

## **TOUCH project**

TOUCH (The Study of Multidimensional Effects of Touch) is a study dedicated to investigating the multidimensional effects of touch on human well-being. Touch is a form of non-verbal communication that can significantly impact people's physical, mental, and emotional health. The TOUCH project aims to scientifically explore the effects of touch on various aspects of human life.

Touch is a form of sensory interaction that can occur through various means, such as physical contact, caresses, massage, and other therapeutic techniques. It can influence different bodily systems, including the nervous, endocrine, and immune systems, while also playing a role in managing stress, anxiety, and pain. The TOUCH project aims to examine the effects of touch on these systems and physiological processes, as well as on psychological and social well-being.

Through the TOUCH project, scientific studies are conducted to understand how touch influences the human body and mind. These studies may involve evaluating physiological changes, such as reducing cortisol (the stress hormone) levels in the blood, increasing oxytocin production (the attachment and trust hormone), modulation of brain activity, and other measurable parameters. Additionally, the psychological and emotional effects of touch are examined, such as reduced anxiety, improved mood, and enhanced overall well-being.

The TOUCH project involves both basic and applied research. Basic studies focus on exploring the biological and psychological mechanisms underlying the effects of touch, while applied studies assess the effectiveness of various forms of therapeutic touch, such as massage, osteopathy, and other manual practices, in treating specific conditions or disorders.

The results obtained from the TOUCH project have multiple applications. They can provide a scientific basis for integrating therapeutic touch into various healthcare disciplines, such as medicine, psychology, and osteopathy. Furthermore, they can inform the development of clinical guidelines for using touch in therapeutic practice and influence health and wellness policies and practices.

The TOUCH project also contributes to a broader understanding of non-verbal communication and the role of touch in social interactions and human relationships. By exploring the multidimensional effects of touch, a holistic view of health and well-being is promoted, highlighting the importance of touch as a mode of care and human connection.

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