SelfDecode™

Non-Epileptic Seizures

DNA Health Report

REPORT CATEGORIES

COGNITION

NERVE HEALTH

Sample Client

Report date: 15 January 2026

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Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

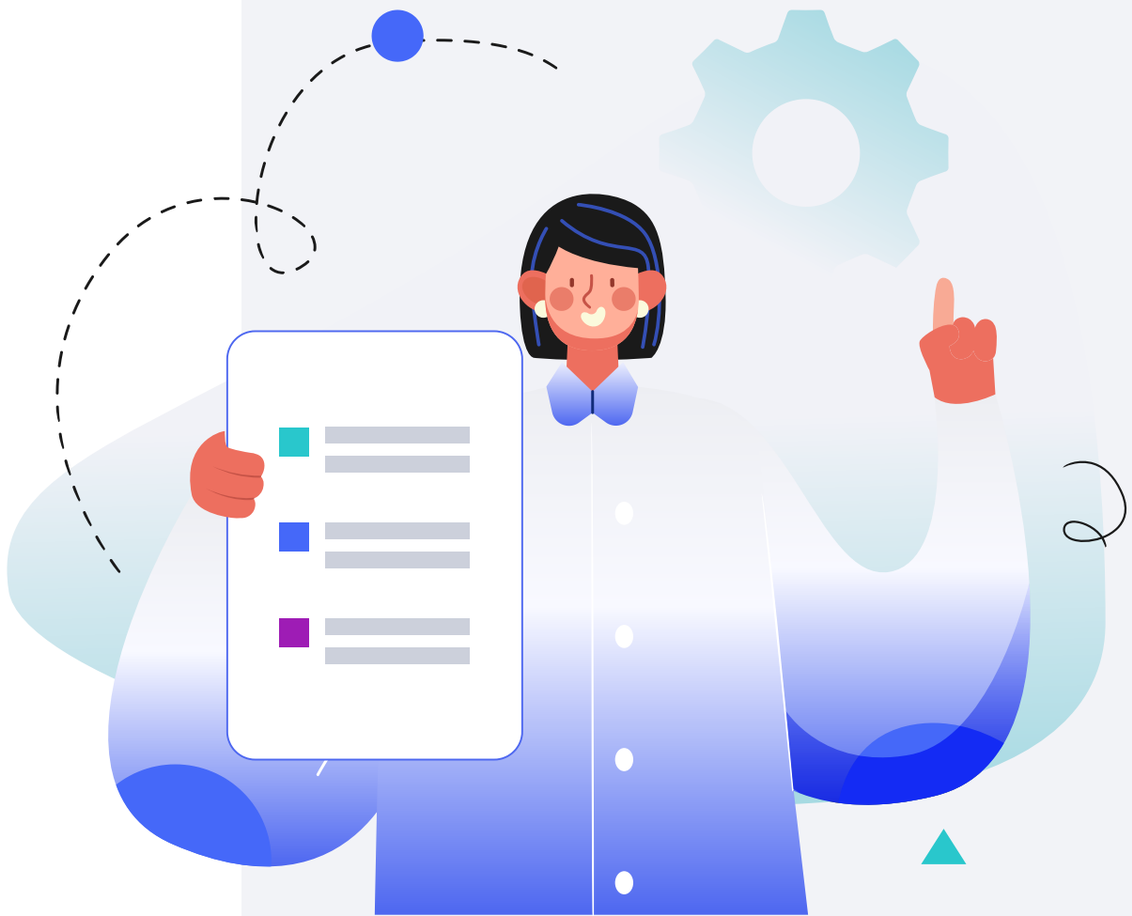
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

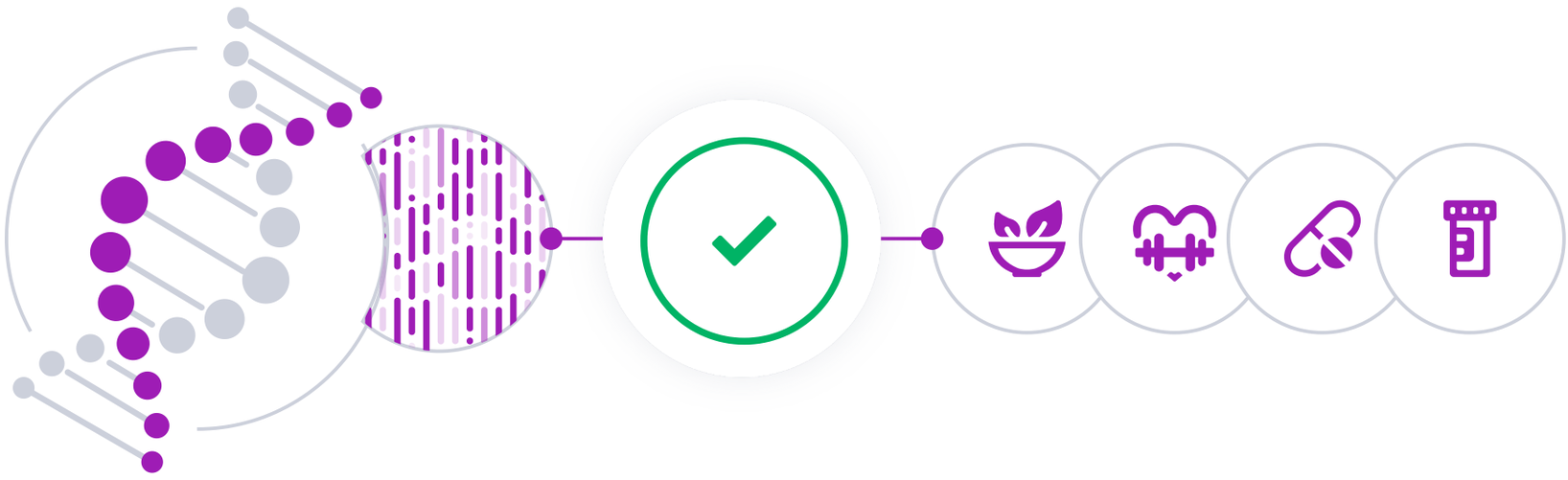


DISCLAIMER

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.

How this works

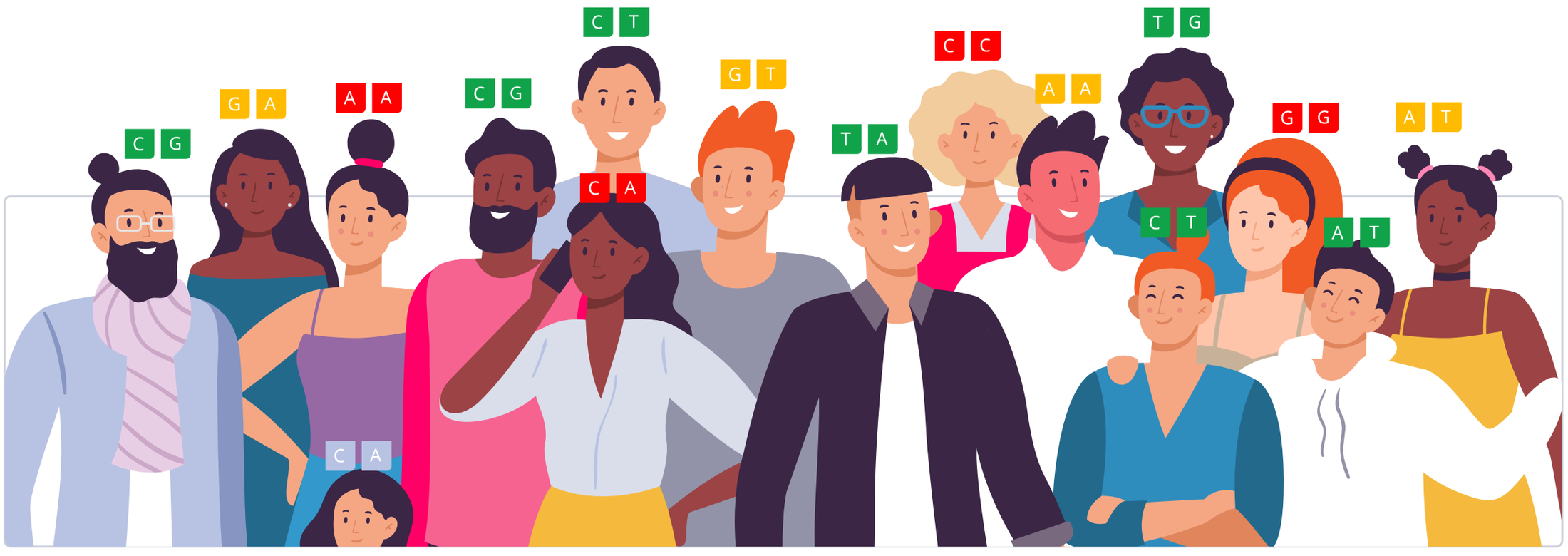
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

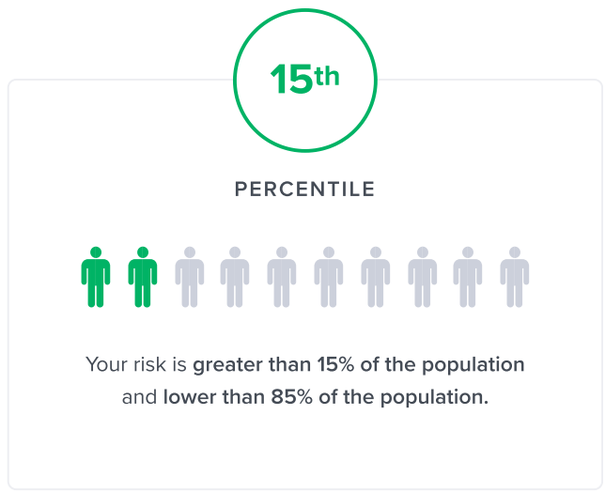
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

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



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, afew 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

Non-epileptic seizures (NES) are episodes that resemble epileptic seizures but are not caused by abnormal electrical activity in the brain.

The main symptom is the presence of seizures that may resemble epileptic seizures, including:

- Loss of consciousness
- Convulsions
- Jerking movements
- Loss of bladder or bowel control
- Difficulty speaking

Other symptoms include:

- Anxiety
- Depression
- Stress
- Trauma

Risk Factors and Treatment

The exact causes of non-epileptic seizures are not fully understood, but they are generally thought to be a physical manifestation of psychological stress. Some common triggers and risk factors include:

- Psychological stress: Significant stress or traumatic events can trigger these seizures.
- Mental health disorders: Conditions such as depression, anxiety, post-traumatic stress disorder (PTSD), and others are commonly associated with NES.
- History of abuse: Physical or sexual abuse during childhood or adulthood can increase the risk.
- Neurological disorders: While they are not caused by neurological disorders, individuals with neurological conditions like epilepsy may also experience non-epileptic seizures.

Treatment for non-epileptic seizures focuses on addressing the underlying psychological causes:

- Psychotherapy: Cognitive-behavioral therapy (CBT) and other forms of psychotherapy are effective in treating the psychological triggers of NES.
- Medication: While medication specifically for NES is not typically used, associated conditions like anxiety or depression may be treated pharmacologically.
- Education: Educating the patient and family about the condition can help manage the psychological aspects and reduce the frequency of seizures.
- Stress management techniques: Techniques such as mindfulness, relaxation exercises, and biofeedback can help manage stress and reduce the occurrence of seizures.

MORE LIKELY

More likely to have non-epileptic seizures based on 752,593 genetic variants we looked at

PERCENTILE

Your risk is **greater than 80% of the population** and **lower than 20% of the population.**

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
1	Mindfulness	30 minutes
2	Physical Maneuvers	30 seconds
3	Hypnosis	20 minutes
4	Pain Neuroscience Education (PNE)	
5	Neurofeedback	1 hour
6	ASMR (Autonomous Sensory Meridian Response)	20 minutes
7	Sensory Deprivation	40 minutes
8	Avoid Strenuous Activity	

1

Mindfulness

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of meditation may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

A study assessed mindfulness-based therapy on 49 patients with psychogenic nonepileptic seizures. Of the participants, 26 completed the 12-session program, showing significant reductions in seizure frequency and intensity, and improved quality of life. However, changes in event duration and psychiatric symptoms were not significant. The study suggests the potential of this therapy for PNES, despite a notable dropout rate, and underscores the need for more comprehensive research [R].

2

Physical Maneuvers

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Perform physical maneuvers such as leg crossing and muscle tensing in a standing position for about 30 seconds to 1 minute, whenever you feel symptoms of dizziness or lightheadedness. Try to do these exercises 2-3 times a day, especially in situations where these symptoms commonly occur.

TYPICAL STARTING DOSE

30 seconds

Description

Physical maneuvers refer to specific movements or techniques performed to achieve various health and fitness goals. These maneuvers can include exercises, stretches, or therapeutic movements designed to improve strength, flexibility, and mobility. The health benefits can include improved heart health and muscular strength, increased joint flexibility, and better balance. The specific benefits depend on the type and purpose of the maneuver, making them valuable tools for achieving specific health and fitness objectives.

How it helps

Physical maneuvers can alleviate symptoms of stress and anxiety that often trigger non-epileptic seizures, facilitating better emotional regulation and reducing seizure frequency.

3

Hypnosis

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Engage in a hypnosis session with a qualified practitioner for 20-30 minutes, 1-2 times per week. Consistency over several weeks to months is important for optimal benefits.

TYPICAL STARTING DOSE

20 minutes

Description

Hypnosis is a therapeutic technique that may help individuals manage stress, anxiety, and certain behavioral issues. It involves deep relaxation and focused attention and can be used to address various mental and emotional health concerns.

Hypnosis is a trance-like state meant to [R, R]:

- Promote relaxation
- Sharpen focus
- Make a person more open to suggestions

Despite the way it's often portrayed in the media, hypnosis is a real practice used to support mental health [R, R].

Only a licensed professional should help you achieve hypnosis.

How it helps

Hypnosis can effectively reduce stress and anxiety, which are known triggers for non-epileptic seizures. By facilitating deep relaxation and enhanced focus, it helps individuals develop coping strategies that may mitigate the occurrence of these seizures.

4

Pain Neuroscience Education (PNE)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Attend scheduled PNE sessions with a qualified healthcare professional. These sessions typically occur once or twice a week and continue for 2 to 6 weeks depending on individual needs. The aim is to better understand pain and its biological underpinnings through structured education.

Description

Pain neuroscience education is an approach used by healthcare professionals to educate patients about the science of pain perception and management. It can help individuals better understand and cope with chronic pain conditions, potentially leading to improved pain management and quality of life.

How it helps

Pain Neuroscience Education (PNE) helps individuals with non-epileptic seizures by demystifying their condition, facilitating a better understanding of the mind-body connection, and effectively addressing associated symptoms like anxiety and stress, thereby potentially reducing the frequency of seizures.

5

Neurofeedback

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Attend neurofeedback sessions with a trained therapist, usually once or twice a week, for a minimum of 20 sessions. Each session typically lasts 30 to 60 minutes where sensors are placed on your scalp to monitor brainwave activity, and feedback is given in real-time to help you learn to control or alter your brain functions.

TYPICAL STARTING DOSE

1 hour

Description

Neurofeedback is a therapeutic technique that helps individuals regulate brain activity, potentially improving focus, reducing anxiety, and enhancing cognitive function by providing real-time feedback on brainwave patterns.

How it helps

Neurofeedback helps individuals with non-epileptic seizures by training them to self-regulate their brain activity, which can decrease stress and anxiety—common triggers for these seizures. This process promotes a more balanced emotional state, leading to fewer seizure episodes.

6

ASMR (Autonomous Sensory Meridian Response)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

To incorporate ASMR into your lifestyle, find a quiet, comfortable space where you can relax without interruptions. Use headphones for an enhanced experience. Select ASMR videos or recordings that trigger your response—such as whispering, tapping, or gentle hand movements—and listen or watch for 20-30 minutes daily before bedtime or whenever you feel stressed to help induce relaxation and reduce anxiety.

TYPICAL STARTING DOSE

20 minutes

Description

ASMR stands for Autonomous Sensory Meridian Response. It's a calming, pleasurable feeling often accompanied by a tingling sensation. This tingle is said to originate in a person's head and spread to the neck, spine, or throughout the body. Research suggests that it could help reduce stress and improve sleep, making it beneficial for overall health.

How it helps

ASMR therapy can help individuals experiencing non-epileptic seizures by promoting relaxation and reducing anxiety, which may alleviate the triggers associated with seizure episodes. The calming effects of ASMR are beneficial in creating a more stable emotional environment for the individual.

7

Sensory Deprivation

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Engage in sensory deprivation by spending 20 to 40 minutes in a quiet, dark room, free from distractions such as your phone or background noise, at least once a week. Alternatively, for a more immersive experience, consider using a sensory deprivation tank once a month, where you float in saltwater in a dark, soundproof tank.

TYPICAL STARTING DOSE

40 minutes

Description

Sensory deprivation involves isolating an individual from sensory input to induce deep relaxation and altered states of consciousness. It is used for relaxation, meditation, and potential mental health benefits.

How it helps

Sensory deprivation therapy facilitates a calming environment, which can significantly reduce stress and anxiety. This therapeutic approach may help alleviate non-epileptic seizures by minimizing sensory overload, thereby promoting emotional regulation and stability.

8

Avoid Strenuous Activity

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Refrain from participating in high-intensity physical activities such as running, heavy weightlifting, and high-impact sports. Opt instead for low-impact exercises like walking, swimming, or yoga. It's important to listen to your body's signals and rest as needed, avoiding these strenuous activities until advised otherwise by a health professional.

Description

Avoiding strenuous physical activity in certain medical conditions or during illness can help prevent injury and promote better recovery. It allows the body to conserve energy and supports the healing process.

Strenuous activity is physical activity that requires a lot of effort. Exercise done at 70-85% of a person’s heart rate is considered strenuous. Examples include [R]:

- Running, cycling, or swimming at high speed
- Running or hiking uphill
- Jumping rope
- Single tennis
- Sports that involve a lot of running (soccer, basketball, hockey, etc.)

On the other hand, strenuous daily activities include [R]:

- Lifting and carrying heavy objects
- Gardening with heavy digging
- Shoveling snow
- Fast dancing

How it helps

For individuals experiencing non-epileptic seizures, which are psychological in nature rather than caused by epilepsy, avoiding strenuous activities may help reduce stress and fatigue levels. Lower stress and better-rested states can contribute to a decrease in the likelihood or frequency of these seizures.