

Participant Outcomes

Psilocybin retreats, 2025–2026: before the retreat to six months after

86%
had higher well-being six months after

+14
points connectedness at six months (0–100)

−35%
depression and stress at six months

40/40
responses rated the effect on life as positive

Self-reported questionnaires from 83 participants. Small follow-up samples and no comparison group; see the final page for how to read these results.

AT A GLANCE

Most of the change seen in the first weeks was still there six months later

We asked participants to complete validated psychological questionnaires about two weeks before their retreat, the day after, and at each follow-up. Each person was compared with their own earlier answers.

When participants answered

Timepoint	Typically completed	Responses	Matched to the same person before
Before the retreat	11 days before	83	—
Day after the retreat	1 day after	64	51
First follow-up	19 days after (range 16–33)	36	31
3 months	94 days after	25	18
6 months	187 days after	15	14

Key outcomes at every timepoint

Estimated average scores. Arrows show which direction is better; figures in bronze differ significantly from before the retreat ($p < .05$).

Measure	Before	~3 weeks	3 months	6 months
Well-being (WEMWBS, 14–70) ↑	46.2	52.9	53.7	50.8
Connectedness (Watts, 0–100) ↑	52.7	71.4	68.4	66.9
Depression (DASS-21) ↓	9.9	5.1	6.0	6.4
Stress (DASS-21) ↓	12.8	7.3	8.1	8.4
Anxiety (DASS-21) ↓	5.1	3.5*	2.9*	4.1*
Social connectedness (8–48) ↑	32.3	38.0	36.3	36.3
Social safeness (11–55) ↑	36.3	41.0	41.2	40.5

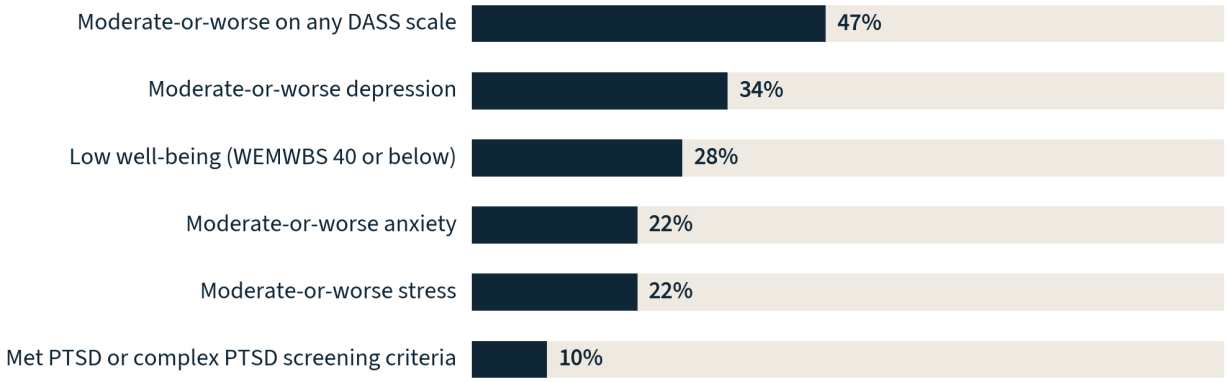
* Not statistically significant. Anxiety was low for most participants before the retreat, leaving little room to improve. People answering: 83 before, 31, 18 and 14 at follow-ups.

WHO TOOK PART

Many participants arrived carrying real distress and long-standing difficulties

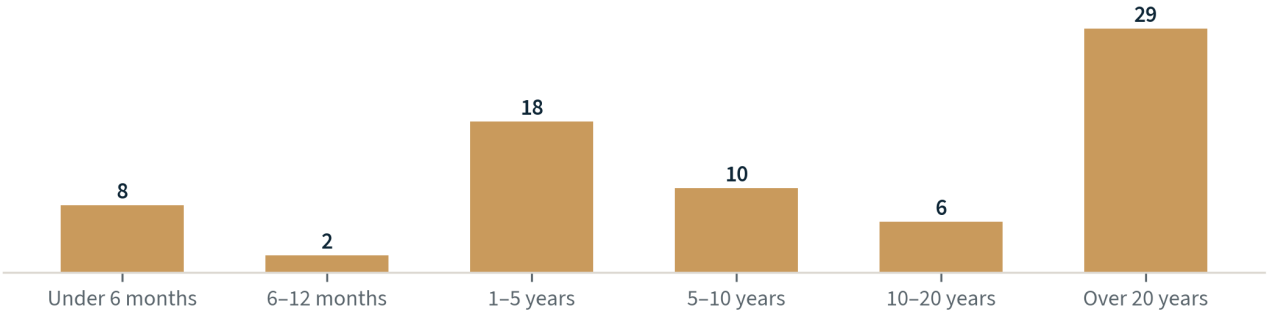
83 people completed the questionnaire before their retreat, between March 2025 and November 2026. They were aged 25 to 74 (average 47); 55 were men and 28 women. All consented to their anonymised answers being used for research.

Before the retreat



When the difficult experience they chose to describe happened

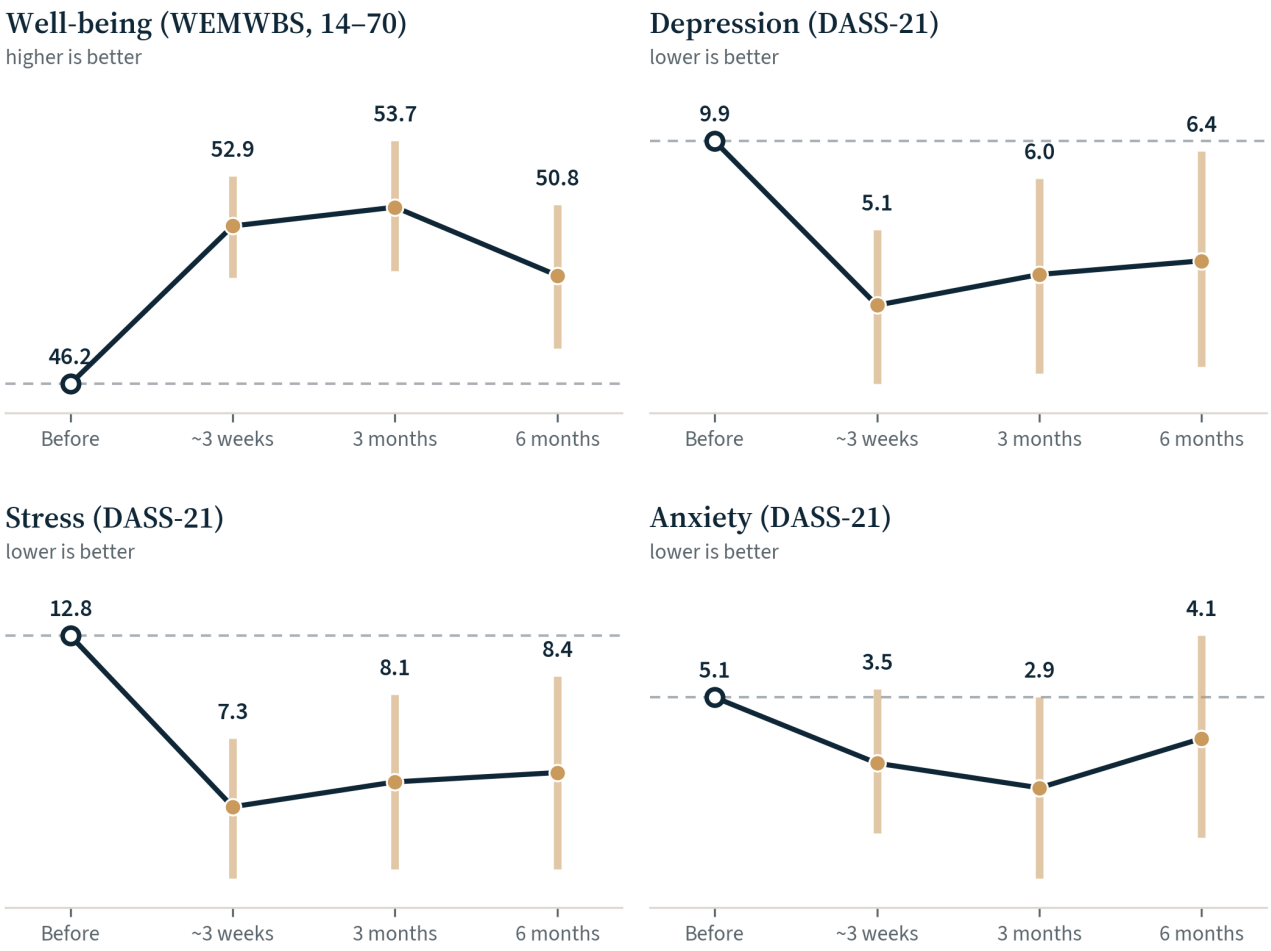
Participants were asked to think of a difficult or traumatic experience in their life. For most, it lay years in the past.



Based on 73 participants who answered this question. Those who answered later questionnaires showed no clear differences before the retreat from those who did not.

WELL-BEING AND MOOD

Well-being rose and depression and stress fell within weeks, and stayed better at six months



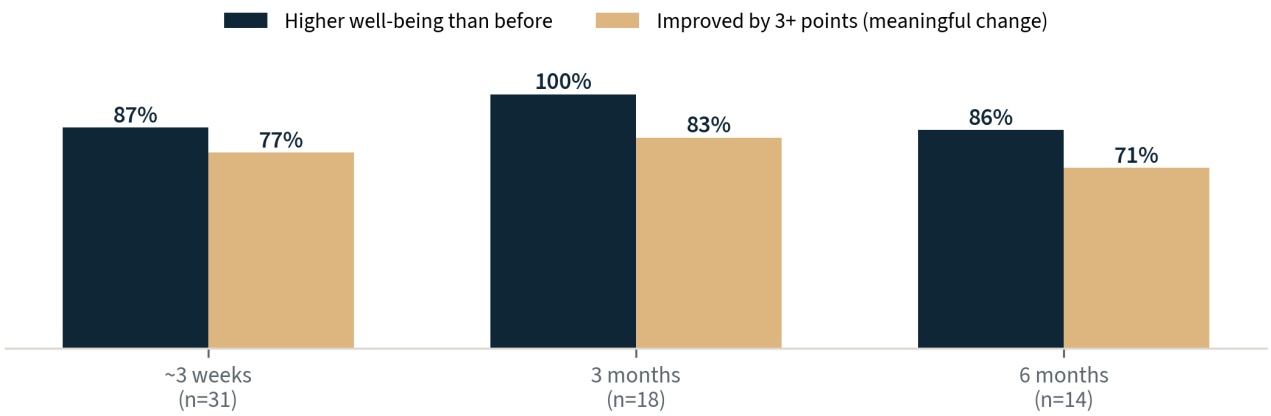
Estimated average scores. Whiskers show the 95% range for the change from before the retreat; the dashed line marks the level before the retreat.

Well-being rose by about 7 points within weeks and was still about 5 points higher at six months. Depression and stress each fell by roughly a third to a half and remained lower at every follow-up. Anxiety, which was low for most participants to begin with, did not change significantly.

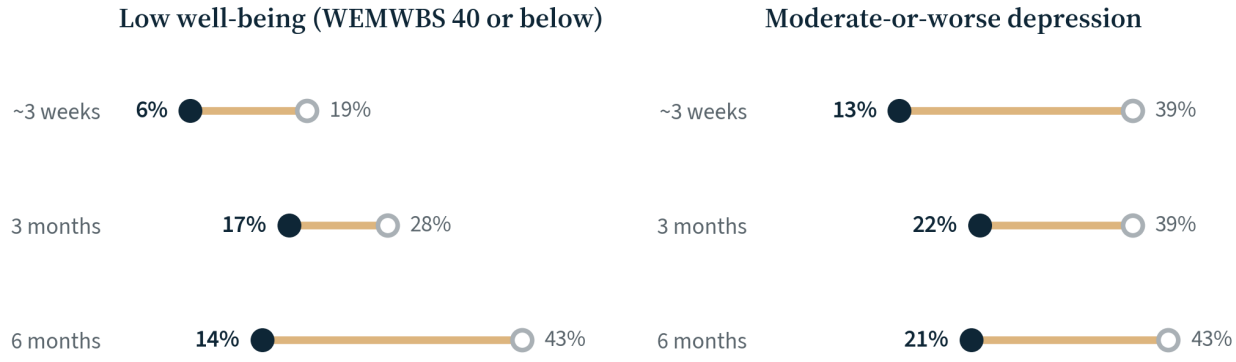
MEANINGFUL CHANGE

Most participants improved by an amount that matters in everyday life

A rise of 3 or more points on the well-being scale is commonly treated as a meaningful change. The chart compares each person with their own score before the retreat.



Fewer participants in the difficult ranges

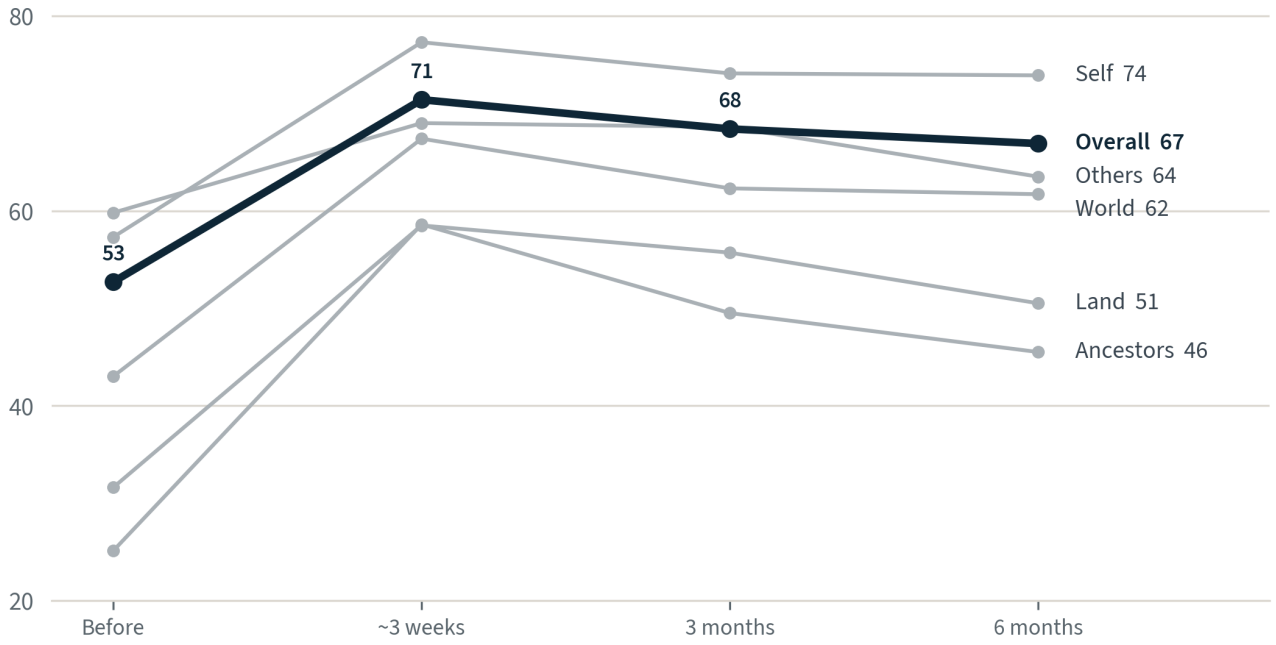


Open circle = before the retreat, filled = at follow-up. Each row compares the same people.

Not everyone improved. At the first follow-up, 10% of participants dropped 3 or more points in well-being and 3 people's depression scores rose noticeably; at six months, 3 people's stress scores were higher than before.

CONNECTEDNESS

Connectedness showed the largest change, especially to the world, the land and ancestors



Estimated average scores, 0–100. Self, others and world are the Watts Connectedness Scale; land and ancestors are Inwardbound's own questions.

Overall connectedness rose from 53 to 71 within weeks and was still 67 at six months. The largest lasting gains were in connection to the world (+19), the land (+19) and ancestors (+20), where participants started lowest. Connection to oneself stayed about 17 points higher. Connection to other people rose at first but most of that gain had faded by six months.

Relationships and nature

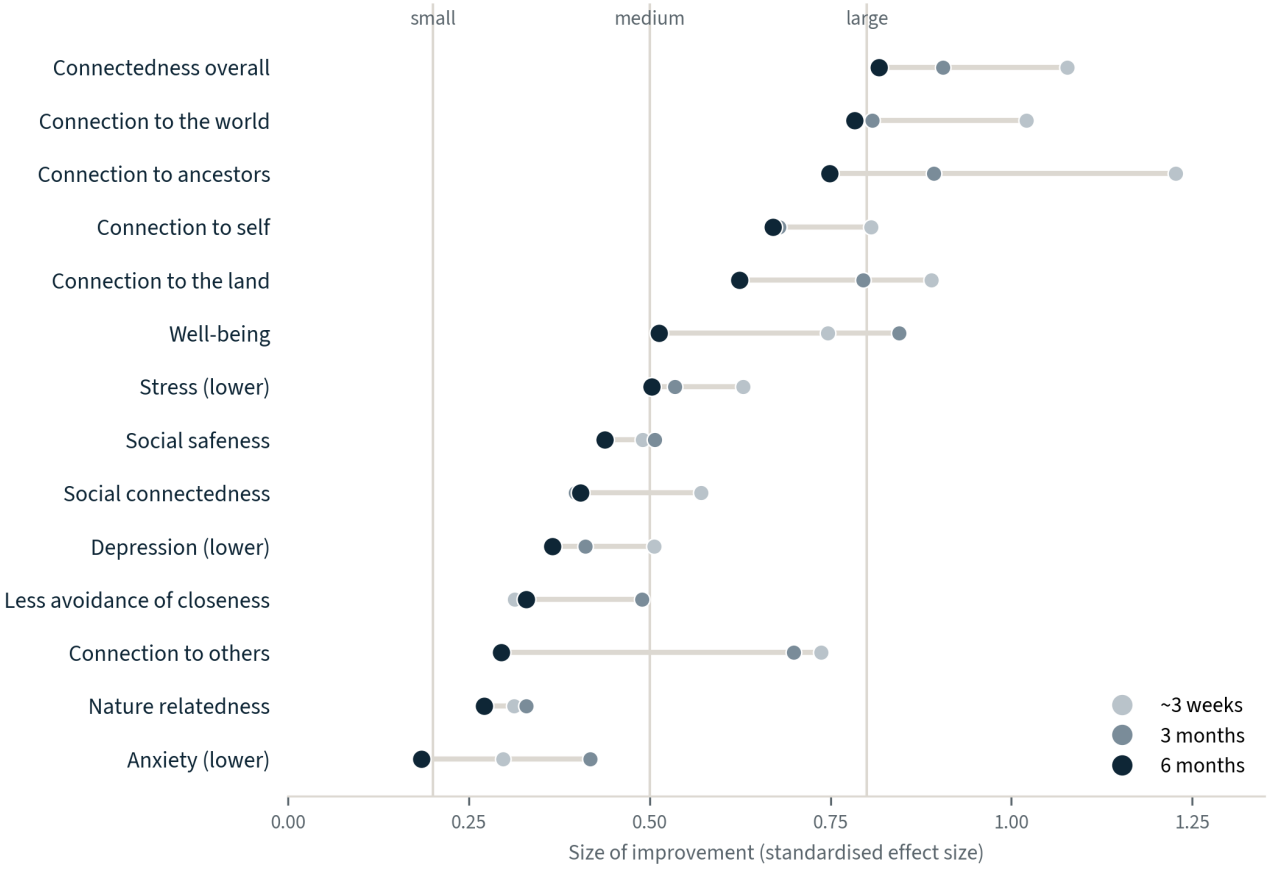
Measure	Before	~3 weeks	3 months	6 months
Nature relatedness (1–5) ↑	3.9	4.1	4.1	4.1
Avoidance of closeness (1–4) ↓	2.15	1.94	1.82	1.93*
Trauma symptoms (ITQ, PTSD / complex)	6.4 / 10.4	not measured	no change	3.4 / 6.4

* p = .051. Trauma figures are for the 14 people who answered at six months, none of whom met trauma screening criteria before the retreat.

SIZE OF CHANGE

The largest and most lasting changes were in connectedness and well-being

To compare outcomes measured on different scales, each change is shown as a standardised effect size: the change divided by how much scores varied before the retreat. Around 0.2 is usually called small, 0.5 medium and 0.8 large.

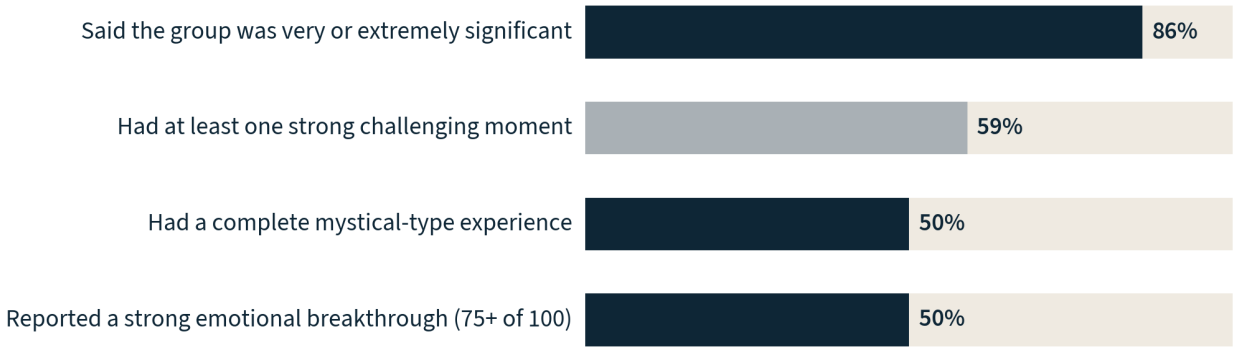


Sorted by the size of change at six months. All outcomes are shown so that a larger value means more improvement.

THE RETREAT EXPERIENCE

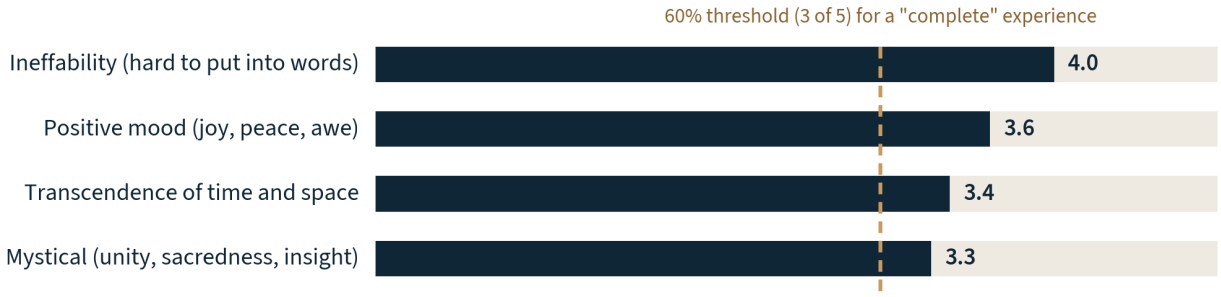
Deep experiences, often alongside difficult moments, and a strong sense of group

The day after their retreat, 64 participants described their experience.



Dimensions of the mystical-type experience

Average scores out of 5 on the Revised Mystical Experience Questionnaire. The experience was most often described as hard to put into words.

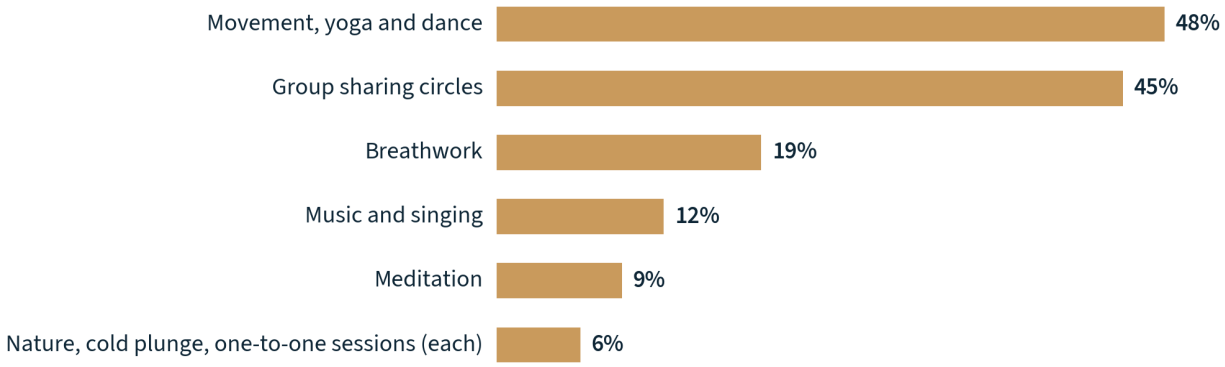


Difficult moments, most often grief, fear or physical discomfort, were often part of the process: participants with harder experiences also tended to report more emotional breakthrough. The 23 most recent participants also rated their sense of bond and belonging with the group at 6.2 out of 7, and their connection with the facilitators at 5.7 out of 7.

WHAT HELPED

Movement and group sharing were the practices participants valued most

Asked the day after which parts of the retreat they found most useful, participants most often named:



Share of 64 participants mentioning each practice in their own words; many named several.

"Talking together in a circle about how we felt and our experiences."

Participant, day after the retreat

"Movement practices, especially outside, the cacao ceremony, and the singing, music and dance."

Participant, day after the retreat

Support after the retreat

At three and six months, participants described the integration support they had used and found helpful:

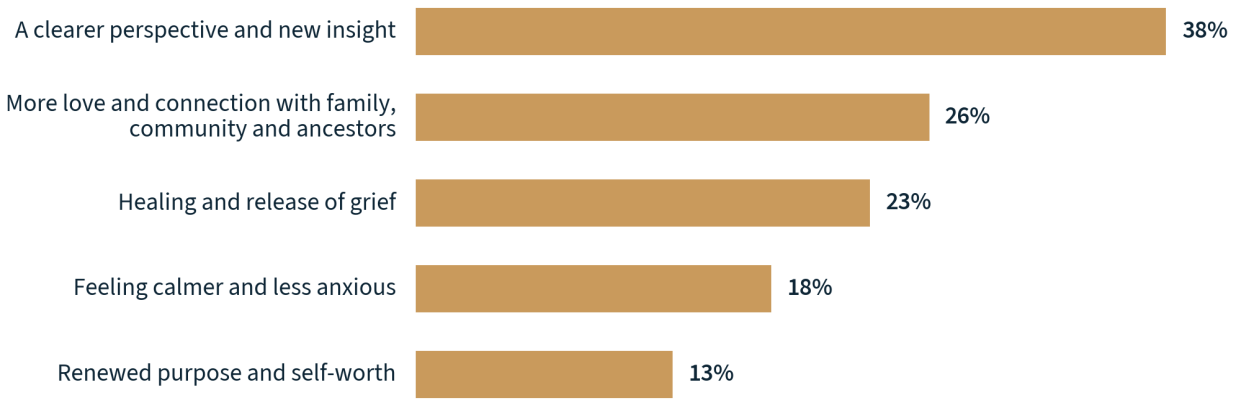


Share of 38 written answers; one answer can mention several kinds of support.

IN PARTICIPANTS' OWN WORDS

What changed in their lives

At three and six months, all 40 responses described the retreat's effect on their life as positive (20) or extremely positive (20). Asked why, participants most often described:



Themes drawn from 39 written answers; one answer can mention several themes.

"Love has 'come online' for me after the retreat. It wasn't really present like this before. And it's stayed."

Participant, 3 months after

"It has inspired me to make thoughtful decisions in my best interest, not from a place of fear but of hope and optimism."

Participant, 6 months after

"My nervous system feels more balanced. I feel calmer. I feel more positive and enthusiastic for future possibilities."

Participant, 3 months after

"I've found some new sources of energy from my ancestors that I wouldn't have been able to tap into before."

Participant, 3 months after

"Met great people that made me rethink the purpose and value of community in my life."

Participant, 3 months after

"It's accelerated my healing process and showed me what I needed to see."

Participant, 6 months after

IN PARTICIPANTS' OWN WORDS

Integration, and the full range of experiences

On support after the retreat

"I found the peer WhatsApp group a nice touchstone to dip into over the last 6 months for people's progress and a sense of community."

Participant, 6 months after

"I found the one-to-one integration session with a therapist after the retreat helpful as well as the group sessions."

Participant, 6 months after

"It helped me deepen the processes that I started in therapy and have a closer look at some unconscious processes such as the roots of my anxiety."

Participant, 3 months after

"Tokens and meditation help to stay close to the experience and avoid it getting covered up too quickly by day-to-day life."

Participant, 3 months after

Not every experience was the same

Some participants described more mixed outcomes. Their accounts matter just as much, and point to where support could be strengthened.

"I wouldn't say the retreat solved all my problems, but it gave me great motivation to kickstart things that would help me."

Participant, 6 months after

"My intention was not fulfilled, but I am glad that I participated in the retreat. I made some very good friends."

Participant, 3 months after

"While the psilocybin didn't have much if any effect on me, the five days off the grid and surrounded by thoughtful and caring people was extremely helpful."

Participant, 3 months after

"[The integration calls] didn't add more to what was shared during the retreat … but to be fair, I did quite a lot by myself."

Participant, 3 months after

One participant would have liked to continue therapy after the retreat but could not afford it, which suggests affordable follow-on support may be worth exploring.

Quotes are anonymous and lightly edited for spelling and length.

READING THESE RESULTS HONESTLY

Encouraging results, with important limits

- No comparison group. We cannot separate the retreat's effect from expectation, the passing of time or other life events.
- People often sign up at a low point, so some improvement would be expected anyway.
- Most participants did not answer every questionnaire. About a third answered at six months. Those who did looked similar beforehand to those who did not, but people who felt better may have been more likely to reply.
- Small numbers. With 14 to 31 people at each follow-up, a few individuals can shift the averages.
- Self-reported answers. Participants who valued the retreat may describe themselves more positively.
- Other influences. Some participants reported major life changes during follow-up, including starting new treatment.

How the analysis was done

Changes were estimated with linear mixed-effects models (a random intercept per participant), which use every available answer, including from people who missed some follow-ups. Paired comparisons of the same people gave the same pattern. Responses were linked across questionnaires by age, sex and retreat date, as the forms had no participant ID; doubtful links were excluded.

DASS-21 scores are doubled to the standard range; the form omitted one depression item, so depression was prorated from six items. International Trauma Questionnaire options were rescored 0–4 by their wording. A few connectedness answers given on a 0–10 scale were multiplied by 10. Five "3-month" responses completed about one month after the retreat were left out of the 3-month results.

Privacy

All participants consented to the research use of their anonymised data. This report contains no names, contact details or personal descriptions.

Psilocybin retreats are not a substitute for medical or psychological treatment, and individual experiences vary widely.