Odoki Method: Year 1 Outcome Measures

Version 1, 16 November 2026. Participants registered 16 January to 2 October 2025.

The intervention

The Odoki Method is a structured somatic inquiry intervention. Sessions were 30 minutes, roughly weekly, 10 to 20 sessions in total, delivered by one guide (the author) by video call. Three self-report measures were completed digitally at baseline and at completion: WEMWBS, GAD-7 and QIDS-SR.

Disclaimer

This report was prepared by Malcolm Holmes, who is not a statistician. There are likely errors in the analysis. Suggestions and corrections are very welcome.

Results (n = 19, pre/post)

Measure	Mean pre	Mean post	Change	Cohen's d	Any improvement	Reached MCID
WEMWBS (higher = better)	34.1	49.3	+15.2	1.24	18 / 19	18 / 19 (MCID 3)
GAD-7 (lower = better)	10.8	7.1	-3.7	0.76	14 / 19	8 / 19 (MCID 5)
QIDS-SR (lower = better)	6.6	3.5	-3.1	0.91	16 / 19	7 / 19 (MCID 5)

No inferential statistics were run. Post scores include one participant who withdrew before completion (WEMWBS 27 to 26). Most participants had mild or minimal QIDS-SR scores at baseline. Mean baseline GAD-7 was in the moderate bracket (10.8).

Participant flow (same period)

Group	n
In the analysis above (before and after data; includes the participant who withdrew)	19
Engaged, no before/after data (4 of these completed)	18
Withdrew, no data	7
Did not need the method (previous work was sufficient)	1
Discussed, never started	15
Total	60

Measures were not requested from the 18 engaged participants without data, who took part before the current protocol existed. Groups do not overlap.

Design and limits

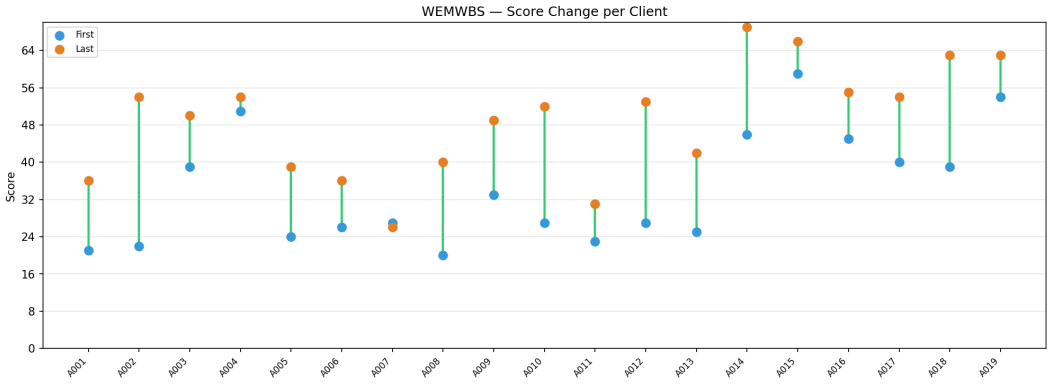
- Uncontrolled, pre/post only. No comparison group.
- Convenience sample of 19, recruited through the project principals' networks. No clinical prescreening.
- One guide, who is also the author. No independent assessment. Training additional guides began in year 2; there is no outcome data from their work yet.
- Self-report measures, administered digitally. No follow-up data.
- Participants with data are fewer than half of the 45 people who started the method.

Year 2

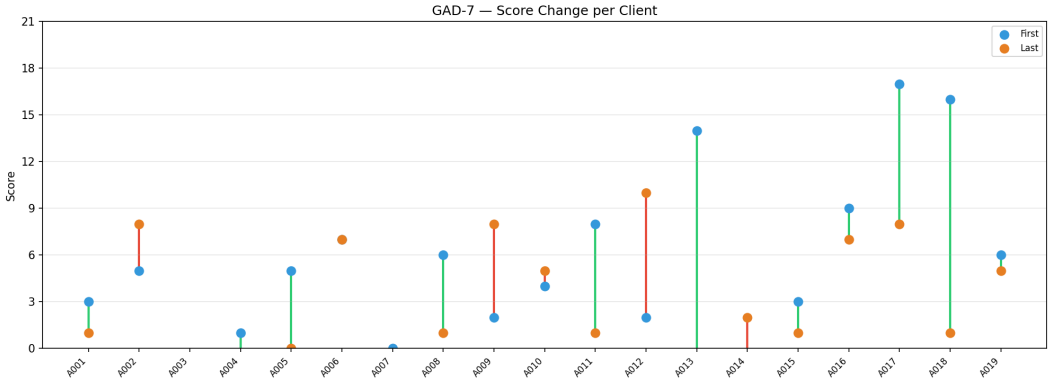
Outcome measures were not collected in year 2. Participants that year were mainly professionals, recruited as potential guides, and the sample would not have been comparable with year 1. In hindsight this was an error: measures should have been collected anyway.

Individual change

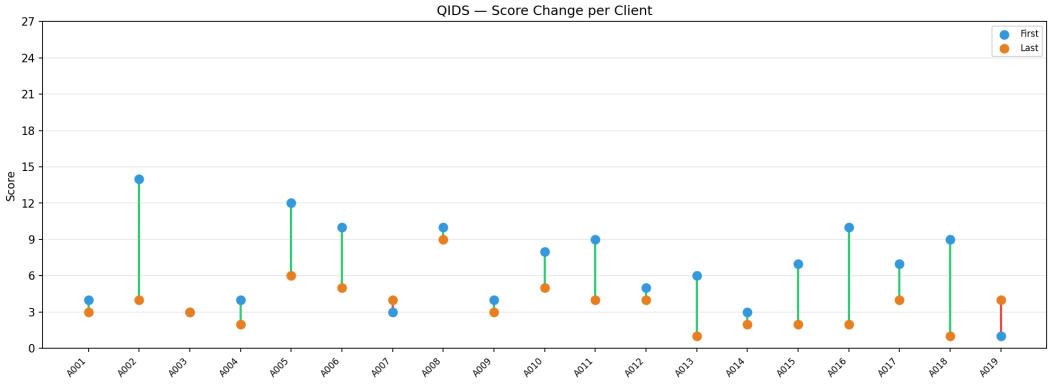
Pre and post WEMWBS by participant



Pre and post GAD-7 by participant



Pre and post QIDS-SR by participant



Request

These are our results from our first study, mostly conducted as the method was settling. We would be grateful for any feedback, particularly any assessment of value: do these represent meaningful change? And any suggestions on next steps for this project: what data would you like to see next, and where do you think it could best be applied?

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This report is available online at https://odoki.com/research/2026-11-16-year-1-outcomes/