

Preliminary Report – inHarmony Pre/Post Session Wellness Questionnaire

1. Methods

Participants completed an online questionnaire immediately before and after a single inHarmony session. The questionnaire contained 10 items assessing specific wellness outcomes, each rated on a 0–5 scale:

1. Current state of mind (emotional state)
2. Freedom from anxiety
3. Freedom from stress
4. Level of relaxation
5. Mental clarity
6. Freedom from fatigue
7. Energy level
8. Freedom from aches and pains
9. Physical comfort
10. Overall sense of well-being

By June 2026, 103 responses had been submitted for the pre-session questionnaire and 85 for the post-session questionnaire. Across all submissions, the sample represented 87 unique participants, including 67 women and 20 men. After excluding one record with an invalid date of birth, the participants' mean age was 50.6 years. Data were extracted and analyzed using GraphPad Prism 8.0. Outliers were identified, and normality was assessed using the Shapiro–Wilk test. Between-group comparisons (pre vs. post) were performed with the Mann–Whitney test or unpaired t-test when appropriate. Statistical significance was set at $p < 0.05$. Percent change values were calculated relative to the pre-session scores.

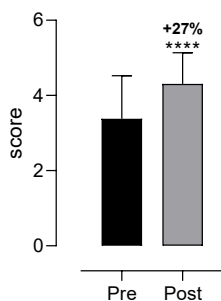
2. Results

Of the 103 participants who performed the session, 85 completed the post session questionnaire and provided feedback regarding the chosen tracks. Of the participants who completed the post-session questionnaire and provided feedback regarding the chosen tracks, responses indicated that the 417-frequency sessions were the most commonly selected tracks overall. In particular, 417 Volume 2 was reported most often, typically for 22 minutes. A second recurring group involved full-body or general recovery-oriented tracks, including Overall Healing and Recovery, Full Body Rejuvenation and Recovery, Recovery, Whole Body Recovery, Full Body Healing, and Overall Wellness. These were generally listened to for longer durations, most commonly 90 minutes, with two entries reporting 2-hour sessions. I Am Transformed was also reported multiple times, with durations ranging from 11 to 25 minutes. I Am Pure Love, including 528 Hz Volume 2: I Am Pure Love, was reported several times, most often for 11 minutes, with one 22-minute entry. Other repeatedly reported tracks included Heart Chapter 2, Solar Plexus/Solar Plexus Chapter 2, Sacral Chapter 2/Sacral Volume 2, and 174/175 My Body Is Aligned. Less frequently reported tracks included Astral Projection, Rain Forest, Forgiveness, Release, In Love, Breath of Wind, Relaxation, Healing, I Am Cleansed/Body Cleanse, Root Chapter 2, Golden Ratio 432 Hz, 639 Hz Solfeggio Gamma, 963 Hz, Ancestor Calling, Orion, I Am Connected to My Prior Self, Meditation Cushie, I Am Rejuvenated, Demo, and C#.

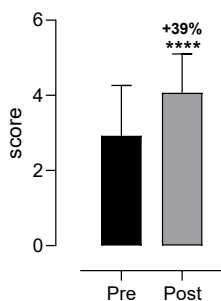
All the assessed outcomes had a statistically significant improvement after the session: emotional state ($p < 0.0001$), anxiety ($p < 0.0001$), stress ($p < 0.0001$), relaxation ($p < 0.0001$), mental clarity ($p < 0.0001$), fatigue ($p < 0.0001$), energy ($p < 0.0001$), aches and pain ($p < 0.0001$), physical comfort ($p < 0.0001$), wellbeing ($p < 0.0001$), and total wellness score ($p < 0.0001$). Percentage changes from pre- to post-session were as follows:

Outcome	% Change Post vs. Pre
Emotional state	+27%
Freedom from anxiety	+39%
Freedom from stress	+45%
Relaxation	+49%
Mental clarity	+27%
Freedom from fatigue	+37%
Energy level	+37%
Freedom from aches/pains	+32%
Physical comfort	+27%
Overall well-being	+31%
Total Wellness Score	+35%

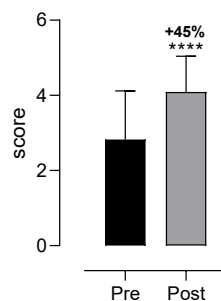
How would you rate your current state of mind (emotional state)?



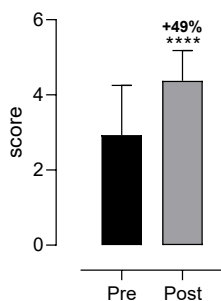
How free from anxiety do you feel right now?



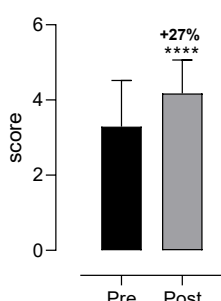
How free from stress do you feel right now?



How relaxed do you feel at this moment?



How would you rate your level of mental clarity right now?



How free from fatigue do you feel right now?

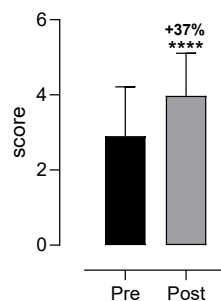


Figure 1. Percentage changes from pre- to post-session in emotional state, freedom from anxiety, freedom from stress, relaxation, mental clarity, and freedom from fatigue.

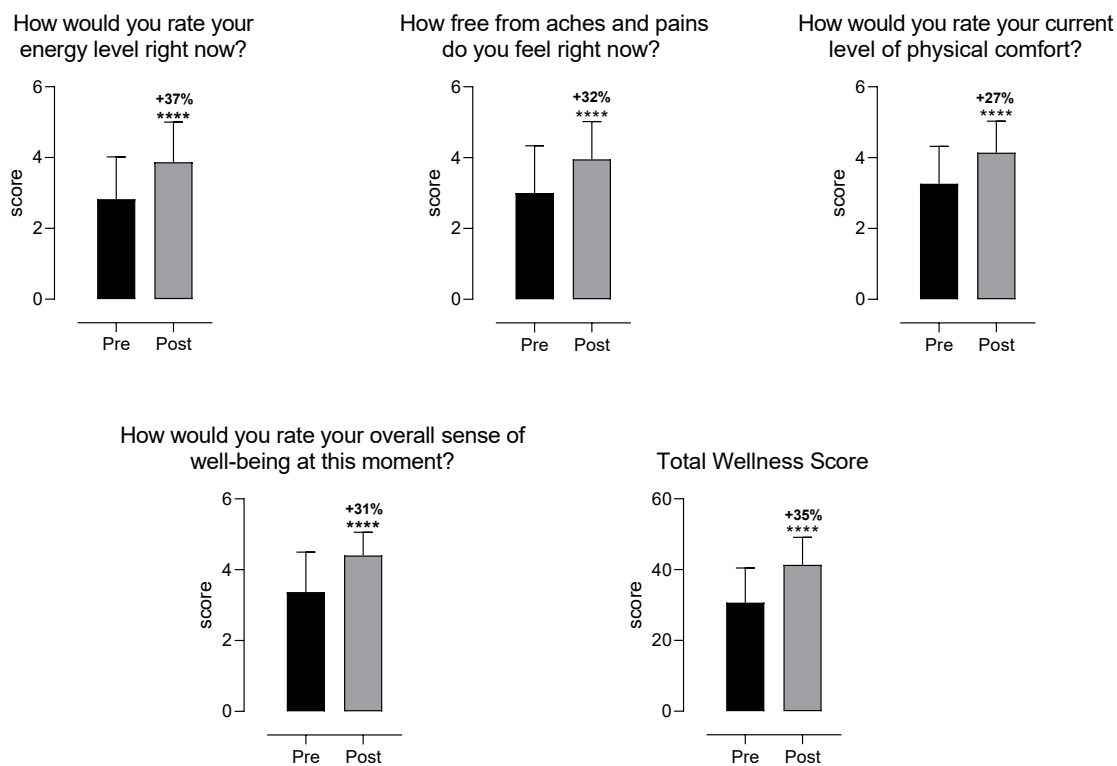


Figure 2. Percentage change from pre- to post-session in energy level, freedom from aches and pains, physical comfort, overall sense of well-being, and total wellness score.

3. Interpretation

These findings suggest that a single inHarmony session was associated with broad, immediate improvements across all self-reported wellness domains assessed. The largest relative changes were observed for relaxation, freedom from stress, and freedom from anxiety, which may indicate that the session had its strongest short-term impact on calming and restorative aspects of the participant experience. Meaningful improvements were also seen in energy, fatigue, physical comfort, aches and pains, emotional state, mental clarity, and overall well-being, supporting the interpretation that the session may have influenced both psychological and physical dimensions of wellness rather than only one isolated symptom. The fact that all outcomes reached statistical significance, including the total wellness score, strengthens the consistency of this pattern.