

Postpartum Depression

Disease Report

REPORT CATEGORIES —



MENTAL HEALTH



REPRODUCTIVE
HEALTH

Sample Client

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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

Postpartum depression (PPD) is a mood disorder that affects women after childbirth. It includes a complex mix of physical, emotional, and behavioral changes [R].

Experiencing mood swings, fatigue, and feelings of overwhelm is normal in women after giving birth. This is known as the "baby blues", which typically fade within a week or two. PPD is more severe, longer-lasting, and more interfering with daily activities and childcare [R].

Common manifestations of PPD include [R, R]:

- Severe mood swings.
- Intense irritability or anger.
- Overwhelming fatigue or loss of energy.
- Difficulty bonding with the baby.
- Withdrawing from family and friends.
- Fear of not being a good mother.
- Thoughts of harming oneself or the baby.
- Feelings of worthlessness, guilt, or inadequacy.
- Severe anxiety or panic attacks.

Early intervention is crucial for PPD. It may improve the symptoms, allowing mothers to bond with and care for their babies.

Risk Factors and Genetics

About **25%** of the differences in PPD may be due to genetics [\[R\]](#).

Some studies indicate that women with relatives who've had PPD or other mood disorders might be at a higher risk. However, PPD is multifactorial, and genetics is just one aspect.

Other factors that might increase the risk of developing PPD include [\[R\]](#), [\[R\]](#):

- Hormonal changes after childbirth.
- A history of depression or other mood disorders.
- Stressful life events during the previous year (e.g., pregnancy complications, illness, or job loss).
- Having twins, triplets, or other multiple births.
- Experiencing breastfeeding issues.
- Having a baby with health problems or special needs.
- Lack of a strong support system.
- Substance abuse (alcohol, illegal drugs).

Consumer Summary

- Feeling tired, overwhelmed, or emotional after childbirth is normal and often called the "baby blues." But if these feelings last longer than two weeks or interfere with daily life, it may be postpartum depression (PPD).
- PPD can show up as severe mood swings, anger, anxiety, or even difficulty bonding with your baby. Some moms feel guilty, isolated, or even have scary thoughts about harming themselves or their baby.
- You’re more likely to experience PPD if you’ve had depression before, faced major stress during or after pregnancy, or don’t have enough support. Hormonal changes, having twins, or caring for a baby with special needs can also add to the risk.
- Genetics may also play a role, especially if you have a family history of mood disorders.
- If you think you might have PPD, it’s important to talk to someone. Early help can make all the difference, helping you feel better and bond with your baby.



TYPICAL LIKELIHOOD

Typical likelihood of postpartum depression based on 502,223 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs746102602	AA
C8ORF34	rs200653092	TT
MST1	rs142690032	AG
DCAF4	rs117449182	GA
MASP2	rs41307788	TC
IKZF2	rs112988286	AA
URB1	rs187640762	GG
ATRN	rs118065662	AA
ZNF100	rs138292237	GG
SCUBE2	rs72547298	GG
CFTR	rs1800100	CC
SIDT1	rs34023543	AA
GRIA1	rs3841128	TT
MINDY1	rs140386498	AA
NAV2	rs147604281	CC
BIN1	rs138047593	TT
UMODL1	rs114358105	CC
HOOK2	rs189241336	CC
OR13F1	rs79177442	GG
ENDOG	rs200885264	GG
NRDE2	rs45462994	CC
GPX2	rs17881652	GG
ILVBL	rs59102460	GG
FLNC	rs181067717	CC
TMEM41A	rs139252054	CC
ASCC2	rs34833047	TT
TBC1D28	rs191971748	GG
PRRC2A	rs11538262	CC
FOXM1	rs28919870	GG
EDEM3	rs41264582	GG
FAM53A	rs62287701	GG
RRS1	rs34077648	GG

GENE	SNP	GENOTYPE
NOC3L	rs140289143	TT
SDR39U1	rs11538184	AA
SLC39A8	rs112519623	GG
MYOF	rs41290202	CC
GBE1	rs28763904	AA
EFCAB7	rs41313264	AA
KALRN	rs56106611	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		DOSAGE	
1	Aerobic Exercise (Cardio)	1 hour	
2	Walking	30 minutes	
3	Aromatherapy	30 minutes	
4	Lactobacillus Rhamnosus HN001	10 billion CFU	
5	Maintain Optimal Vitamin D Levels	1000 iu	
6	Cognitive-Behavioral Therapy (CBT)		
7	Support Groups		
8	DHA (Omega-3)	200 mg	
9	Exercise At Least One Hour a Day	1 hour	
10	Mindfulness-Based Cognitive Therapy (MBCT)	2 hours	
11	Omega-3 (Fish Oil)	2000 mg	
12	Interpersonal Therapy	50 minutes	

1



Aerobic Exercise (Cardio)

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Physical activity interventions during pregnancy and the postpartum period may improve mood and reduce postpartum depression symptoms. Moderate aerobic exercise (35-45 min, 3x-4x/week) may help both treat and prevent postpartum depression [\[R\]](#), [\[R\]](#), [\[R\]](#).

Exercise may help by stimulating the production of mood-boosting chemicals (endorphins).

2



Walking

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

A meta-analysis of 5 randomized controlled trials with 242 participants suffering from mild-to-moderate postpartum depression found that 12-24 weeks of walking reduced Edinburgh Postnatal Depression Scale (EPDS) scores by -4.01 points. This suggests walking interventions, especially group-based ones with 90-120+ minutes of moderate-intensity walking weekly, may effectively reduce PPD symptoms [\[R\]](#).

3



Aromatherapy

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

A meta-analysis of 9 trials concluded that aromatherapy reduces depression at postpartum week 2, and possibly at weeks 4-6 [\[R\]](#).

4



Lactobacillus Rhamnosus HN001

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

L. rhamnosus HN001 is available in various forms, including capsules, powders, and sometimes as an ingredient in fermented dairy products like yogurts and kefir. Typically, doses range from 1 billion to 10 billion colony-forming units (CFUs) per day. It is often recommended to start with a lower dose and gradually increase it to gauge how your body responds. Consistency is key. Taking *L. rhamnosus* HN001 regularly can help maintain its effectiveness.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus HN001 is a probiotic strain originally isolated from dairy products. Research suggests that *L. rhamnosus* HN001 can have several beneficial impacts, particularly in the areas of digestive health and immune system support.

People mainly take *L. rhamnosus* HN001 to help with:

- IBS
- Diarrhea
- Respiratory infections
- Eczema
- Anxiety
- Depression

How it helps

In a placebo-controlled trial of 423 pregnant women, supplementation with *L. rhamnosus* HN001 from the 14th-16th week of gestation until 6 months postpartum reduced postpartum anxiety and depression [\[R\]](#).

5



Maintain Optimal Vitamin D Levels

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Vitamin D is linked to mood regulation, and deficiency in this vitamin has been associated with increased risk of depression.

6



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 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

CBT is a type of talk therapy that helps individuals identify and change negative thought patterns and behaviors. It has been shown to be effective in reducing symptoms of postpartum depression by teaching coping skills and improving emotional regulation.

7



Support Groups

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.

Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [\[R\]](#):

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [\[R\]](#).

How it helps

Support groups offer emotional support and shared experiences, which can significantly reduce feelings of isolation and provide practical advice for managing postpartum depression.

8



DHA (Omega-3)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take an omega-3 supplement containing DHA at a dosage of 200-500 mg daily, preferable with a meal to improve absorption. It's recommended to continue this supplementation as part of your daily regimen to support heart, brain, and joint health.

TYPICAL STARTING DOSE
200 mg

Description

DHA is an omega-3 fatty acid found in fatty fish and algae-based supplements. It is essential for brain health and has been associated with cognitive function, cardiovascular health, and reducing inflammation in the body.

An **EPA/DHA supplement** can be taken to help meet omega-3 fatty acid needs not achieved through diet. Supplement amounts are generally 250-500mg/d though there are no current official recommendations other than for ALA.

How it helps

The Avon Longitudinal Study of Parents and Children (ALSPAC) cohort investigated the link between omega-3 fatty acids (EPA and DHA) and perinatal onset depression using conventional epidemiological analysis and Mendelian randomization (MR). Weak evidence suggests a positive association, but causality remains inconclusive without MR confirmation [R].

9



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE
1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [R].

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular exercise releases endorphins, which are natural mood lifters. Engaging in physical activity for at least 30 minutes a day can help alleviate symptoms of depression and improve overall mental well-being.

10



Mindfulness-Based Cognitive Therapy (MBCT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in an 8-week course of Mindfulness-Based Cognitive Therapy (MBCT), which typically includes weekly group sessions (each lasting about 2 hours), daily homework practices (about 1 hour per day), and one all-day session after the fifth week. Sessions are led by trained instructors and focus on mindfulness meditation practices and cognitive behavioral exercises.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Cognitive Therapy (MBCT) is a therapeutic approach that combines mindfulness practices with cognitive-behavioral techniques to help individuals manage and prevent recurring episodes of depression and anxiety.

How it helps

MBCT combines cognitive therapy with mindfulness practices. It helps individuals become more aware of their thoughts and feelings, allowing them to respond more effectively to stress and depressive symptoms.

11



Omega-3 (Fish Oil)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

The Avon Longitudinal Study of Parents and Children (ALSPAC) cohort investigated the link between omega-3 fatty acids (EPA and DHA) and perinatal onset depression using conventional epidemiological analysis and Mendelian randomization (MR). Weak evidence suggests a positive association, but causality remains inconclusive without MR confirmation [\[R\]](#).

12



Interpersonal Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in weekly 50-minute sessions with a certified therapist trained in interpersonal therapy for a duration of 12-16 weeks. During these sessions, focus on improving your interpersonal relationships and communication skills to address specific issues such as unresolved grief, role transitions, interpersonal disputes, or social deficits.

TYPICAL STARTING DOSE

50 minutes

Description

Interpersonal therapy is a form of psychotherapy or talk therapy. It helps analyze the life events that may contribute to the depressive state. Interpersonal therapy aims to improve communication and personal relationships.

Interpersonal therapy is a form of psychotherapy or talk therapy. It helps analyze the life events that may contribute to the depressive state. Interpersonal therapy aims to improve communication and personal relationships [\[R\]](#), [\[R\]](#).

Interpersonal therapy is used to approach several conditions, including [\[R\]](#):

- Depression
- Anxiety disorders
- Eating disorders
- PTSD

How it helps

Interpersonal Therapy focuses on improving relationships and communication issues that may contribute to depressive symptoms. It has been shown to be beneficial for those experiencing postpartum depression by addressing social and relational factors.

Next Steps

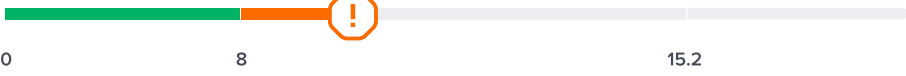
Remember, your genes only tell one important part of your health story!

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.

	Vitamin B12	687 pg/mL		9 Nov 2025
	Prolactin	9.83 ng/mL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025