

Where women get better. Measurably.

7 in 10 women who come to us with clinical depression or anxiety finish care below the clinical line. The world's largest measured therapy program reports about 5 in 10.

101,000+

depression & anxiety assessments completed (PHQ-9 + GAD-7)

6,400+

women measured from their very first session

6 years

of continuous measurement-based care, since 2020

Measured across the hardest seasons of women's lives. 36% of our clients begin care with moderate-to-severe depression; 39% with moderate-to-severe anxiety — in the middle of fertility treatment, pregnancy, postpartum, loss, or menopause. The results below are for those women.

Depression · PHQ-9 · n = 1,812

71%

clinically meaningful improvement

71%

recover below the clinical threshold

56%

cut symptoms in half or more

Average score **14.8** → **7.2**
moderate-severe → mild

Effect size
d = 0.90 · large

Anxiety · GAD-7 · n = 1,496

78%

clinically meaningful improvement

73%

recover below the clinical threshold

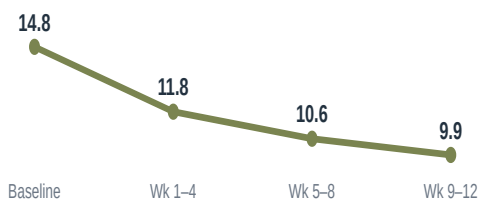
58%

cut symptoms in half or more

Average score **14.3** → **7.0**
moderate-severe → mild

Effect size
d = 1.05 · large

Improvement comes fast — and keeps getting better



Most improvement lands in the **first 12 weeks** — women feel different within their first two to three months (PHQ-9 shown). And our trailing 18-month results beat our six-year averages — **the program is strengthening, not plateauing**. The size of the change is large by any clinical standard (effect sizes 0.90–1.05).

Why women get better here

- **Specialists in her life stage — with receipts.** Every clinician trained in fertility, pregnancy, postpartum, parenting, loss, and menopause
- **The full range of care in one place** — therapy, medication management, and structured programs; she steps up or down without starting over
- **We close the loop with her care team** — referring providers see their patients' engagement and progress; no black hole
- **Measured, evidence-based care** — CBT-led, skills-focused, anchored to scores from session one
- **The 24-hour promise** — every woman who reaches out is offered a real appointment within 24 hours

Methodology. Instruments: PHQ-9 (depression, 0–27), GAD-7 (anxiety, 0–21). Elevated cohort = baseline ≥ 10 (moderate or worse) with ≥ 1 follow-up measure. Clinically meaningful improvement = minimal clinically important difference (≥ 5 pts PHQ-9 / ≥ 4 pts GAD-7) at each client's best follow-up. Symptom reduction = $\geq 50\%$ decrease from baseline. Recovery = best follow-up below the clinical threshold (< 10); 36% (PHQ-9) / 35% (GAD-7) additionally reach the minimal range (< 5). Benchmark: NHS Talking Therapies (England) reports ~50% recovery. Individual results vary; figures describe population-level outcomes. Effect size = standardized mean improvement from baseline (Cohen's d); ≥ 0.8 is conventionally "large." Source: Blueprint data warehouse, Mamaya Health, 2020 – June 2026; demo and test records excluded.