

Paranoid Ideation

DNA Health Report

REPORT CATEGORY —



MENTAL HEALTH

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

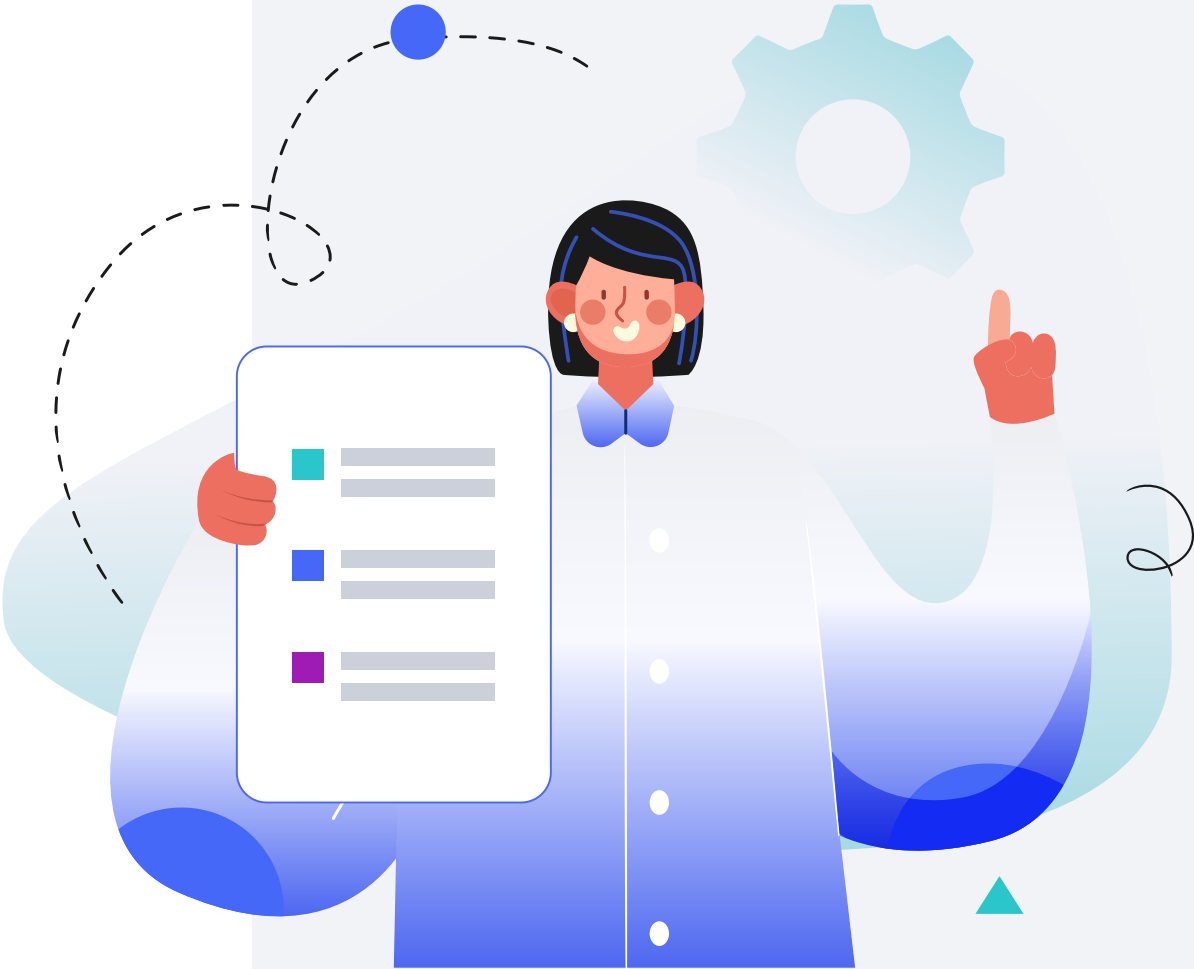
5ft 5" 165cm

WEIGHT

137lb 62kg

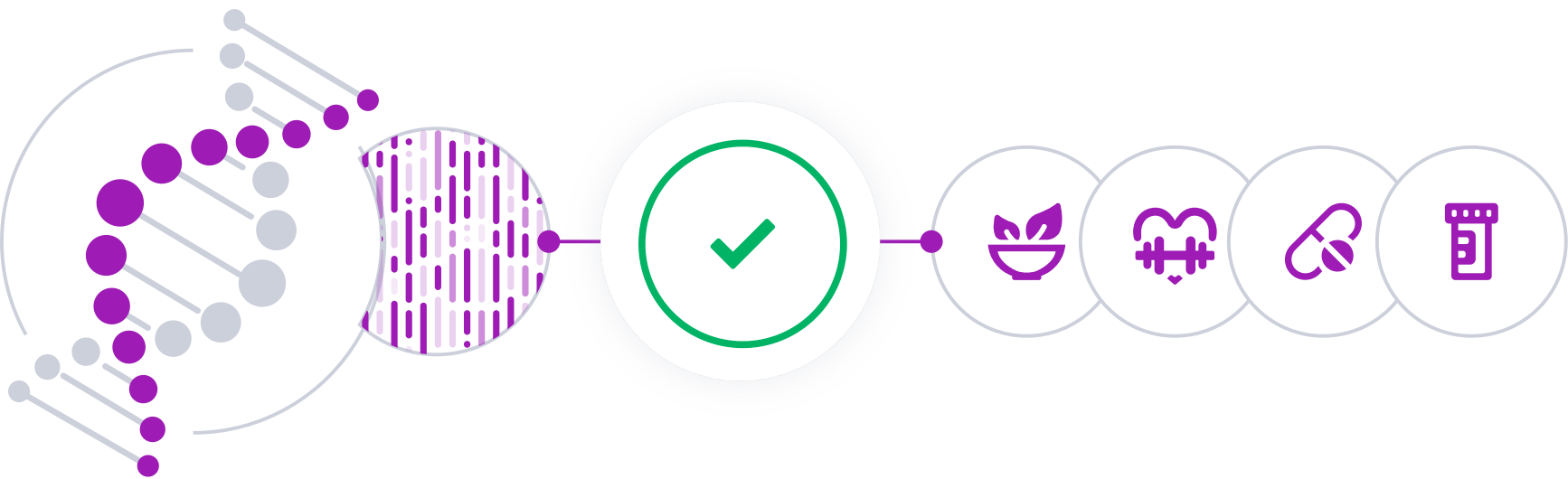
DISCLAIMER

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.

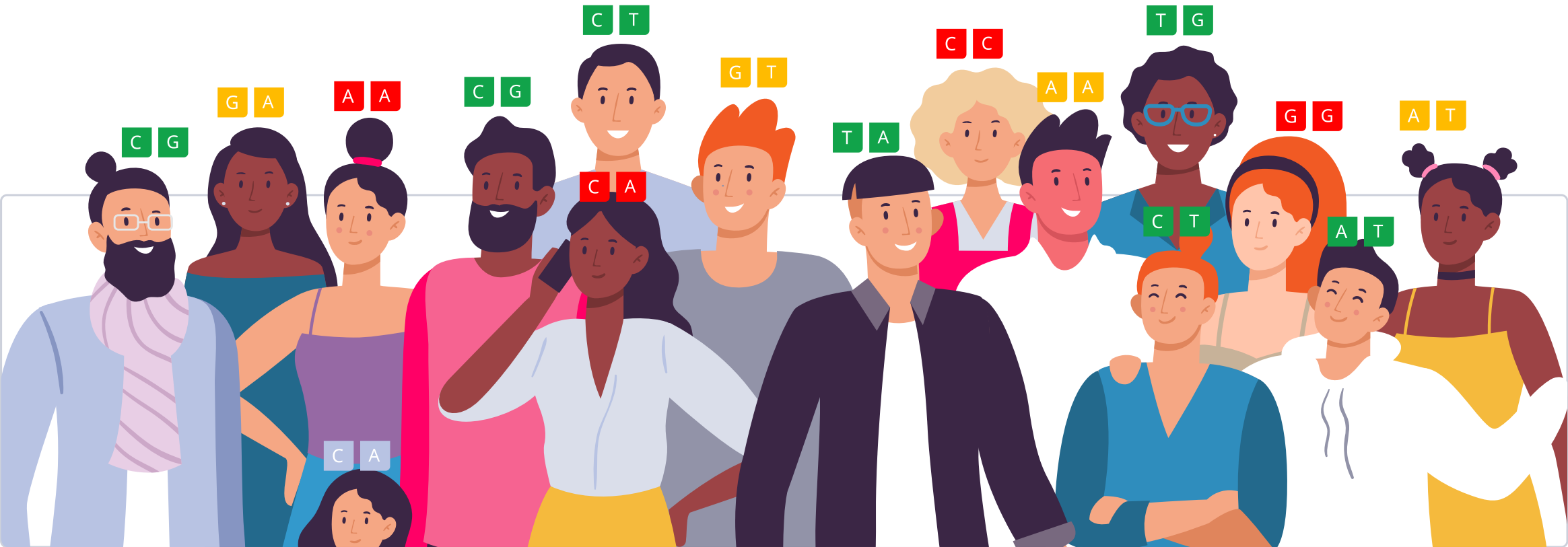


Similarly, our Trait Reports look at how your DNA influences your traits.



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.

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

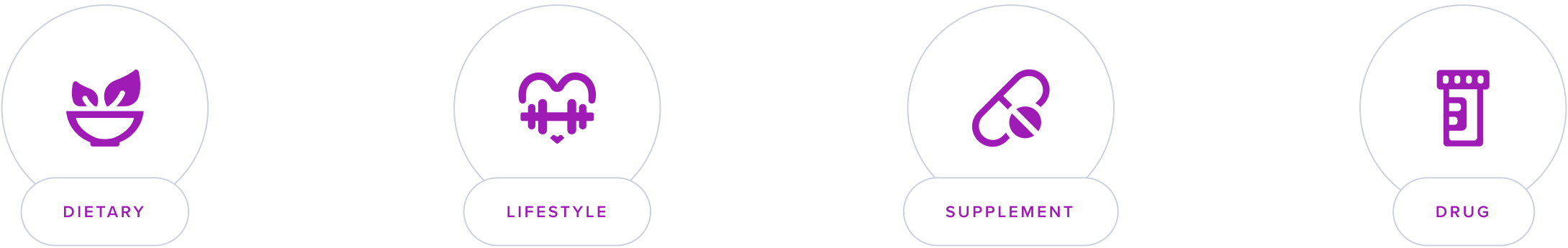
You have 2 risk alleles

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

Paranoid ideation involves irrational and persistent thoughts that one is being persecuted, threatened, or unfairly treated by others. These thoughts are less severe than the delusions seen in paranoid schizophrenia or delusional disorder but can still significantly affect a person's ability to lead a normal life. People experiencing paranoid ideation are often overly suspicious without sufficient reason and may read harmful intentions into benign comments or events.

Typical features of paranoid ideation include:

- **Mistrust:** An excessive suspicion of others' motives, which might lead individuals to misinterpret social cues or interactions as hostile or contemptuous.
- **Hypervigilance:** An increased state of awareness and alertness to perceived threats in one’s environment.
- **Fear of betrayal:** Concerns that others, even close friends or family, may betray or deceive them.
- **Reluctance to confide:** Due to fear that information may be used against them.

Risk Factors and Treatment

The exact causes of paranoid ideation are not well understood, but several factors may contribute:

- Psychological factors: High levels of stress, anxiety, or a history of traumatic experiences can trigger or exacerbate paranoid thoughts.
- Biological factors: There may be genetic predispositions or neurochemical imbalances in the brain that predispose individuals to paranoia.
- Social influences: Isolation, poor social interactions, and a lack of social support can contribute to the development of paranoid ideation.

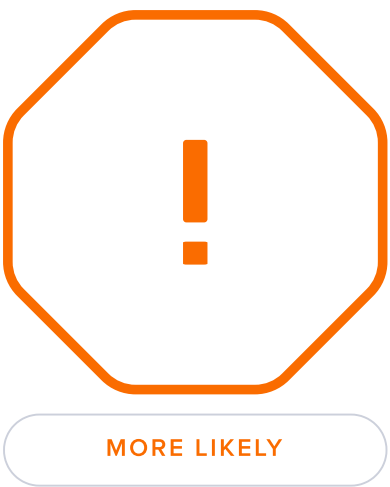
Importantly, paranoid ideation can be a feature of several mental health disorders, including:

- Anxiety disorders: Particularly when high levels of anxiety lead to fears about others' intentions.
- Depressive disorders: Especially in severe forms of depression where individuals may feel persecuted or excessively criticized.
- Personality disorders: Such as paranoid personality disorder, where paranoia is a predominant trait.
- Psychotic disorders: Including schizophrenia, although in these cases, paranoia is usually more intense and classified as delusional.

Treatment strategies may include:

- Psychotherapy: Cognitive-behavioral therapy (CBT) is particularly effective, helping individuals recognize and alter paranoid thoughts, improve coping mechanisms, and enhance social skills.
- Medications: While there are no specific medications for paranoid ideation, antidepressants, anti-anxiety drugs, or antipsychotics may be prescribed if paranoia occurs within the context of broader mental health disorders.
- Social support and education: Building a supportive environment and educating the individual about the nature of their condition can improve outcomes.

In addition to professional treatment, self-help strategies can assist in managing paranoid ideation:



More likely to have paranoid ideations based on 23,507 genetic variants we looked at



- Stress management: Techniques such as mindfulness, relaxation exercises, and regular physical activity can reduce overall anxiety and stress levels.
- Social engagement: Participating in community activities or support groups can decrease isolation and build healthier social interactions.

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	Attention Bias Modification	10 minutes	2	Avoid Illicit Drugs	
3	Psychotherapy	1 hour	4	Psychodynamic Therapy	
5	Cognitive Bias Modification	15 minutes	6	Cognitive-Behavioral Therapy (CBT)	
7	Zinc	15 mg			

1



Attention Bias Modification

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in daily sessions of attention bias modification training for 10-15 minutes. Use computerized programs or mobile apps specifically designed for this purpose, focusing on redirecting your attention away from negative stimuli towards neutral or positive stimuli. Continue this practice for a minimum of 4 weeks to observe potential changes in anxiety or stress levels.

TYPICAL STARTING DOSE

10 minutes

Description

Attention Bias Modification (ABM) is a psychological technique designed to modify automatic attentional biases, often used in the treatment of conditions like anxiety disorders. It aims to shift attention away from negative stimuli, potentially reducing anxiety symptoms.

How it helps

Attention Bias Modification (ABM) helps individuals with paranoid ideation by training them to redirect their focus away from threatening stimuli, which can alleviate anxiety and reduce the cognitive distortions associated with paranoia.

2



Avoid Illicit Drugs

IMPACT

1 / 5

EVIDENCE

1 / 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

Avoiding illicit drugs helps mitigate symptoms of paranoid ideation by reducing neurochemical disturbances and preventing the exacerbation of anxiety and delusions, fostering a more stable mental state conducive to therapeutic interventions.

3



Psychotherapy

IMPACT1 / 5

EVIDENCE1 / 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 in managing paranoid ideation by fostering a safe environment to explore distressing thoughts and feelings. It equips individuals with coping mechanisms and cognitive restructuring techniques that reduce anxiety and enhance emotional regulation.

4



Psychodynamic Therapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Schedule and attend weekly sessions with a trained psychodynamic therapist for a minimum duration of 6 months to several years, depending on individual needs and progress.

Description

Psychodynamic therapy is a form of psychotherapy that focuses on exploring unconscious thoughts and emotions to gain insight into a person's psychological issues and improve mental well-being.

Psychodynamic therapy is **a form of psychotherapy or talk therapy**. It focuses on conscious and subconscious feelings from past experiences and how they affect the patient [\[R\]](#).

Psychodynamic therapy can boost your mood and help build a more resilient personality [\[R\]](#).

How it helps

Psychodynamic therapy aids individuals with paranoid ideation by helping them uncover and address unconscious conflicts and emotional issues, thereby fostering greater self-awareness and understanding of their thought patterns. This therapeutic insight can reduce anxiety and diminish paranoid thoughts over time.

5



Cognitive Bias Modification

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Engage in daily sessions of cognitive bias modification exercises for at least 15 minutes. These can involve computerized programs or mobile app-based tasks designed to alter negative thought patterns. Continue this practice for a minimum of 4 to 8 weeks to observe noticeable changes in thought processes.

TYPICAL STARTING DOSE

15 minutes

Description

Cognitive bias modification (CBM) is a psychological technique designed to change automatic cognitive biases or negative thinking patterns associated with mental health issues. It aims to promote more positive thought patterns and emotional well-being.

Cognitive bias modification (CBM), also known as Attentional Bias Training (ABT), is a computer-based therapy that teaches you not to focus on negative information [\[R\]](#), [\[R\]](#).

Some people pay more attention to negative information or are more likely to interpret neutral information as threatening. This increases the production of stress hormones and chemical messengers, like [adrenaline](#) and [cortisol](#). CBM aims to “re-train” this attention and interpretation bias [\[R\]](#).

How it helps

Cognitive Bias Modification (CBM) helps individuals with paranoid ideation by restructuring negative thought patterns, fostering a more realistic perception of situations, which can lead to reduced anxiety and improved mental clarity.

6



Cognitive-Behavioral Therapy (CBT)

IMPACT

1 / 5

EVIDENCE

1 / 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

Cognitive-Behavioral Therapy (CBT) helps individuals with paranoid ideation by identifying and restructuring irrational beliefs, thereby reducing the intensity of paranoid thoughts and enhancing coping mechanisms.

How to implement

TYPICAL STARTING DOSE
15 mg

Description

Zinc is an essential mineral. Your body needs it to [R, R]:

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [[R](#)].

How it helps

Zinc is an essential mineral that plays a crucial role in brain health and function. Low levels of zinc have been linked to mood disorders. Supplementing with zinc may help improve symptoms of paranoia by supporting overall brain health and neurotransmitter function.

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.