

Depersonalization- Derealization

DNA Health Report

REPORT CATEGORY —



MENTAL HEALTH

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

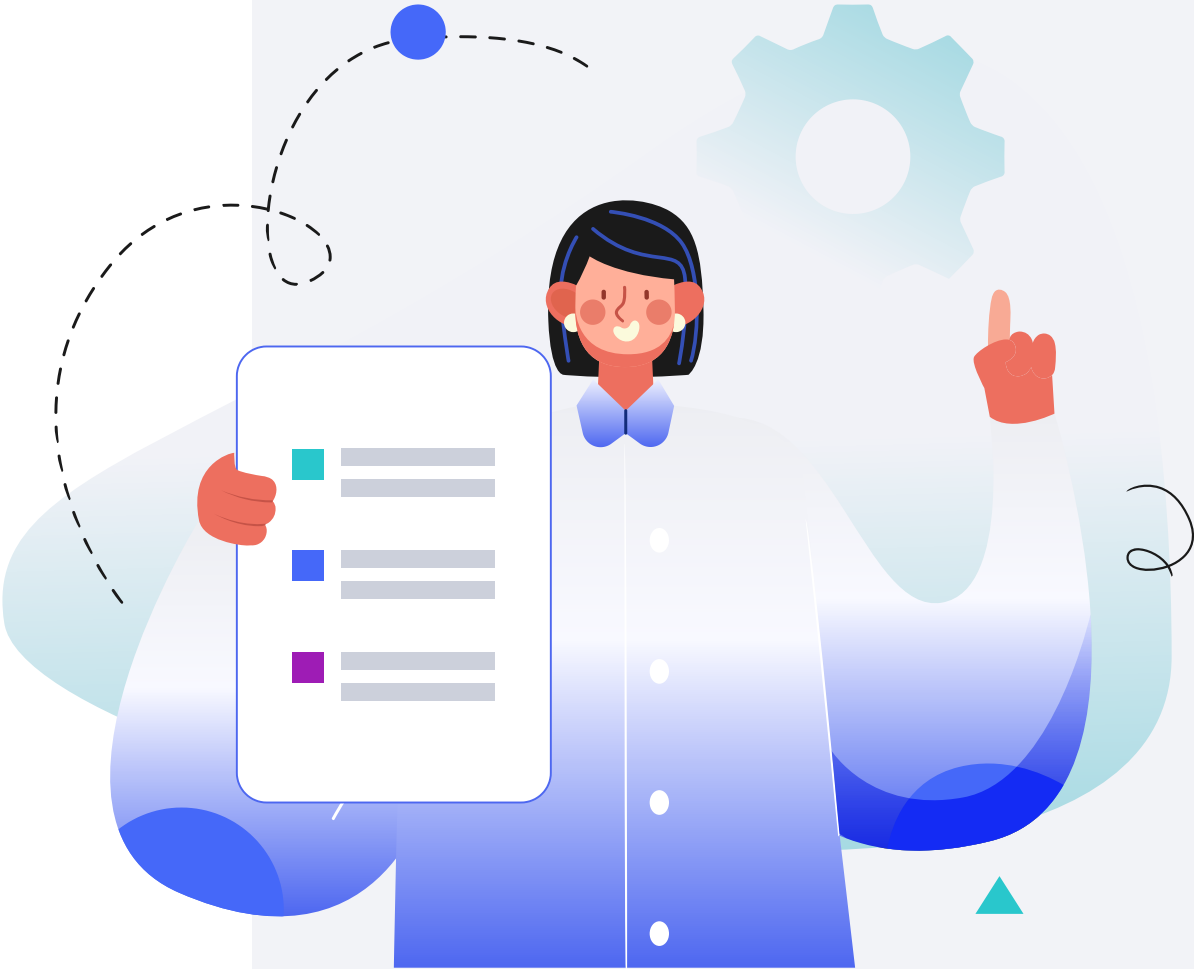
Male

HEIGHT

5ft 5" 165cm

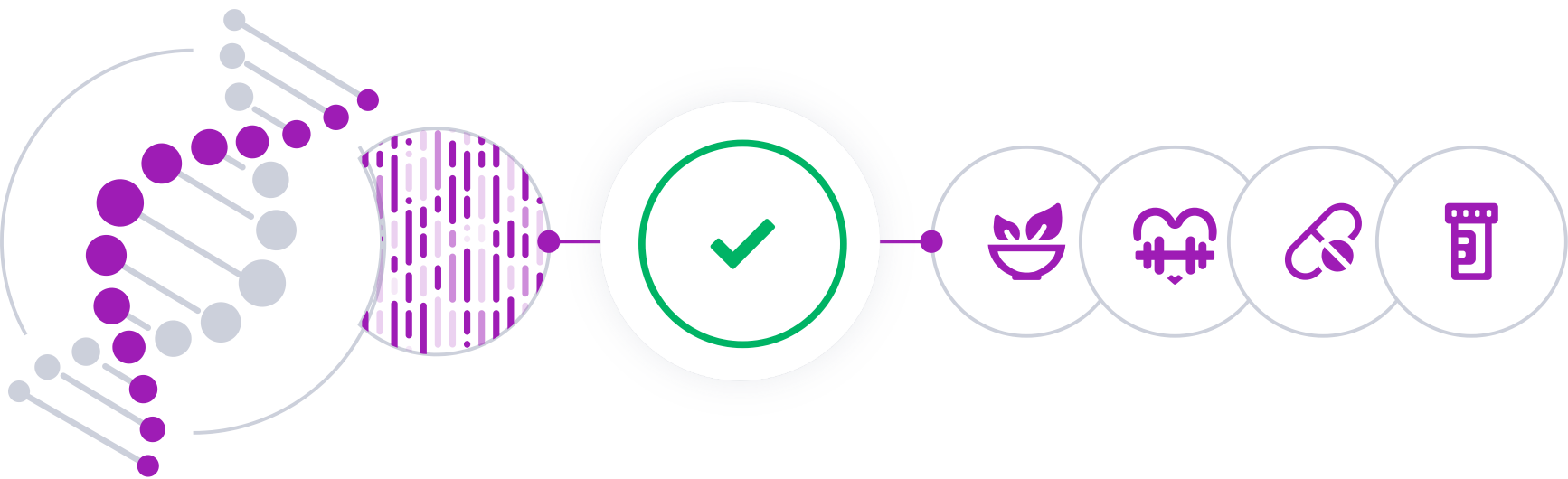
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

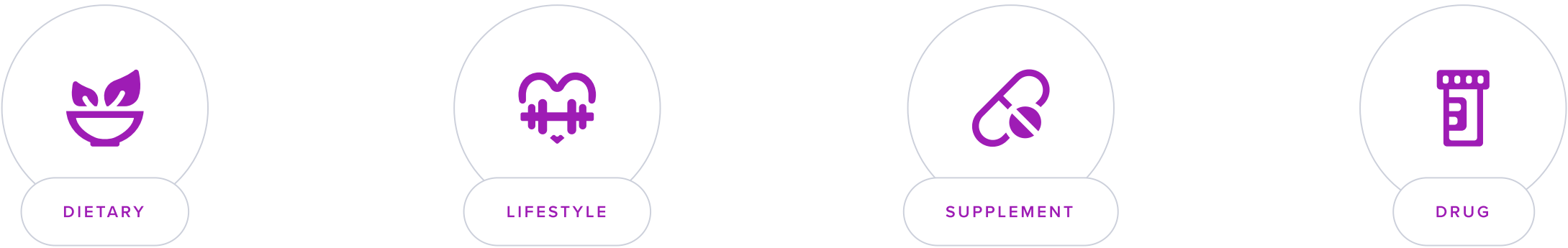
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Depersonalization is a mental state in which a person feels detached from their body, thoughts, or emotions, as though observing themselves from the outside. It is often described as feeling like a “robot” or as if life is happening in a dream [\[R\]](#), [\[R\]](#).

Depersonalization can occur as a brief, temporary experience during periods of extreme stress, fatigue, or drug use. However, when these sensations persist or cause significant distress, they may indicate **Depersonalization/Derealization Disorder** (DPDR) [\[R\]](#).

Episodes can last from minutes to months and may fluctuate in intensity. Common triggers include [\[R\]](#):

- Severe anxiety or panic attacks
- Trauma or prolonged stress
- Sleep deprivation
- Substance use (especially cannabis or hallucinogens)

People experiencing depersonalization typically remain aware that their detachment is not real, which distinguishes it from psychotic conditions. Nonetheless, the experience can be deeply unsettling and interfere with daily functioning.

Risk Factors and Management

The causes of depersonalization are complex and often involve interactions between psychological, biological, and environmental factors. Key contributing factors include [\[R\]](#):

- **Personality traits:** people with a tendency to stay away from stressful situations or with difficulties describing their emotional experiences are more likely to suffer from depersonalization-derealization disorder.
- **Stress and trauma:** Emotional neglect, abuse, or exposure to life-threatening situations are major triggers.
- **Anxiety and depression:** Depersonalization frequently co-occurs with these conditions and may serve as a psychological coping mechanism to reduce emotional pain.
- **Neurobiological factors:** Dysregulation in brain regions involved in emotion and self-perception (such as the prefrontal cortex and limbic system) may play a role.
- **Drug misuse:** certain drugs, such as marijuana or ketamine, can cause bouts of depersonalization or derealization
- **Genetics:** Although less studied, some genetic predisposition toward anxiety or dissociation may increase vulnerability.

Management strategies include [\[R\]](#):

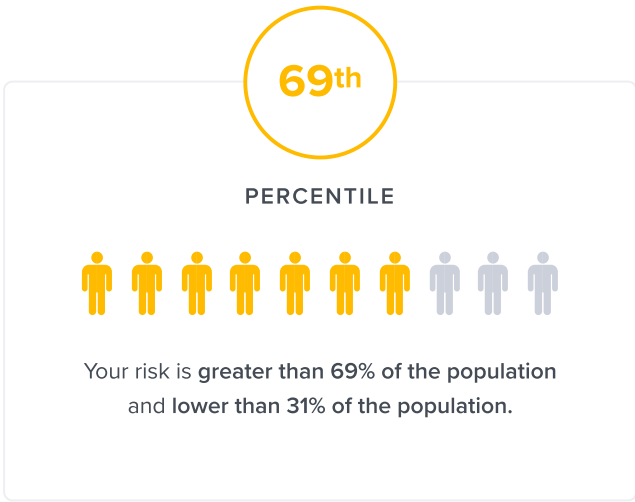
- **Psychotherapy:** Cognitive-behavioral therapy (CBT) and grounding techniques can help patients reconnect with their emotions and surroundings.
- **Medication:** While no drugs specifically target depersonalization, antidepressants or anti-anxiety medications may alleviate accompanying symptoms.
- **Lifestyle interventions:** Regular sleep, mindfulness, and stress reduction techniques can reduce the frequency and intensity of episodes.

The long-term outlook is generally positive with appropriate treatment, although recurrence can occur during high-stress periods.



TYPICAL LIKELIHOOD

Typical likelihood of depersonalization-derealization disorder. based on 10 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ADCY8	rs263232	CA
RAB38	rs682457	TC
RAB5A	rs1915919	TC
H2BC5	rs77006546	TT
PAXIP1	rs71534169	TT
TRMT9B	rs62488971	CC
MEX3B	rs77963519	GG
TRMT9B	rs2460905	GG
TRMT9B	rs2466273	AA
SIPA1L2	rs9725031	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Cognitive-Behavioral Therapy (CBT)	2	Psychotherapy1 hour
3	Relaxation Techniques30 minutes	4	Stress Management Therapy1 hour
5	Avoid Illicit Drugs	6	Avoid Cannabis
7	Nerve Stimulation30 minutes	8	Repetitive Transcranial Magnetic Stimulation

1



Cognitive-Behavioral Therapy (CBT)

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Talk therapy is the main treatment for depersonalization-derealization disorder. The goal is to control or resolve the symptoms [\[R\]](#).

Most clinical trials with positive results tested cognitive-behavioral therapy [\[R\]](#), [\[R\]](#), [\[R\]](#).

Talk therapy may also help when performed in psychiatric rehabilitation facilities [\[R\]](#).

Talk therapy may help by teaching the patient [\[R\]](#):

- Why depersonalization and derealization occur
- Techniques that take their mind off the symptoms and connect them to their feelings
- Coping strategies to deal with stressful situations
- Recognize emotions related to past trauma
- Whether they have other mental health conditions, such as anxiety or depression

2



Psychotherapy

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [\[R\]](#), [\[R\]](#).

Psychotherapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Talk therapy is the main treatment for depersonalization-derealization disorder. The goal is to control or resolve the symptoms [\[R\]](#).

Most clinical trials with positive results tested cognitive-behavioral therapy [\[R\]](#), [\[R\]](#), [\[R\]](#).

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- Coping strategies to deal with stressful situations
- Recognize emotions related to past trauma
- Whether they have other mental health conditions, such as anxiety or depression

3



Relaxation Techniques

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Stress, especially if severe, is associated with an increased risk of depersonalization-derealization. This includes major relationship, financial, or work-related issues [\[R\]](#).

Similarly, depersonalization-derealization can be a symptom of anxiety disorders such as [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Agoraphobia
- Social phobia
- Panic disorder

A worksite stress management training program reduced psychological strain, emotional exhaustion, and depersonalization in a non-placebo-controlled trial of 153 government employees [\[R\]](#).

4



Stress Management Therapy

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Stress, especially if severe, is associated with an increased risk of depersonalization-derealization. This includes major relationship, financial, or work-related issues [\[R\]](#).

Similarly, depersonalization-derealization can be a symptom of anxiety disorders such as [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Agoraphobia
- Social phobia
- Panic disorder

A worksite stress management training program reduced psychological strain, emotional exhaustion, and depersonalization in a non-placebo-controlled trial of 153 government employees [\[R\]](#).

5



Avoid Illicit Drugs

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Refrain from using any illegal substances, including but not limited to, narcotics, stimulants, hallucinogens, and cannabis where it's not legalized. This means not purchasing, possessing, or consuming these substances in any form or amount. Commit to this practice indefinitely for long-term health benefits.

Description

Avoiding the use of illicit drugs is essential for preserving physical and mental health, as these substances can lead to addiction, mental health disorders, and other physical health issues. Abstaining from their use supports a safer and healthier lifestyle.

Illicit drugs are highly addictive, illegal drugs. Examples include **marijuana, cocaine, meth, and MDMA (ecstasy)**. The term can also refer to a non-medical use of drugs that are legally available (e.g., medical marijuana in some countries and states) [\[R\]](#).

Illicit drug use can have a **devastating impact on all aspects of your health and wellbeing**. It can lead to [\[R\]](#):

- Dependence and addiction
- Injury and accidents
- Health and sleep problems
- Problems in family and social life

How it helps

Experts agree that **drug misuse can cause bouts of depersonalization or derealization** [\[R\]](#).

Substances that may cause these symptoms include:

- Marijuana [\[R\]](#)
- Ketamine [\[R\]](#)
- MDMA [\[R\]](#)
- LSD [\[R\]](#)

6



Avoid Cannabis

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Stop any form of cannabis use, including smoking, vaping, edibles, and topical applications. If you currently use cannabis, it's recommended to cease usage immediately and seek support or counseling if necessary for cessation.

Description

Avoiding cannabis is advised in situations where its use is prohibited by law or poses health risks, particularly for individuals with a history of substance abuse or mental health conditions. Responsible use and adherence to local regulations are essential to minimize potential negative consequences.

[Cannabis](#) (marijuana) is a plant used for its medicinal and recreational properties. It contains substances called *cannabinoids*, such as [CBD](#) and THC [\[R\]](#).

Cannabis misuse can have long-term consequences, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung damage
- Mental health problems
- Cognitive impairment

How it helps

Experts agree that **drug misuse can cause bouts of depersonalization or derealization** [\[R\]](#).

Substances that may cause these symptoms include cannabis (marijuana) [\[R\]](#).

Nerve Stimulation

1 / 5

0 / 5

Nerve stimulation can be implemented by daily sessions of 15-30 minutes using a device specifically designed for this purpose. These devices often use electrical currents to stimulate nerves through the skin, which can be adjusted in intensity according to comfort. It's important to consult a healthcare provider for guidance on the specific type of nerve stimulation that may be most beneficial for your condition.

30 minutes

Nerve stimulation techniques involve the use of electrical impulses, like transcutaneous electrical nerve stimulation (TENS) or other methods to activate nerves, potentially providing relief from chronic pain, improving muscle function, and aiding in physical therapy.

Many strategies use magnetic fields or electric currents. Examples include [\[R, R, R\]](#):

- [Transcutaneous electrical nerve stimulation](#) (TENS)
- Transcranial direct current stimulation (tDCS)
- Transcranial magnetic stimulation (TMS)
- Transcutaneous auricular vagus nerve stimulation (taVNS)

- Cognition
- Mood
- Pain
- Seizures
- Tinnitus

In a small trial of 12 patients with depersonalization-derealization syndrome, half of them responded to 3 weeks of right temporo-parietal junction rTMS [R].

How to implement

Description

- Depression
- Muscle disease
- Parkinson's disease

This technique is used in people who don't respond to standard care. rTMS is generally painless and safe when performed by trained professionals [R, R].

How it helps

In a small trial of 12 patients with depersonalization-derealization syndrome, half of them responded to 3 weeks of right temporo-parietal junction rTMS [R].