

## ABSTRACT

Background: Clay-work creation has been found for improving mood and well-being. Through the tactile experience of the creation process, participants formed a non-verbal route to their emotional expression. However, little empirical research explored the relationship of the tactile experience of clay-work creation with well-being enhancement.

Aim: This study was to test the hypothesis that tactile experience is a critical to the effect of creation of clay-work on enhancing well-being and to examine if the sense of temperature is the factor of the mediator that underlie the effectiveness of tactile experience in enhancing well-being.

Methods: 36 randomly assigned adult participants manipulated a pound of clay and created their own clay-work by their bare hands or wearing gloves in a 30 minutes session. Mood state and well-being were measured before, immediately after and one week after the experiment.

Results: Participants who created their clay-work with tactile experience were more effective than clay-work without tactile experience in enhancing well-being. The sense of temperature of the clay was verified as one of the mediators that completely associated with the correlation between the tactile experience and improvement of well-being.