SelfDecode™

Panic Attacks

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

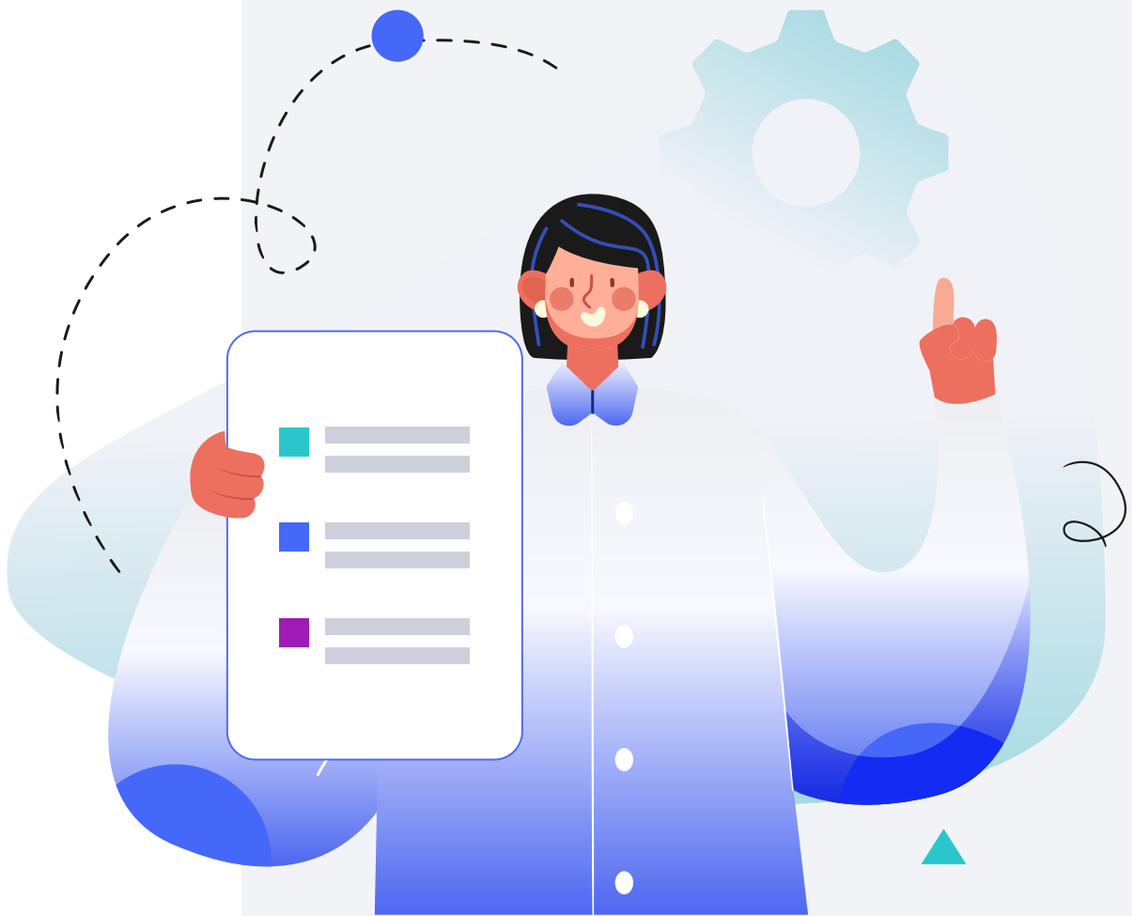
Male

HEIGHT

5ft 5" 165cm

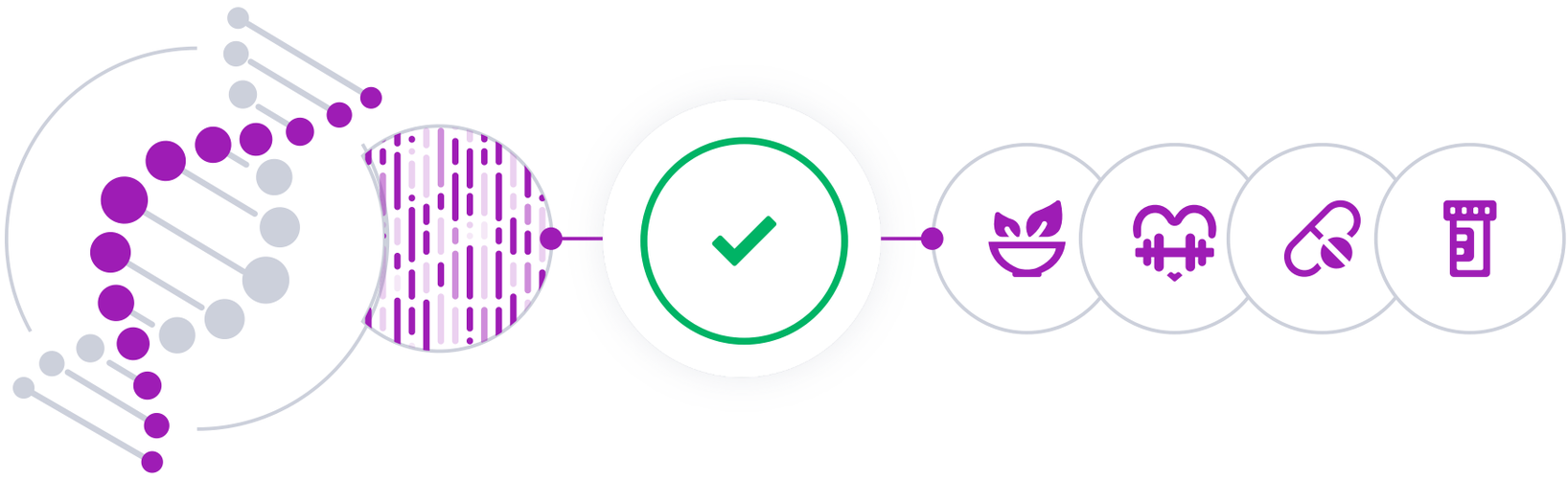
WEIGHT

137lb 62kg



How this works

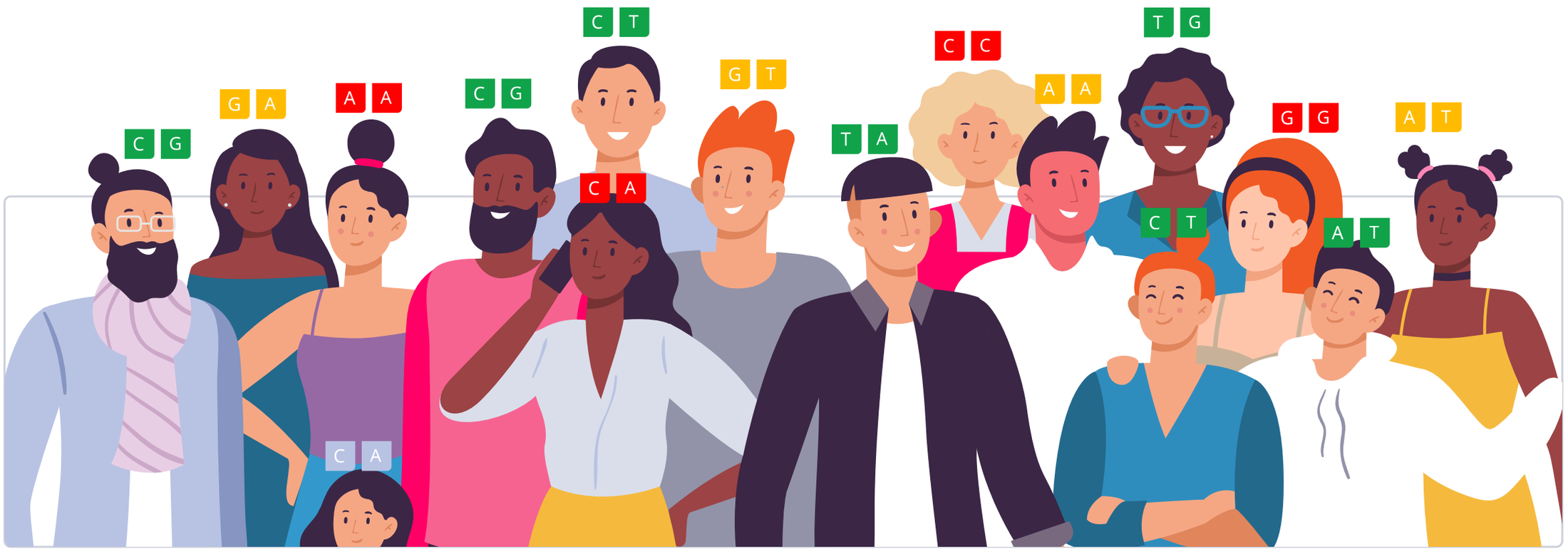
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

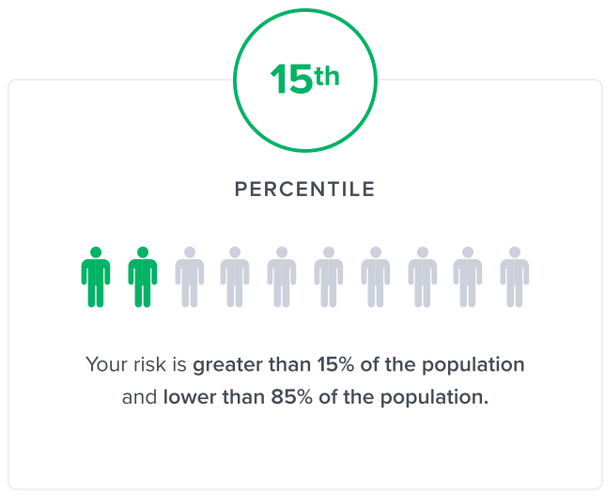
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

A panic attack is a sudden episode of intense fear and discomfort that peaks within minutes and includes at least four of the following symptoms:

- Palpitations, pounding heart, or accelerated heart rate
- Sweating
- Trembling or shaking
- Shortness of breath or a feeling of smothering
- Feelings of choking
- Chest pain or discomfort
- Nausea or abdominal distress
- Feeling dizzy, unsteady, light-headed, or faint
- Chills or heat sensations
- Numbness or tingling sensations
- Derealization (feelings of unreality) or depersonalization (feeling detached from oneself)
- Fear of losing control or "going crazy"
- Fear of dying

It's important to note that while panic attacks are intensely uncomfortable, they are not life-threatening. However, recurrent panic attacks might indicate panic disorder, an anxiety disorder that requires medical attention.

Risk Factors and Genetics

Factors that might increase the risk of developing panic attacks include:

- Family history of panic attacks or panic disorder
- Major life stressors, such as the death of a loved one or a traumatic event
- History of physical or sexual abuse
- Experiencing a traumatic event, such as an accident or a natural disaster
- History of other mental health disorders, such as depression or anxiety
- Smoking or excessive caffeine consumption
- Certain medical conditions, including thyroid problems or heart issues
- Genetics

There is evidence to suggest a genetic predisposition to panic attacks and panic disorder. Individuals with a family history of these conditions are more likely to experience them. Genetic factors can influence the brain's response to stress and anxiety, making certain individuals more prone to experiencing panic attacks when faced with triggers.

TYPICAL LIKELIHOOD

Typical likelihood of having panic attacks based on 1,664 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TMEM132D	rs11060369	AA
LGSN	rs6914428	GG
SNURF	rs2554444	TA
BLMH	rs140701	TT
BLMH	rs4583306	GG
SSH2	rs6354	TT
TPH1	rs1800532	GT
COMT	rs4680	AG
/	rs25531	TT
HTR2A	rs6313	GA
TFAP2C	rs79919349	GG
SMAD1	rs144783209	GG
SUSD1	rs41280169	CC
CCK	rs1799923	GG
CERS5	rs685012	TT

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
1	Hypnosis	20 minutes
2	Diaphragmatic Breathing	10 minutes
3	Emoxypine	
4	Breath Awareness	5 minutes
5	Relaxation Techniques	30 minutes
6	Mindfulness	30 minutes
7	Applied Relaxation	30 minutes
8	Meditation	30 minutes
9	Psychotherapy	1 hour
10	Paced Breathing	5 minutes
11	Autogenic Training	10 minutes
12	Breathing Techniques	10 minutes
13	Exposure Therapy	

1

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 aids in the management of panic attacks by promoting deep relaxation and enhancing the individual's ability to cope with anxiety triggers, thereby reducing the frequency and intensity of attacks. This therapeutic technique helps reframe negative thought patterns associated with panic.

2

Diaphragmatic Breathing

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Practice diaphragmatic breathing for 10-15 minutes per day. Sit or lie down in a comfortable position, place one hand on your chest and the other on your belly. Breathe in slowly through your nose, ensuring your belly moves out more than your chest. Exhale slowly through your mouth or nose, consciously relaxing the belly. Repeat this process, focusing on the movement of your belly rather than your chest.

TYPICAL STARTING DOSE

10 minutes

Description

Diaphragmatic breathing, also known as deep breathing, can help reduce stress and anxiety by activating the body's relaxation response. It promotes better oxygen exchange, reduces muscle tension, and supports overall mental and physical well-being.

How it helps

Diaphragmatic breathing helps manage panic attacks by activating the body's relaxation response, which decreases stress hormones and promotes a sense of calm. This technique enhances oxygen exchange and reduces muscle tension, directly addressing the physical symptoms associated with panic episodes.

3

Emoxypine

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Emoxypine is typically available in oral capsules, tablets, or injectable forms, with the dosage depending on the condition being treated. For general antioxidant or neuroprotective purposes, the oral dose ranges from 125–250 mg taken 2–3 times daily, while more intensive treatments may require higher doses or injectable administration under medical supervision. It is usually recommended to take Emoxypine with meals to minimize gastrointestinal discomfort. Treatment duration can vary from a few weeks to several months, depending on the therapeutic goal.

Description

Emoxypine (2-ethyl-6-methyl-3-hydroxypyridine succinate) is a synthetic antioxidant and nootropic compound primarily used in Russia and some Eastern European countries. It is derived from pyridoxine (vitamin B6) and known for its neuroprotective, anti-stress, and anti-inflammatory properties.

Emoxypine can reduce anxiety, stress, and symptoms of depression by normalizing neurotransmitter levels and protecting brain cells from oxidative stress. Additionally, it has applications in managing cognitive impairment, improving memory, and protecting against age-related neurodegeneration. Emoxypine is also used for cardiovascular health, as it can improve blood flow and protect tissues from ischemia-reperfusion injuries.

Emoxypine works by scavenging free radicals, enhancing membrane fluidity, and improving the body's antioxidant defenses.

How it helps

In a non-placebo-controlled trial of 70 patients with panic disorder, taking Emoxypine (375 mg/day) as an add-on to antidepressants (fevarin, 150 mg/day) for 2 weeks improved anxiety, autonomic disturbances, insomnia, and quality of life better than fevarin alone [R].

4

Breath Awareness

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Set aside 5-10 minutes each day in a quiet, comfortable space to focus on your breath. Inhale slowly through your nose, allowing your chest and lower belly to rise, and exhale gently, either through the nose or mouth. Practice this daily, aiming to gradually increase the duration as it becomes a habit.

TYPICAL STARTING DOSE

5 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

How it helps

Breath awareness techniques enhance parasympathetic nervous system activity, promoting relaxation and reducing the physiological symptoms associated with panic attacks. This practice helps individuals regain control over their breathing, ultimately alleviating feelings of anxiety and panic.

5

Relaxation Techniques

IMPACT 1 / 5

EVIDENCE 1 / 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

Relaxation techniques help mitigate panic attacks by activating the body's relaxation response, which reduces physiological symptoms of anxiety such as rapid heart rate and shallow breathing. This practice fosters a sense of control over overwhelming feelings, leading to improved emotional regulation.

6

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

Mindfulness therapy aids individuals experiencing panic attacks by fostering emotional regulation and decreasing physiological arousal. By enhancing awareness of thoughts and feelings, it empowers individuals to manage anxiety responses during panic episodes more effectively.

7

Applied Relaxation

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Practice applied relaxation by dedicating 15-30 minutes each day to learning and practicing relaxation techniques, such as deep breathing, progressive muscle relaxation, or guided imagery. Consistency is key, so aim to incorporate these practices into your daily routine for an ongoing period to effectively manage stress and anxiety.

TYPICAL STARTING DOSE

30 minutes

Description

Applied relaxation is a stress management technique that involves systematically tensing and then relaxing muscle groups in the body to reduce tension and promote relaxation. It can be effective in reducing anxiety and stress-related symptoms.

How it helps

Applied relaxation assists individuals experiencing panic attacks by teaching them to recognize and manage physical tension, which can mitigate the onset of panic symptoms. This technique promotes a state of calm, enhancing emotional regulation and reducing overall anxiety levels.

8

Meditation

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [R]:

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [R, R]:

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Meditation helps manage panic attacks by promoting relaxation and reducing anxiety, thereby lowering the physiological and psychological triggers associated with panic symptoms. By enhancing mindfulness, it equips individuals with tools to better cope with stressors.

9

Psychotherapy

IMPACT 1 / 5

EVIDENCE 1 / 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

Psychotherapy aids individuals experiencing panic attacks by identifying and modifying maladaptive thought patterns and behaviors that contribute to anxiety, fostering coping strategies, and enhancing emotional resilience. This therapeutic approach can significantly reduce the frequency and severity of panic attacks.

10

Paced Breathing

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Sit in a comfortable position or lie down. Inhale slowly through your nose for 4 seconds, hold your breath for 7 seconds, and then exhale slowly through your mouth for 8 seconds. Repeat this breathing pattern for 5-10 minutes daily, or whenever you feel stressed or anxious.

TYPICAL STARTING DOSE

5 minutes

Description

Paced breathing is a relaxation technique that involves controlling the rhythm and depth of breaths. It can help reduce stress, anxiety, and lower blood pressure, promoting relaxation and mental well-being.

How it helps

Paced breathing helps regulate the autonomic nervous system, promoting calmness and reducing hyperventilation during panic attacks. This technique lowers heart rate and perceived anxiety, aiding individuals in managing distressing physiological symptoms.

11

Autogenic Training

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Practice autogenic training for 10-15 minutes daily, ideally in a quiet, comfortable space where you won't be disturbed. Sit or lie down in a comfortable position, close your eyes, and focus on calming your mind and body through self-suggested affirmations. Repeat this routine daily for at least 2-3 months to observe beneficial effects on stress reduction and relaxation.

TYPICAL STARTING DOSE

10 minutes

Description

Autogenic training is a relaxation technique that involves self-suggestion and progressive muscle relaxation to promote relaxation, reduce stress, and alleviate symptoms of anxiety and tension.

Autogenic training is a relaxation technique that a person may carry out on their own [R, R].

Autogenic training uses 6 exercises that take the mind’s attention to bodily sensations such as warmth and heaviness. The exercises involve guided imagery and verbal cues (e.g. "My arm is very heavy") to [R, R]:

- Relax the body
- Quiet and calm the mind
- Increase energy

How it helps

Autogenic training helps individuals manage panic attacks by facilitating deep relaxation and decreasing physiological arousal through self-suggestion, thereby reducing the intensity of anxiety symptoms and enhancing emotional control.

12

Breathing Techniques

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [R].

Breathing techniques tend to help with [R, R, R]:

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [R].

Another example is **yogic breathing**. **Yoga** is a practice that combines breathing techniques with exercise and meditation [R, R].

How it helps

Breathing techniques help regulate the autonomic nervous system during panic attacks by stabilizing heart rate and reducing hyperventilation, which in turn alleviates feelings of anxiety. They foster a sense of control and relaxation, essential for managing panic symptoms effectively.

13

Exposure Therapy

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Gradually and repeatedly expose yourself to the object or situation that causes you fear, starting with less intimidating scenarios and working up to more challenging ones. This should be done over several weeks or months, under the guidance of a trained therapist, to slowly reduce your fear response.

Description

Exposure therapy is a psychological treatment used to reduce anxiety and phobias by gradually exposing individuals to their feared objects or situations in a controlled and therapeutic manner. It can help individuals learn to manage their emotional responses and improve their overall mental well-being.

How it helps

Exposure therapy aids individuals experiencing panic attacks by systematically confronting fear-inducing situations, which reduces the intensity of anxiety responses over time and enhances coping mechanisms. This process ultimately fosters resilience and diminishes the fear of future panic episodes.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.