



# Effect of an online Tapping Touch self-care program on fear of COVID-19 Part 1

## :Replicability of the effect of the program

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## Introduction

### What is Tapping Touch (TT)?

- TT is a holistic care method, based on 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, but did not have interpersonal effects. (Nakagawa et al., 2021)



- Does this program reduce the fear of COVID-19?
- Are the effects of the program replicable?



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

## Objectives

This study examined

- 1) effects of the 2nd TT self-care program on the fear of COVID-19.
- 2) the replicability of psychological, physical, and interpersonal effects observed in the previous study (Nakagawa et al., 2021).

# Methods

## Participants

- 15 Japanese adults who participated in the program
- $M_{age} = 55.00$  ( $SD = 15.47$ )
- ※The data partly overlapped with Fukui et al. (2022)



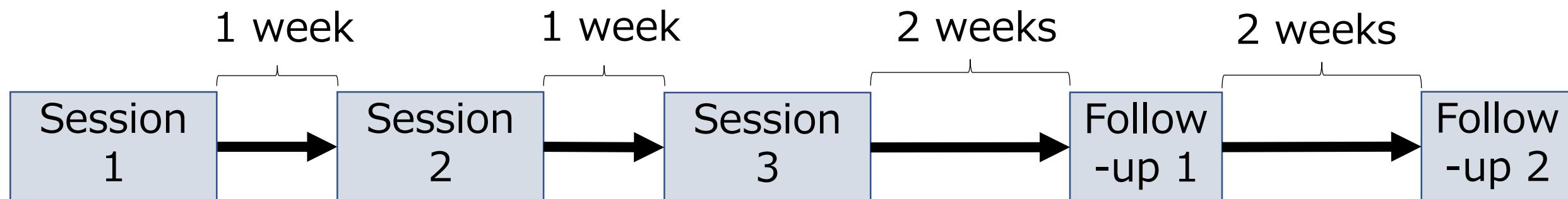
Demonstration of TT self-care  
(only in Japanese)

## Questionnaire

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

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 Steress Response Scale 18	(Tachikawa et al., 2020) (Suzuki et al., 1997)	The Japanese version of the revised UCLA Lonliness Scale The Sense of Acceptance and Rejection Scale The Sense of Trust Scale	(Moroi, 1991) (Sugiyama et al., 2006) (Amagai, 1995)
<b>Physical effect</b>		The Japanese version of Interpersonal Reactivity Index	
Athens Insomnia Scale	(WHO, 2000)		(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 3rd 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

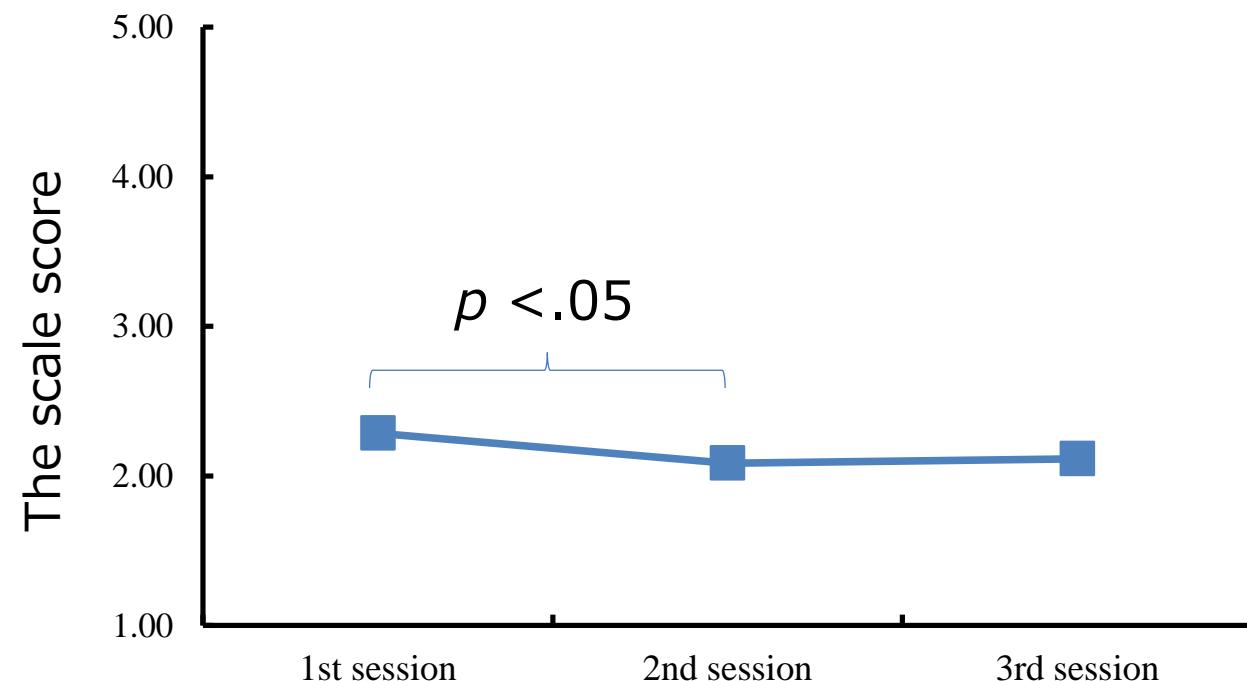
- Independent variable: Measurement time (the 1st, 2nd, and 3rd session)
- Dependent variables: Scale scores measuring effects of TT



- The main effects of the measurement time on the fear of COVID-19, stress responses, insomnia, and fantasy (cognitive empathy) were significant or marginally significant.
- The main effects of the other variables were not significant.

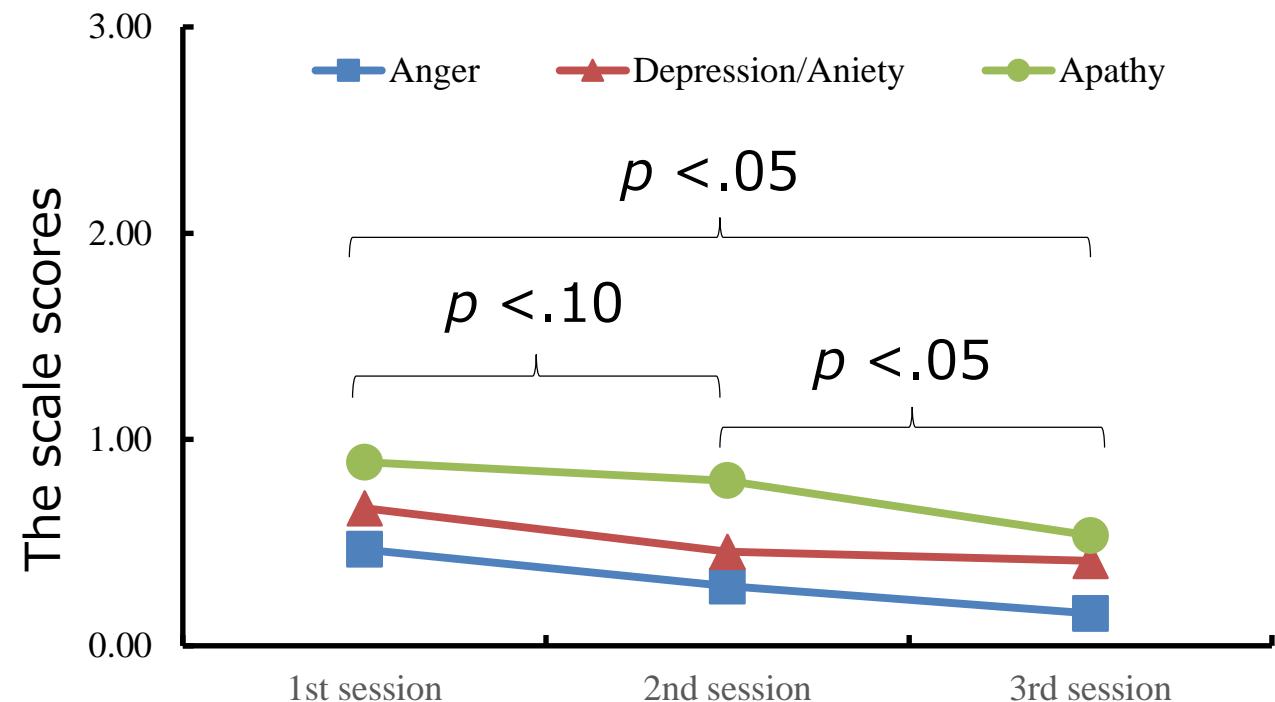
## The fear of COVID-19

$$F(2, 28) = 2.93, p < .10, \eta_p^2 = 0.17$$



## Stress responses<sup>※1</sup>

$$F(2, 28) = 5.82, p < .05, \eta_p^2 = 0.29^{※2}$$



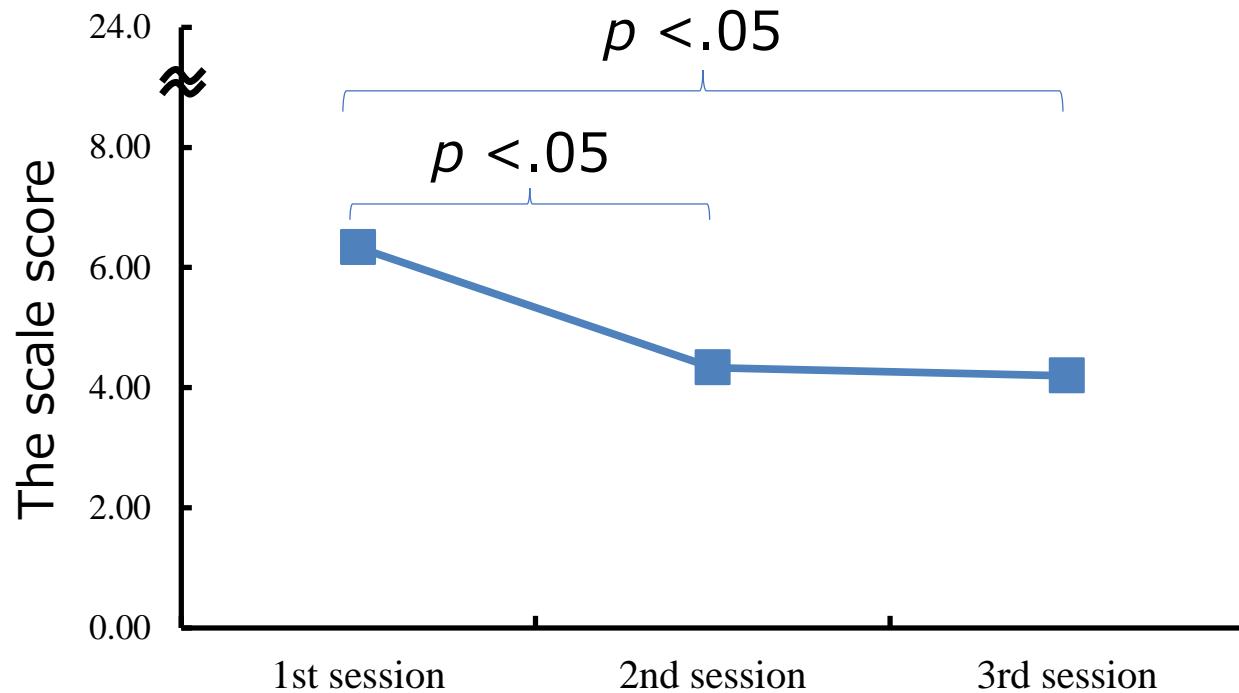
※1 Types of subscales (Anger, Depression/Anxiety, and Apathy) was added to the independent variable as a factor.

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

# Results

## Insomnia

$$F(2, 28) = 6.30, p < .01, \eta_p^2 = 0.31$$



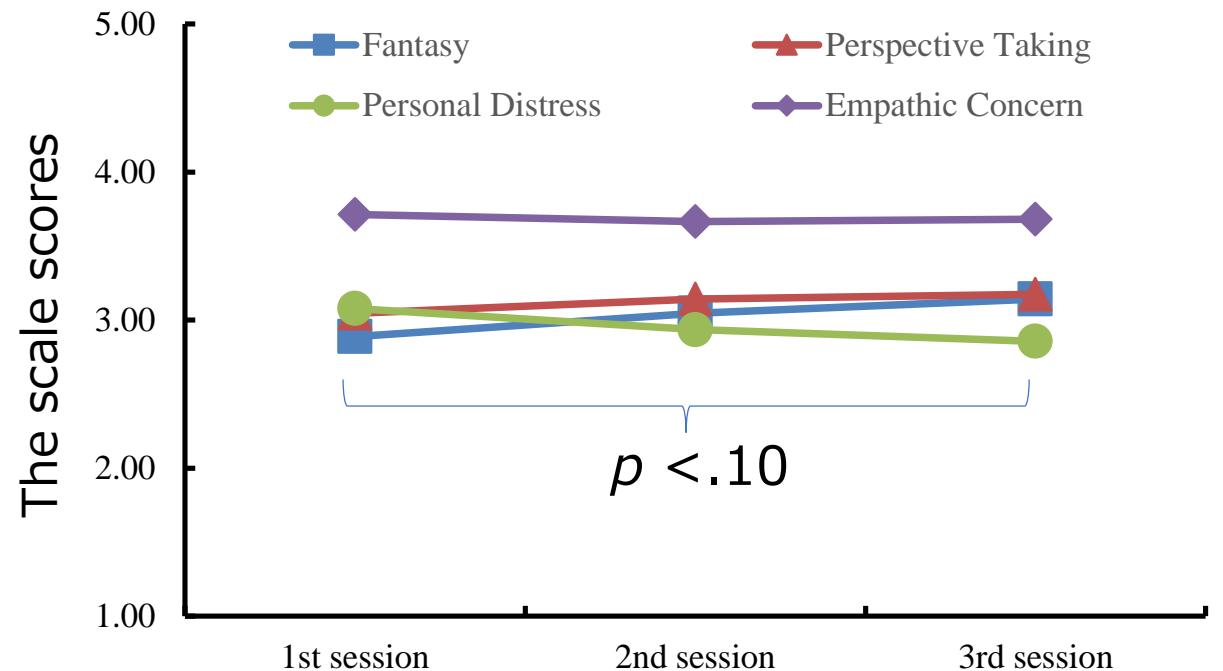
※3 Types of subscales (Fantasy, Perspective taking, Personal distress, and Empathic concern) was added to the independent variable as a factor.

※4 Since the interaction of the measurement time and the types of subscales was marginally significant, F value of the simple main effect of the measurement time on fantasy was written.

## Empathy※3

$$F(2, 64) = 2.93, p < .10, \eta_p^2 = 0.27※4$$

The main effect of the measurement time was marginally significant on fantasy



## Conclusions

1) The program reduced the fear of COVID-19.

⇒ However, since this effect did not last until 3rd session, effect of the program on the fear of COVID-19 was limited.

2) The results of Nakagawa et al. (2021) were nearly replicated in the 2nd program.

⇒ The program constantly reduces stress response and relieves insomnia.