

De huid als ons meest sociale orgaan

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Wat is aanraking?





FR 40Hz

AGC

400

85
2.08
20
51%
C 58
P Low
10cm



Profile

18
MakeAGIF.com

Full length article

Fetal behavioral responses to the touch of the mother's abdomen: A Frame-by-frame analysis

Viola Marx  , Emese Nagy 

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<https://doi.org/10.1016/j.infbeh.2017.03.005>

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Highlights

- Fetuses, particular in the 3rd trimester, selectively respond to external tactile stimulation.
- Fetal maturation affects the emergence of their differential responsivity.
- Fetuses in the 3rd trimester start showing a differential response to tactile stimulation of the abdomen by the mother compared to no stimulation, while the response to differential responsiveness of the mother is not yet established.





Cortisol regulation in 12-month-old human infants: Associations with the infants' early history of breastfeeding and co-sleeping

Roseriet Beijers , J. Marianne Riksen-Walraven & Carolina de Weerth

Pages 267-277 | Received 03 Jun 2012, Accepted 17 Oct 2012, Accepted author version posted online: 01 Nov 2012, Published online: 29 Nov 2012

 Download citation  <https://doi.org/10.3109/10253890.2012.742057>

 Full Article

 Figures & data

 References

 Citations

 Metrics

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Pediatrics

May 1986, VOLUME 77 / ISSUE 5

Article

Increased Carrying Reduces Infant Crying: A Randomized Controlled Trial

Urs A. Hunziker, Ronald G. Barr

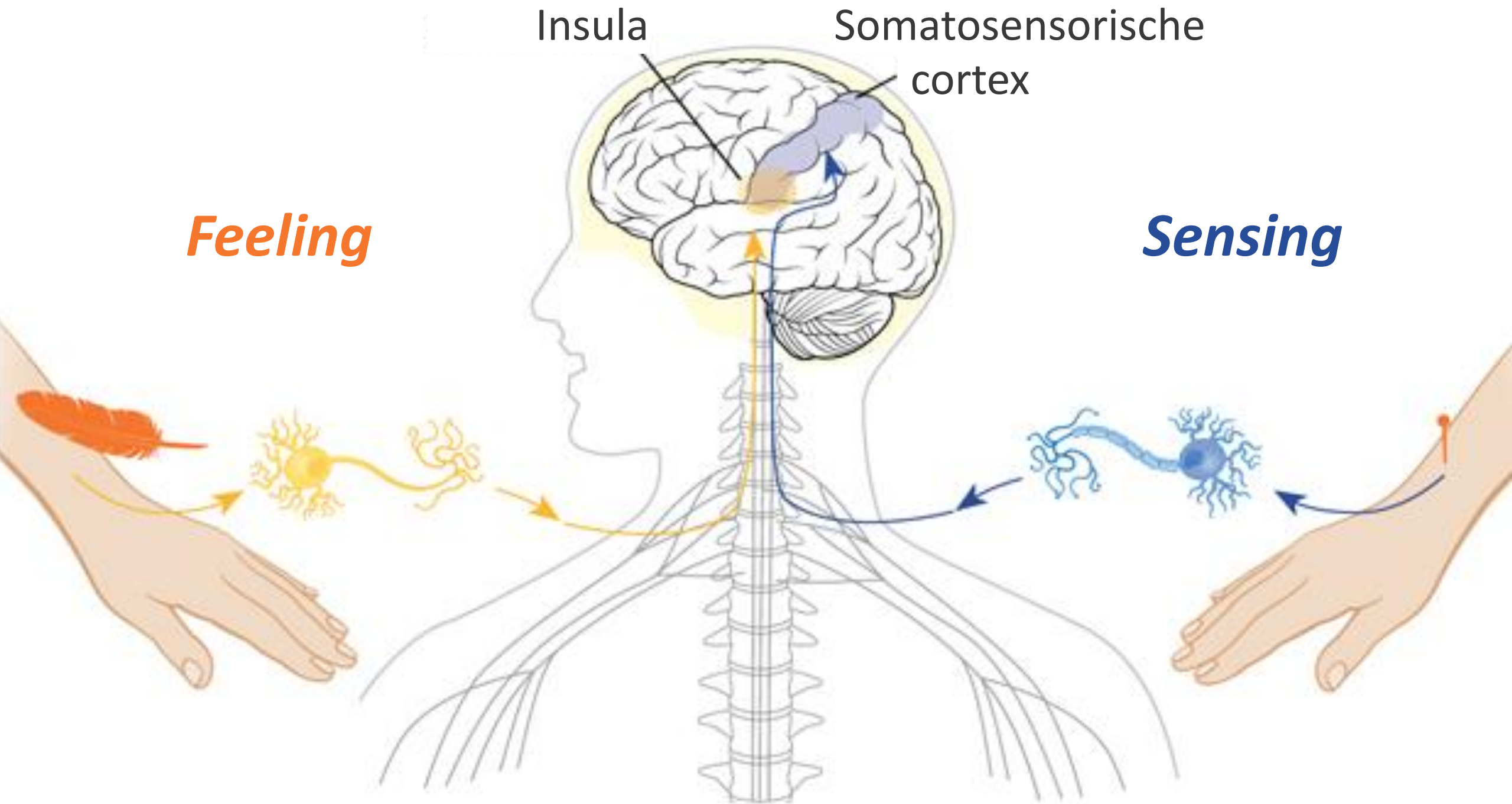
Article

Info & Metrics

Comments

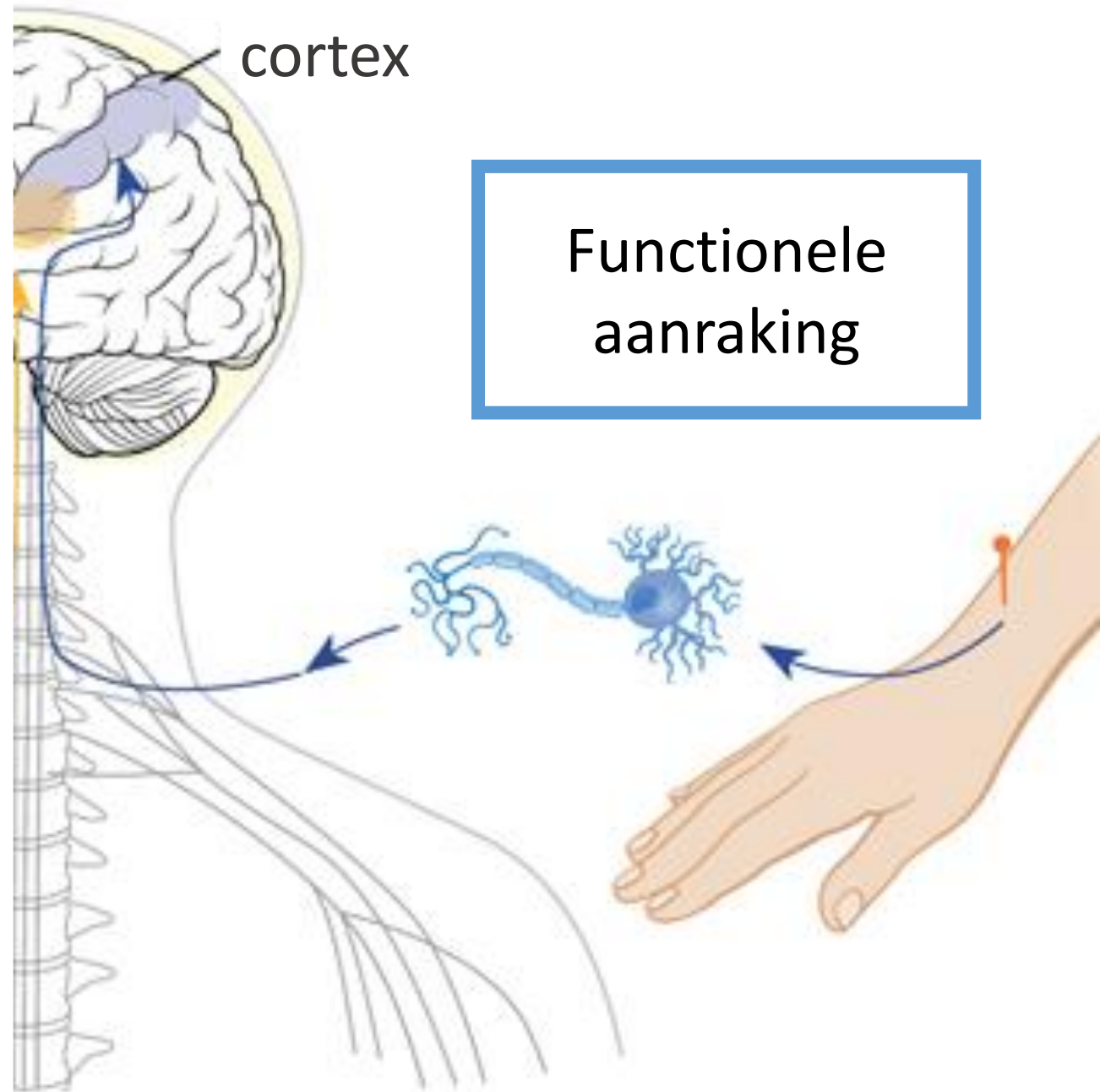
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Somatosensorische
cortex

Functionele
aanraking





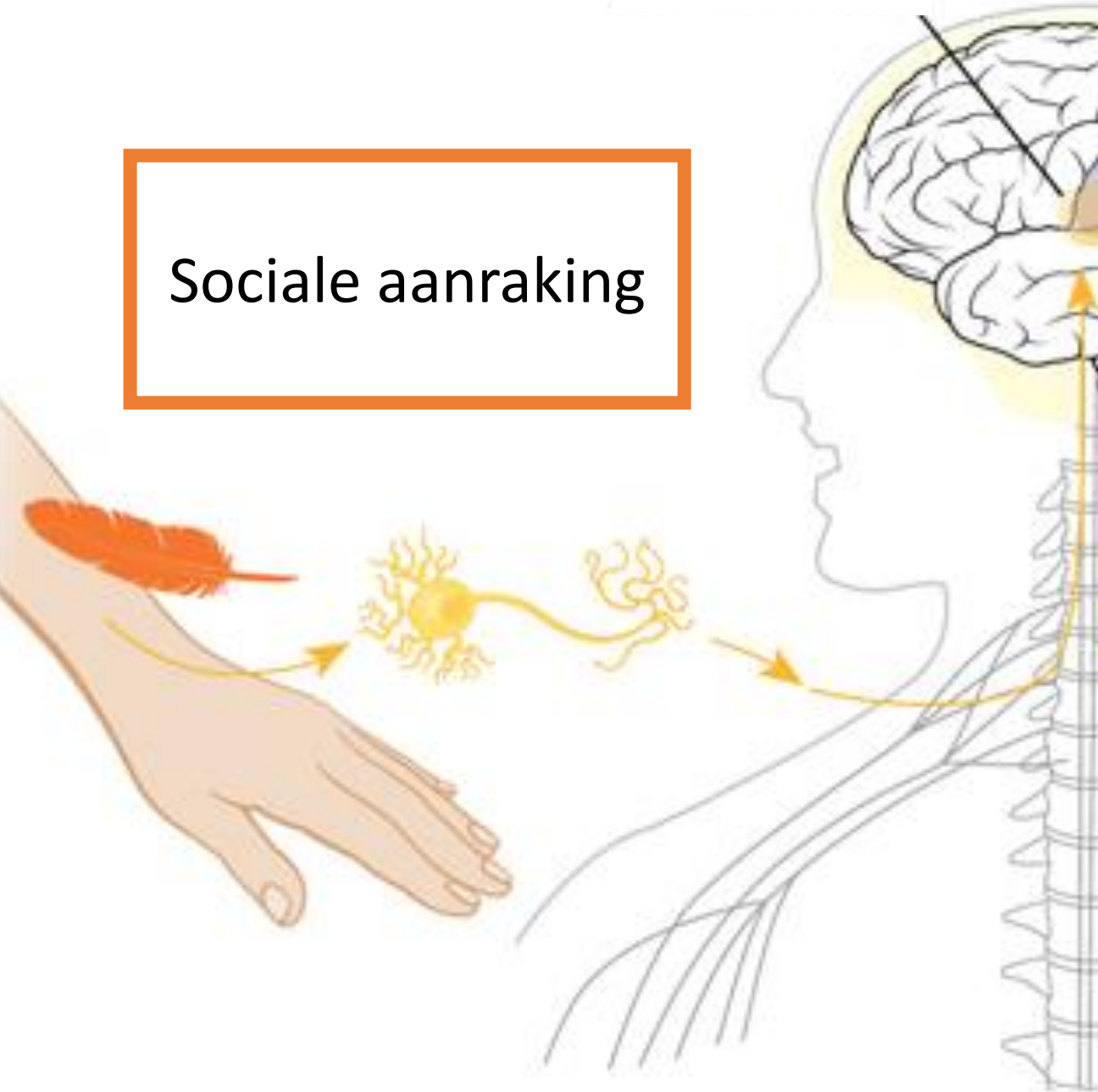






Insula

Sociale aanraking



*Aanraking tussen mensen
met als doel (emoties) te
communiceren*

Disclaimer:
gewenste *aanraking*









Optimale aanraaksnelheid:
1–10 cm/sec



*Worden we voldoende
aangeraakt?*

Gedurende de afgelopen week had ik graag...



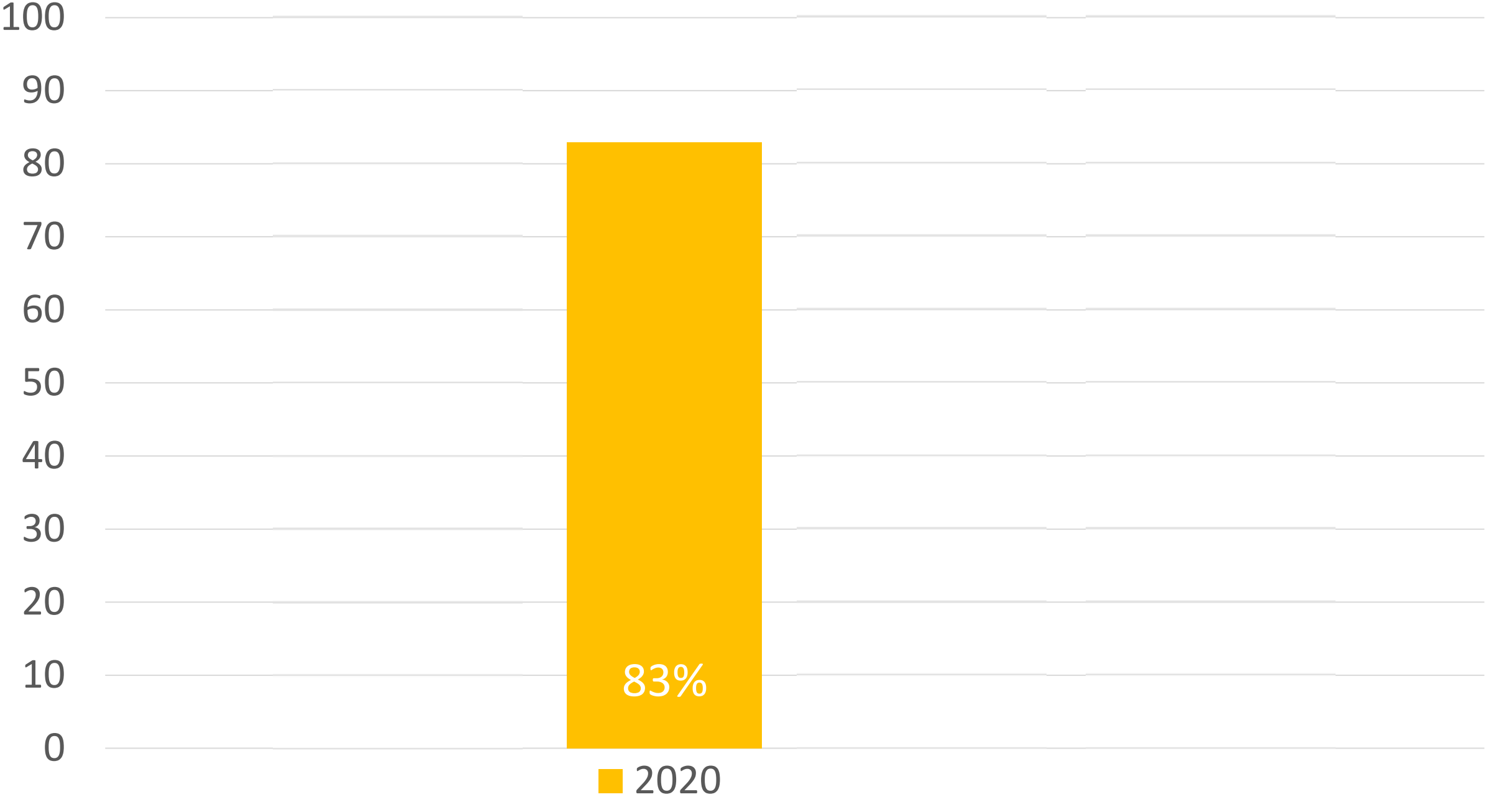
*Minder door
anderen aangeraakt
willen worden*

*Meer door anderen
aangeraakt willen
worden*



*Anderen minder
willen aanraken*

*Anderen meer
willen aanraken*



*Zijn we ónderprikkeld wat
betreft tast?*

Is dit erg?

*Aanraking werkt als een
buffer tegen distress*

OPEN

The soothing function of touch: affective touch reduces feelings of social exclusion

Mariana von Mohr , Louise P. Kirsch & Aikaterini Fotopoulou

The mammalian need for social proximity, attachment and belonging may have an adaptive and evolutionary value in terms of survival and reproductive success. Consequently, ostracism may induce strong negative feelings of social exclusion. Recent studies suggest that slow, affective touch, which is mediated by a separate, specific C tactile neurophysiological system than faster, neutral touch, modulates the perception of physical pain. However, it remains unknown whether slow, affective touch, can also reduce feelings of social exclusion, a form of social pain. Here, we employed a social exclusion paradigm, namely the Cyberball task ($N = 84$), to examine whether the administration of slow, affective touch may reduce the negative feelings of ostracism induced by the social exclusion manipulations of the Cyberball task. As predicted, the provision of slow-affective, as compared to fast-neutral, touch led to a specific decrease in feelings of social exclusion, beyond general mood effects. These findings point to the soothing function of slow, affective touch, particularly in the context of social separation or rejection, and suggest a specific relation between affective touch and social bonding.

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The social buffering of pain by affective touch: a laser-evoked potential study in romantic couples

Mariana von Mohr,¹ Charlotte Krahé,² Brianna Beck,³
and Aikaterini Fotopoulou¹

¹Research Department of Clinical, Educational and Health Psychology, University College London, London WC1E 6BT, UK ²Department of Psychology, Institute of Psychiatry, Psychology, and Neuroscience, King's College London, London SE5 8AF, UK, and ³Institute of Cognitive Neuroscience, University College London, London WC1N 3AZ, UK

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Keep in touch: The effects of imagined touch support on stress and exploration



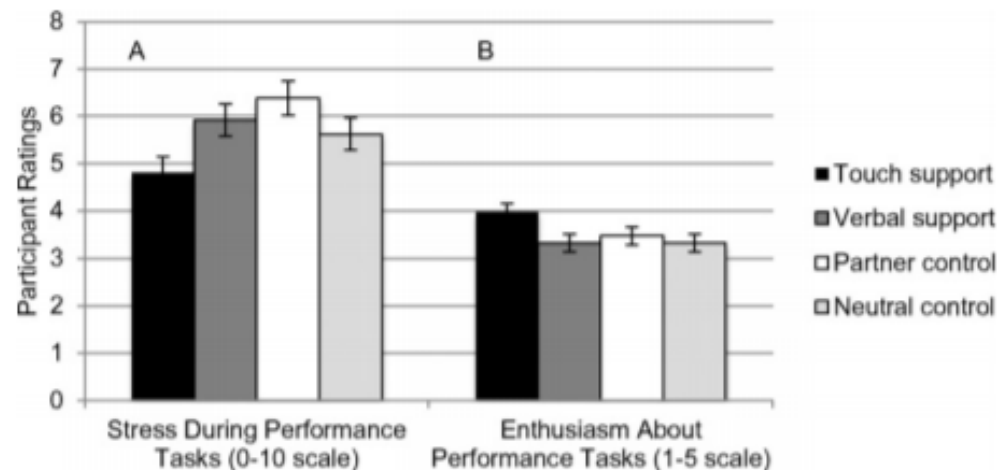
Brittany K. Jakubiak *, Brooke C. Feeney

Department of Psychology, Carnegie Mellon University, 5000 Forbes Avenue, Pittsburgh, PA, USA

HIGHLIGHTS

- We assigned participants to supportive or control imaginations before stress tasks.
- We compared two supportive imaginations: touch and verbal support.
- Imagined touch buffered stress and pain during the tasks better than verbal support
- Imagined touch support also buffered stress better than control imaginations
- Participants who imagined touch expressed the most enthusiasm about the tasks.

GRAPHICAL ABSTRACT





De context is belangrijk

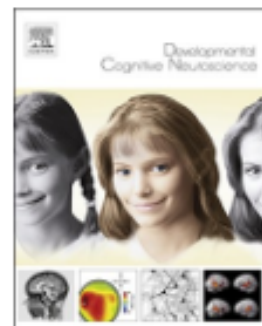


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Parental touch reduces social vigilance in children

Eddie Brummelman^{a,b,*}, David Terburg^c, Miranda Smit^c, Susan M. Bögels^a, Peter A. Bos^c

^a Research Institute of Child Development and Education, University of Amsterdam, University of Amsterdam, P.O. Box 15780, 1001 NG Amsterdam, the Netherlands

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^c Department of Experimental Psychology, Utrecht University, the Netherlands



ARTICLE INFO

Keywords:

Parental touch

Social vigilance

Social anxiety

ABSTRACT

The sense of touch develops in utero and enables parent-child communication from the earliest moments of life. Research shows that parental touch (e.g., licking and grooming in rats, skin-to-skin care in humans) has organizing effects on the offspring's stress system. Little is known, however, about the psychological effects of parental touch. Building on findings from ethology and psychology, we propose that parental touch—even as subtle as a touch on the shoulder—tells children that their environment is safe for exploration, thus reducing their social vigilance. We tested this hypothesis in late childhood (ages 8–10) and early adolescence (ages 11–14)



Epigenetic protection: maternal touch and DNA-methylation in early life

Isabella Lucia Chiara Mariani Wigley¹, Eleonora Mascheroni²✉, Sabrina Bonichini¹, Rosario Montirosso²

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<https://doi.org/10.1016/j.cobeha.2021.09.004>

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Highlights

- Epigenetics links individual experiences and later-life behavioral phenotypes.
- Affective touch is a key experience in infant development.
- Early mother-infant exchanges are primarily based on embodied interactions.

Aanraking in de psychiatrie



ggz
CENTRAAL



Foundation
kwast no.156

*Let op! Nu wel
duurder!*

4-

Foundation
brush

3-

2-

32 gezonde controles

30 BPS

23 trauma

- 11 PTSS
- 9 DIS
- 1 depressie
- 2 geen gegevens

17 vroegkinderlijk
seksueel trauma



Wat vond je van deze
aanraking?



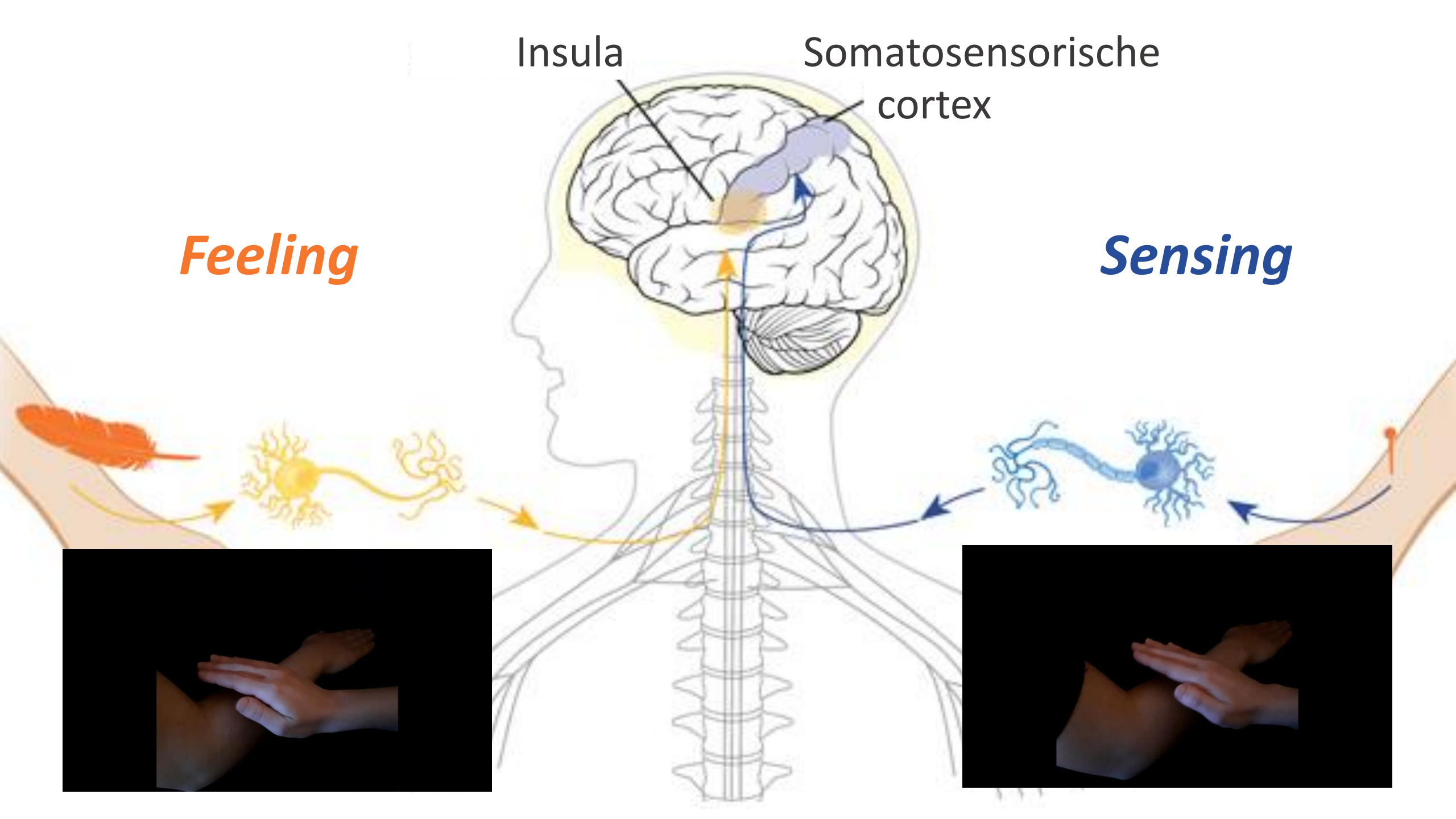
Wat vond je van deze
aanraking?

Insula

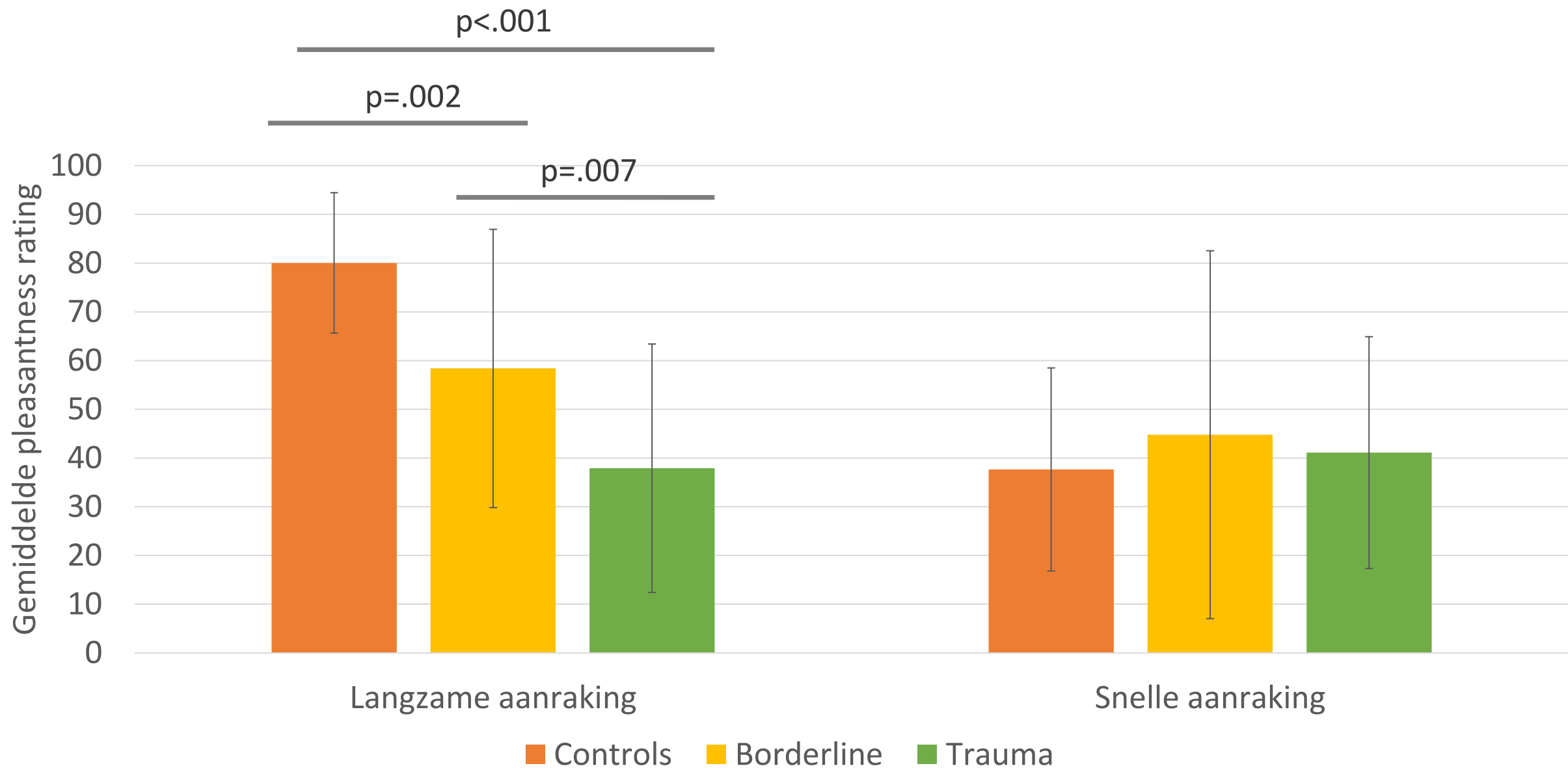
Somatosensorische
cortex

Feeling

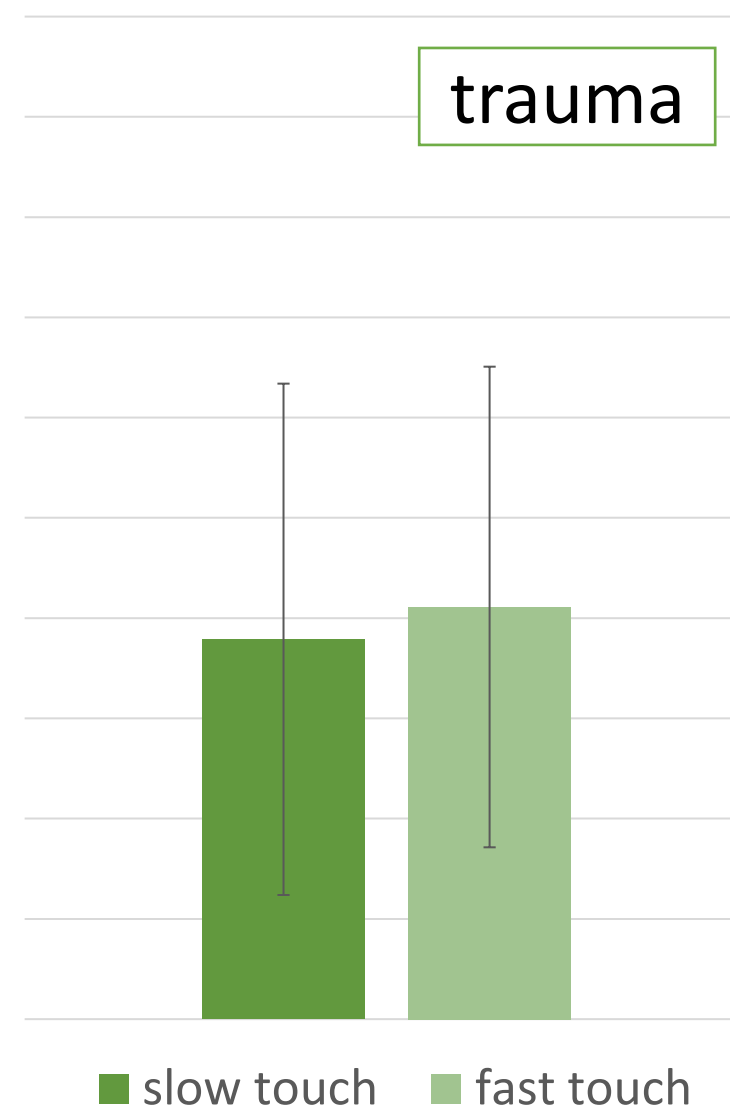
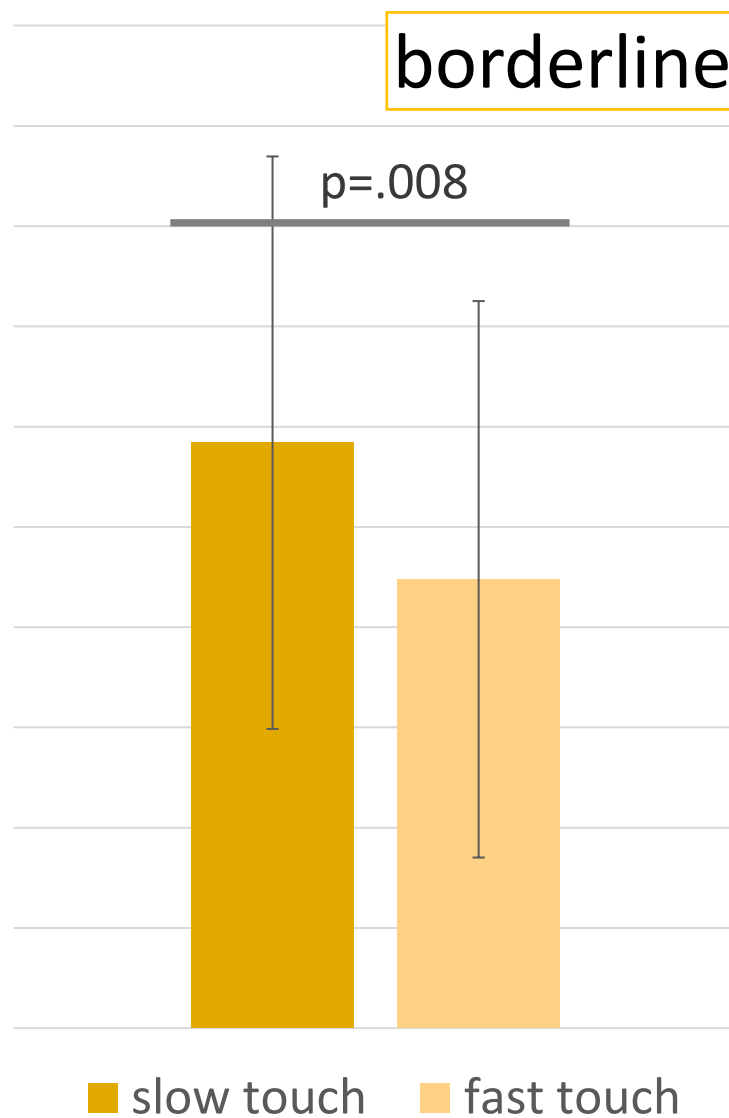
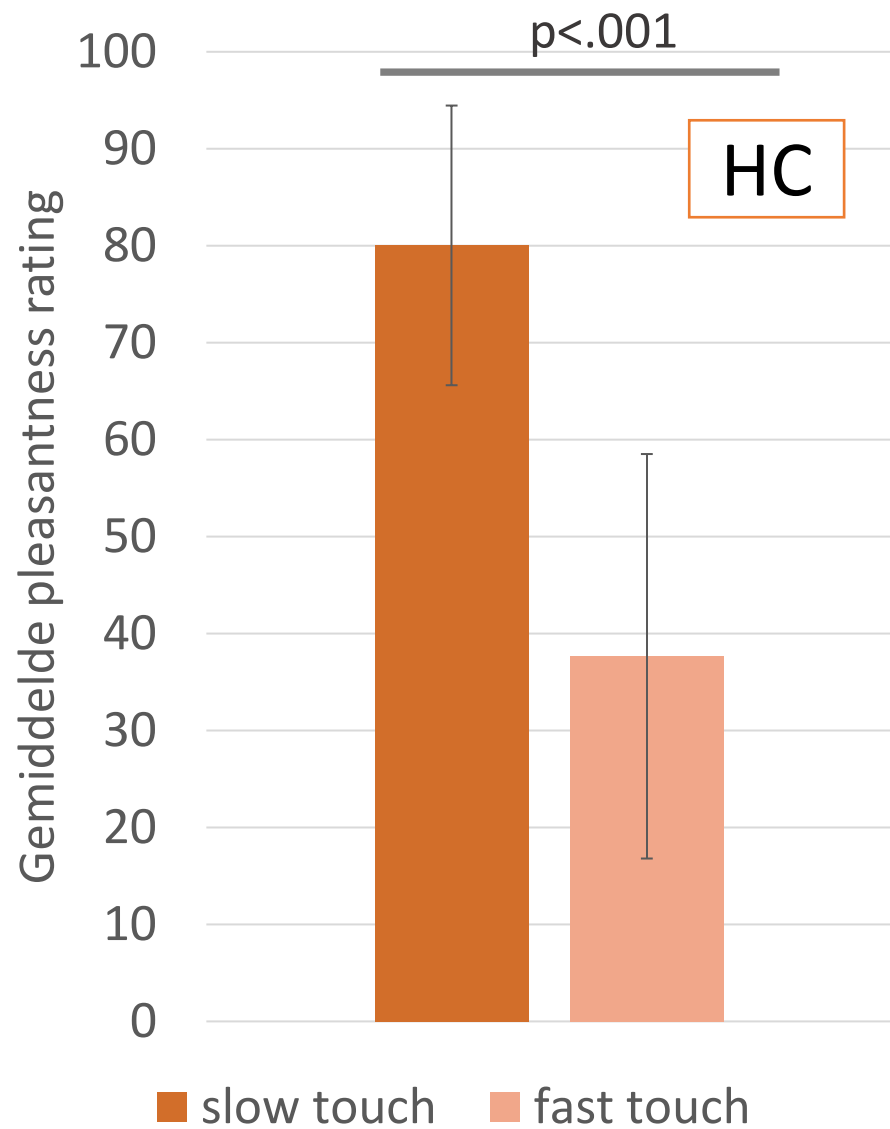
Sensing



Verschillen tussen
groepen?



Verschillen binnen
groepen?



- *Anorexia nervosa*
- *PTSS*
- *Stemmingsstoornissen*
- *Angststoornissen*

- *Autisme kenmerken*

Hoe kan dat?

OPEN

Disorganized Attachment pattern affects the perception of Affective Touch

Grazia Fernanda Spitoni^{1,2}✉, Pietro Zingaretti³, Guido Giovanardi⁴, Gabriella Antonucci^{2,5}, Gaspare Galati^{2,5}, Vittorio Lingiardi¹, Gianluca Cruciani⁶, Giulia Titone⁷ & Maddalena Boccia^{2,5}

Touch, such as affective caress, can be interpreted as being pleasant. The emotional valence that is assigned to touch is related to certain bottom-up factors, such as the optimal activation of C-tactile (CT) afferents. Tactile processing with a hedonic or emotional component has been defined as affective touch—a component that CT fibers are likely to convey. Tactile deficiencies are frequent in the psychiatric population but also in healthy people with disorganized attachment; accordingly, it is likely that affective difficulties in adults with disorganized attachment are reflected in altered perception of affective touch. To test this hypothesis, we combined methods from clinical psychology, psychophysics, and neuroimaging. We found that people with a history of traumatic parental bonds and a disorganized attachment pattern perceive a “caress-like” stimulus as being unpleasant, whereas participants with organized attachment consider the same tactile stimulation to be pleasant. Further, unlike in organized adults, the responses of disorganized adults to CT and non-CT stimulation activated limbic and paralimbic structures in a fight-or-flight manner, suggesting that early experiences with parental deficiencies shape the physiological responses of peripheral CT fibers and central nervous networks.

*Is het erg als je aanraking
minder prettig vindt?*

OPEN

The soothing function of touch: affective touch reduces feelings of social exclusion

Mariana von Mohr , Louise P. Kirsch & Aikaterini Fotopoulou

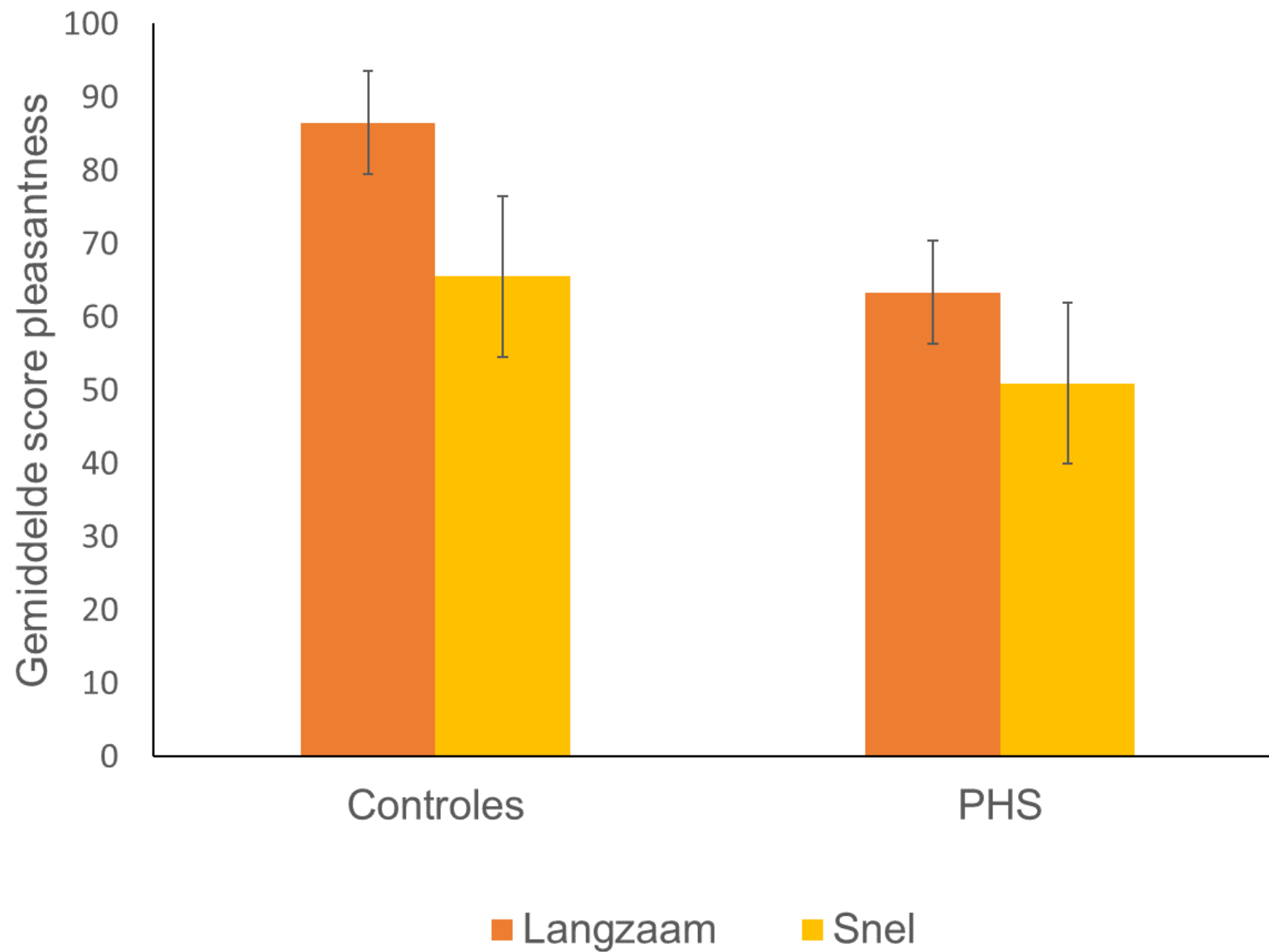
The mammalian need for social proximity, attachment and belonging may have an adaptive and evolutionary value in terms of survival and reproductive success. Consequently, ostracism may induce strong negative feelings of social exclusion. Recent studies suggest that slow, affective touch, which is mediated by a separate, specific C tactile neurophysiological system than faster, neutral touch, modulates the perception of physical pain. However, it remains unknown whether slow, affective touch, can also reduce feelings of social exclusion, a form of social pain. Here, we employed a social exclusion paradigm, namely the Cyberball task ($N = 84$), to examine whether the administration of slow, affective touch may reduce the negative feelings of ostracism induced by the social exclusion manipulations of the Cyberball task. As predicted, the provision of slow-affective, as compared to fast-neutral, touch led to a specific decrease in feelings of social exclusion, beyond general mood effects. These findings point to the soothing function of slow, affective touch, particularly in the context of social separation or rejection, and suggest a specific relation between affective touch and social bonding.

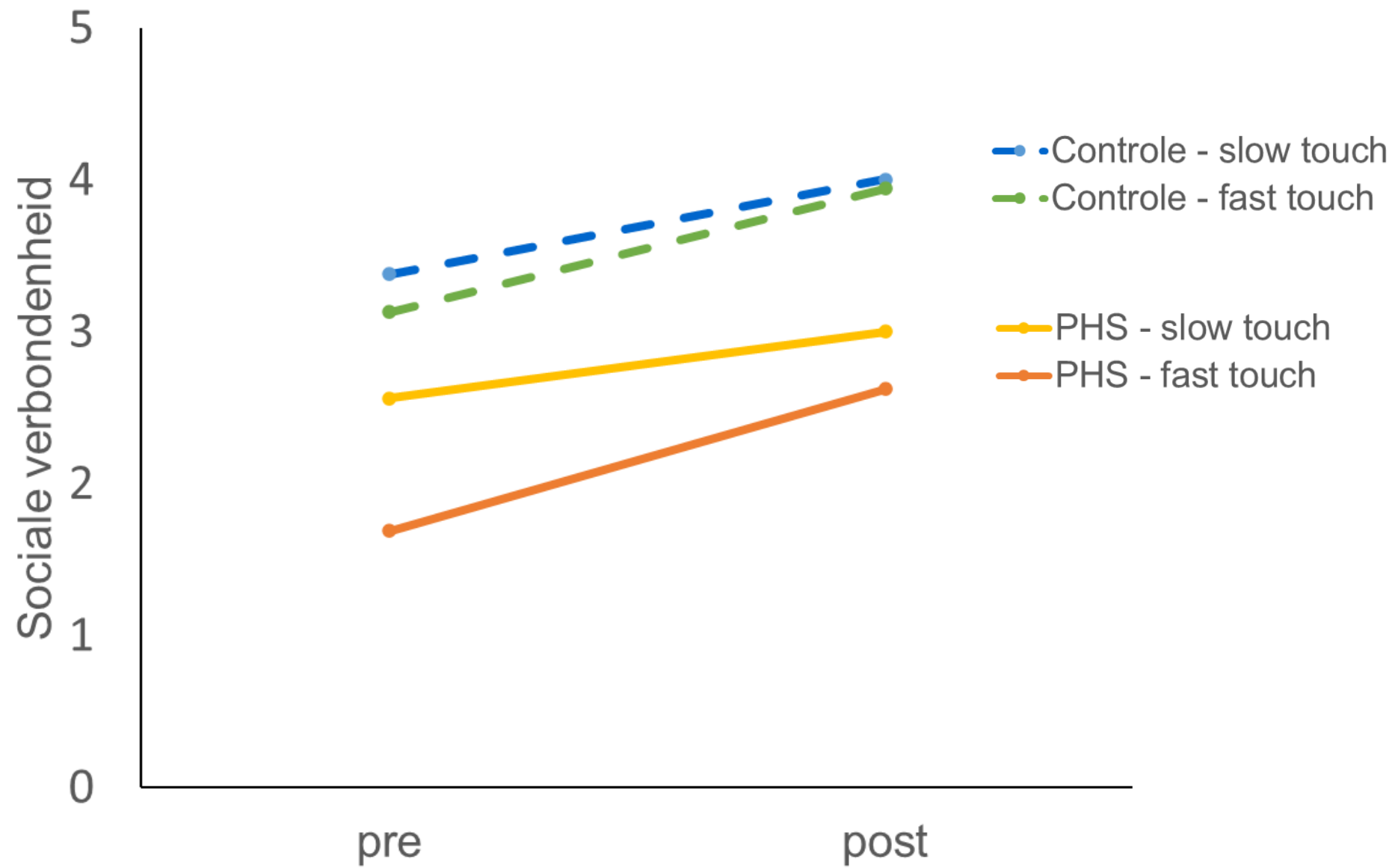
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*Aanraking is minder prettig,
maar dóet wel iets*

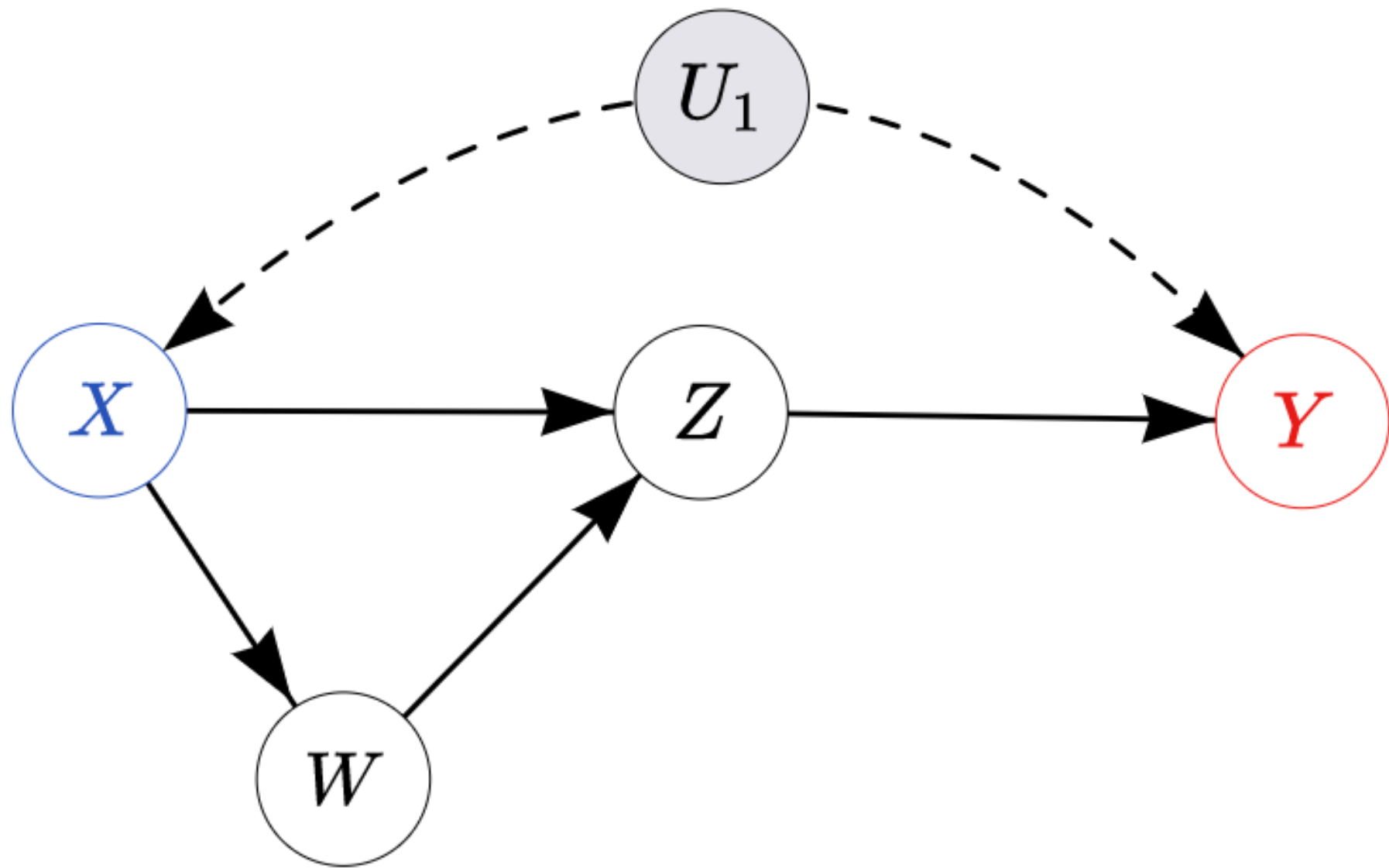
maar...

*...als je iets niet prettig vindt,
zoek je het ook niet op...*

*... terwijl je er misschien wel
profijt van kunt hebben...*

*... zeker als je meer distress
ervaart dan de gemiddelde
mens*

Moeten we hier iets mee?





Maak het bespreekbaar



Bedankt voor uw aandacht

Verder kijken en lezen

- [Op slot](#) – Drie korte portretten uit de psychiatrie over social distancing tijdens corona en aanraking (15 min)
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- [Huidhonger in corona tijd](#) – Anouk Keizer (35 min)
- [De Universiteit van Nederland: Waarom is de huid ons meest sociale orgaan](#) – Anouk Keizer (15 min)
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- The body keeps the score: Brain, mind, and body in the healing of trauma – Bessel van der Kolk
- The body remembers: The psychophysiology of trauma and trauma treatment – Babette Rothschild