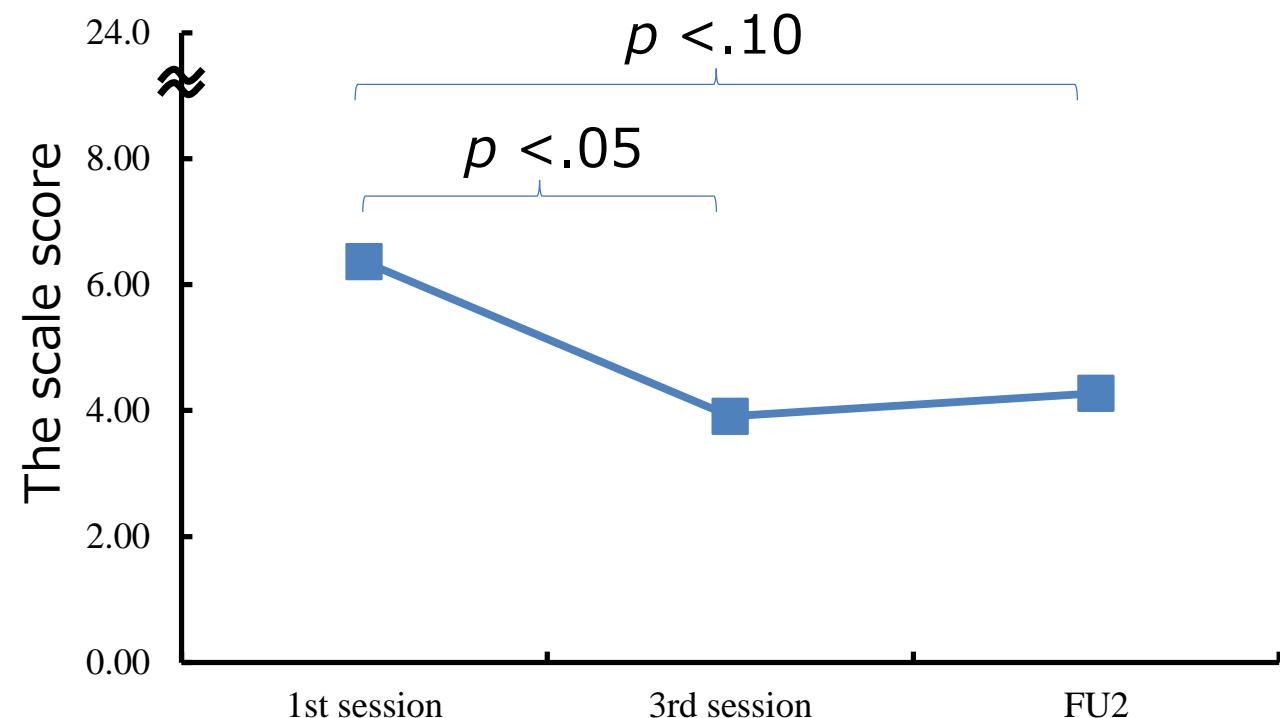
## Stress responses※1

$$F(2, 20) = 4.05, p < .10, \eta_p^2 = 0.29 \text{※2}$$



## Insomnia

$$F(2, 20) = 5.21, p < .05, \eta_p^2 = 0.34$$



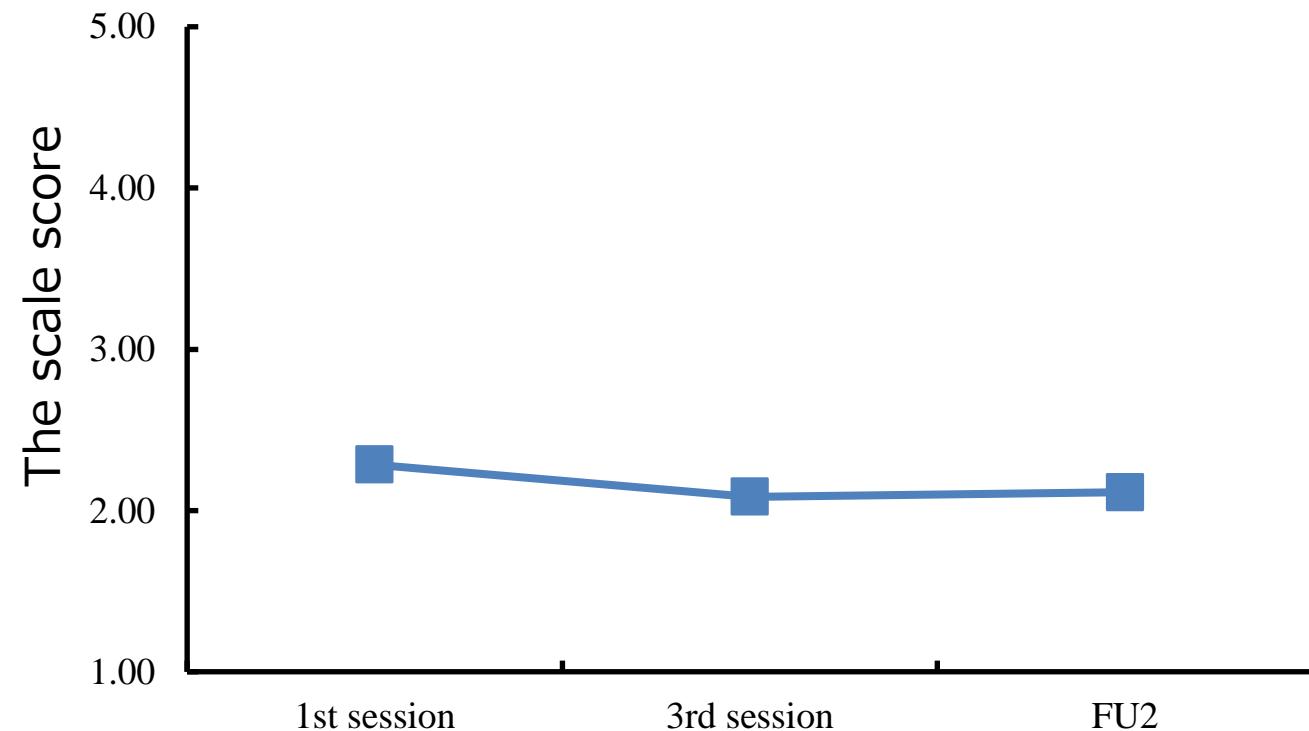
※1 Types of subscales (Anger, Depression/Anxiety, and Apathy) was added to the independent variable as a factor.

※2 Only F value of the measurement time was written.

# Results

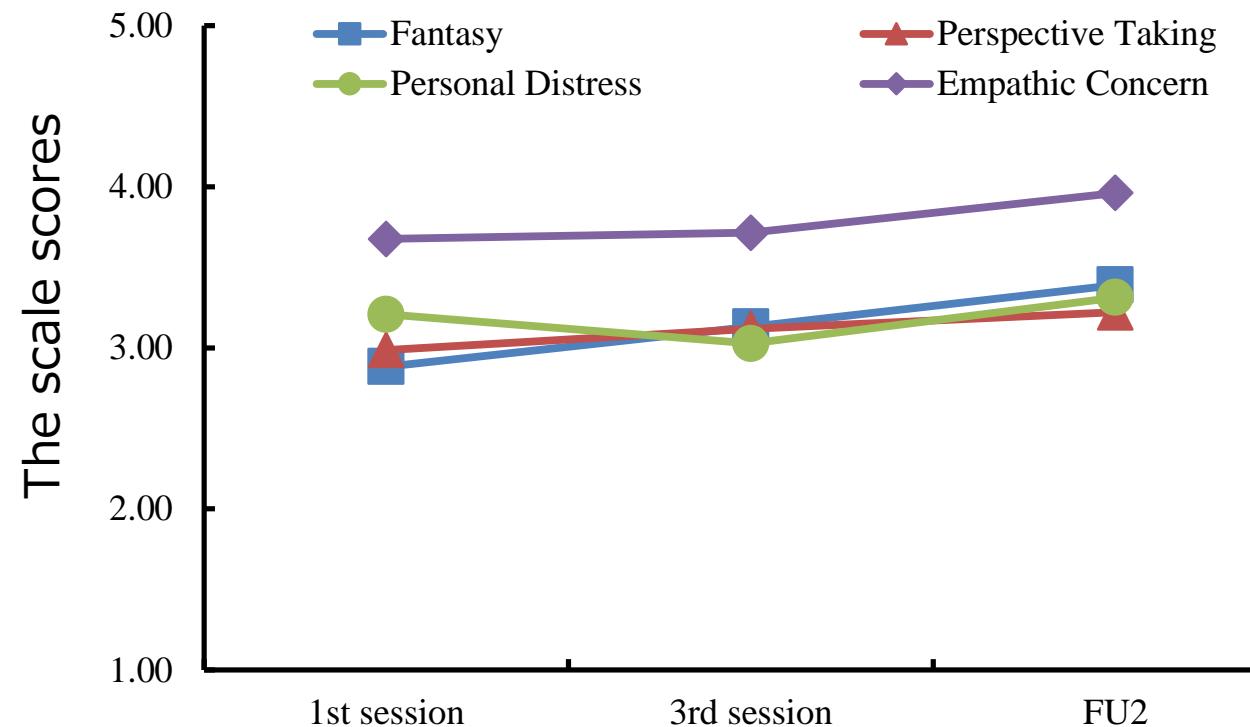
## The fear of COVID-19

$$F(2, 20) = 1.20, n.s., \eta_p^2 = 0.11$$



## Empathy<sup>※3</sup>

$$F(2, 20) = 0.49, n.s., \eta_p^2 = 0.05^{※4}$$



※3 Types of subscales (Fantasy, Perspective taking, Personal distress, and Empathic concern) was added to the independent variable as a factor.

※4 Only F value of the measurement time was written.

## Conclusions

The present study suggests that

- 1) the psychological and physical effects of online TT self-care program are longlasting.
- 2) the interpersonal effects and the effect on the fear of COVID-19 are limited.