



Crafting Smiles®

Preliminary Research Summary 2026



The first independent preliminary analysis of the
Crafting Smiles® community participation initiative



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Independent preliminary analysis by
Dr. Mark Chih-Wei Liang, MD



Version 1.0 | July 2026

Handmade
with
Kindness



Background

Crafting Smiles collaborated with Dr. Mark Chih-Wei Liang, MD to conduct the first independent preliminary analysis of participant survey data collected during Phase 1 of the project.

This document summarises the key findings from that preliminary analysis. As recommended by the researcher, these findings should be interpreted as preliminary and have not yet been peer reviewed.

Key Preliminary Findings

- Participants generally reported low levels of anxiety and depression at baseline.
- Among repeat participants, depressive symptoms showed a statistically significant reduction.
- Among participants who initially reported symptoms, both depressive and anxiety symptoms showed statistically significant reductions.
- These findings are preliminary, based on a relatively small sample, and require further longitudinal research.

Key Figures from the Independent Preliminary Analysis

Total records

625

Unique patients

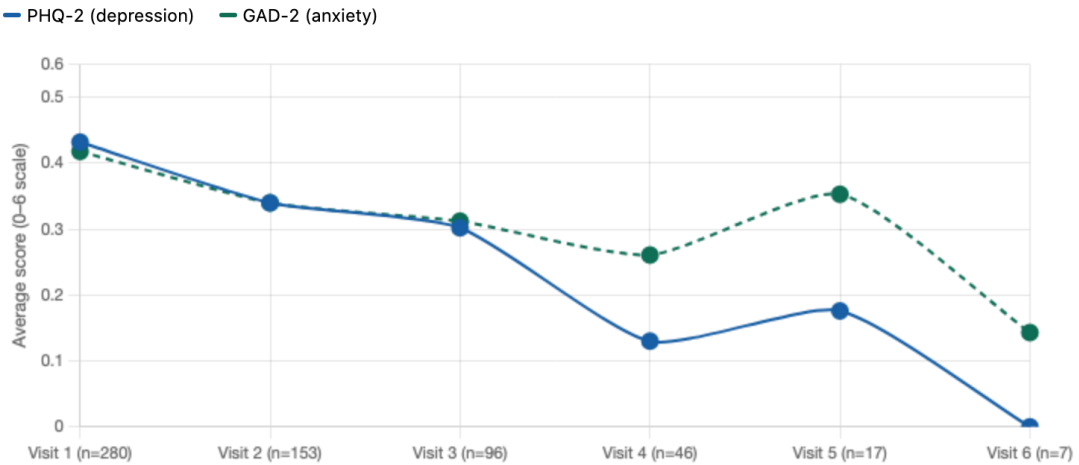
289

Multi-visit patients

155

Max visits recorded

12



Statistical tests — visit 1 vs. last visit (n=150 patients)

PHQ-2 (depression)		GAD-2 (anxiety)	
Visit 1	0.39	Visit 1	0.39
avg		avg	
Last visit avg	0.27	Last visit avg	0.33
Paired t-test p	p = 0.026	Paired t-test p	p = 0.326
Cohen's d	0.18	Cohen's d	0.08
Spearman r	-0.15 (small) (p<0.001)	Spearman r	(negligible) (p=0.038)

Scores range 0–6. Response options: 0=not at all, 1=several days, 2=more than half the days, 3=nearly every day.
Visit counts thin out after visit 5 (n<20) — interpret later visits with caution.

Notes:

- Average scores are low across the board in this study population, with no individual reporting a combined score greater than or equal to three.
- Attending Crafting Smiles sessions results in a statistically significant reduction in depressive symptoms but not of anxiety symptoms.

Key Figures from the Independent Preliminary Analysis

No patients scored 3 or above at their first visit — the maximum observed baseline score was 2 (out of 6). The analysis below instead compares the full cohort against patients who had any symptoms at baseline (score ≥ 1), which is the meaningful clinical subgroup.

PHQ-2 ≥ 1 at baseline

78

patients

GAD-2 ≥ 1 at baseline

85

patients

PHQ-2 multi-visit

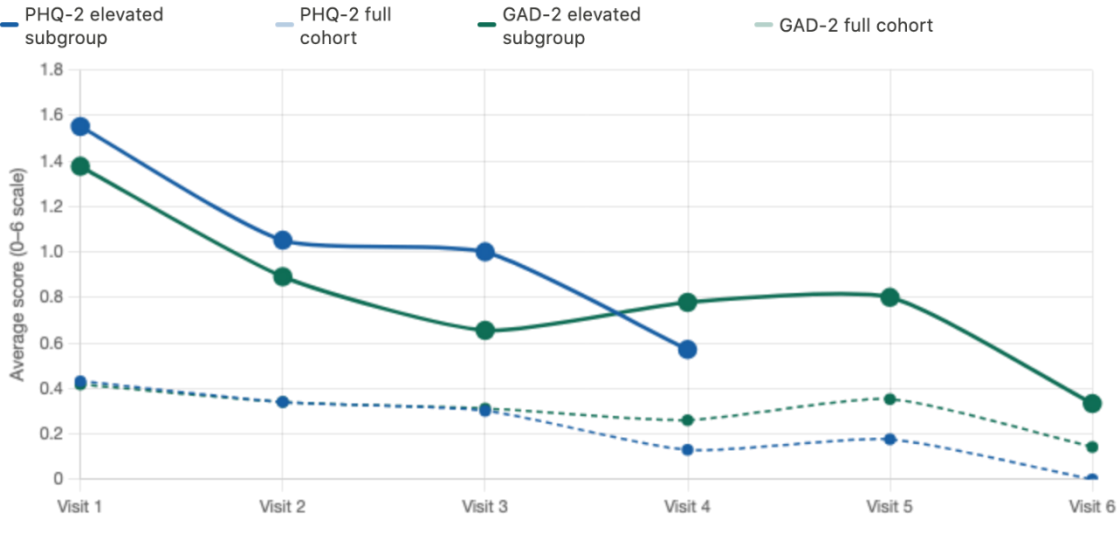
39

paired for testing

GAD-2 multi-visit

46

paired for testing



Statistical comparison — full cohort vs. elevated-baseline subgroup

PHQ-2 depression			GAD-2 anxiety		
	Full cohort	Score ≥ 1		Full cohort	Score ≥ 1
V1 mean	0.43	1.55	V1 mean	0.42	1.38
Last visit mean	0.27	0.95	Last visit mean	0.33	0.83
p-value	0.026	0.0007 ✓✓	p-value	0.326	0.0004 ✓✓
Cohen's d	0.18 (small)	0.59 (medium)	Cohen's d	0.08 (negligible)	0.56 (medium)
Spearman r	-0.15	-0.35 ✓✓	Spearman r	-0.10	-0.40 ✓✓

PHQ-2 and GAD-2 each scored 0–6. "Score ≥ 1 " means patient answered "several days" to at least one question at their first visit. The maximum observed baseline score in this dataset was 2.

Notes:

- This analysis only starts with patients who reported any symptoms of depression or anxiety at their first session.
- In this population, Attending Crafting Smiles sessions results in a statistically significant reduction in depressive symptoms AND in anxiety symptoms.
- Please note the small sample size of this cohort especially as visits continue; these findings are preliminary and have not been peer reviewed.