



# The Tapping Solution, LLC.

## 2024 Call for Research Proposals:

### Expanding the Evidence Base for the Tapping Solution App

The evidence base for Emotional Freedom Techniques (EFT) Tapping has expanded dramatically over the past decade (See 2022 Systematic Review at: <https://go.thetappingsolution.com/tts-app-all-meditations-list-page1661373358530>.)

One gap that remains in published research is demonstrating the effectiveness of using a **mobile application** (app) to guide EFT tapping. The Tapping Solution App is a self-guided EFT Tapping app that launched in 2018 and has been downloaded by 3.5 million users in over 135+ countries.

### Call for Research Proposals

To expand the evidence base of app-guided EFT tapping, The Tapping Solution, LLC. invites investigators from all fields of study to submit research proposals that test the effectiveness of the Tapping Solution App. This Call for Proposals may be of particular interest to investigators in fields of medicine (internal and family medicine, pediatrics, psychiatry, obstetrics and gynecology, oncology, etc.), dentistry, nursing, psychology, social work, education, acupuncture, integrative medicine, public health, palliative care, Workforce Health and Safety, and first responders. The Tapping Solution App contains an extensive library of over 700 tapping meditations to address a variety of physical and mental health symptoms, such as anxiety, pain, sleep disturbances, fatigue, gut-brain interactions, etc.

#### Grant awardees will receive:

1. Free 1-year subscriptions to the Tapping Solution App for all investigators and their staff;
2. Lifetime subscriptions to the Tapping Solution App for all study participants (note: Participants can be paid if investigators have other funds for incentives but the award has no monetary component for study participation); and
3. Custom content creation. The Tapping Solution, LLC. will create, as needed, novel tapping meditation sessions tailored to specific participant populations of interest and/or specific symptoms or conditions of interest (If investigators need a novel tapping meditation to address specific subjects beyond the 700 meditations in the library, new tapping meditations will be crafted to meet the investigator's need.) See <https://go.thetappingsolution.com/tts-app-all-meditations-list-page1661373358530> for a listing of available tapping meditations.

### Award Criteria

Proposals will be reviewed by a panel composed of academic researchers and Tapping Solution leadership. Award decisions will be based on proposal novelty, need, merit, and proposed scholarly output (e.g., presentations at national conferences and publication of findings in peer-reviewed journals). Investigators at all levels and career stages (e.g., students, trainees, and faculty) are eligible to apply, and we welcome all ideas. All research projects should aim to be completed in 1-year, with extra time allowed for preparation of dissemination of findings.



## Application Process

### Proposal Instructions:

Please include the following elements with your submission.

- Cover page
  - Proposal title
  - Principal Investigator (PI) information
    - Name
    - Title or rank
    - University or institution
  - Co-investigator (Co-I) information
    - Name(s)
    - Title(s) or rank(s)
    - University(ies) or institution(s)
  - IRB protocol number(s) (if already submitted)
- Proposal Form
  - Abstract/Summary (up to 30 lines)
  - Specific Aims (1 page)
  - Research Strategy (up to 3 pages), specifically addressing:
    - Background/Significance
    - Setting/Population
    - Approach
      - Study design
      - Measures outcome and/or process metrics
      - Describe processes to handle user data, and how to protect confidentiality
  - Statement on Advancement of Science (up to 200 words)
    - Describe how proposal will advance the evidence base for the Tapping Solution App including proposed scholarly output
- NIH Bio-sketch, CV, or resume of PI and Co-Is
- References (no limit)

The deadline to submit the above information to the Proposal Review Committee Chair (Melanie A. Gold, DO, DMQ, [drmeleniegold@gmail.com](mailto:drmeleniegold@gmail.com)) and CEO of The Tapping Solution, LLC. (Nick Ortner, [nickortner@gmail.com](mailto:nickortner@gmail.com)) is **June 30, 2024** at 11:59pm.

Applicants will be notified about the Proposal Review Committee's decision by August 30, 2024.