

Psychosis

DNA Health Report

REPORT CATEGORY —



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

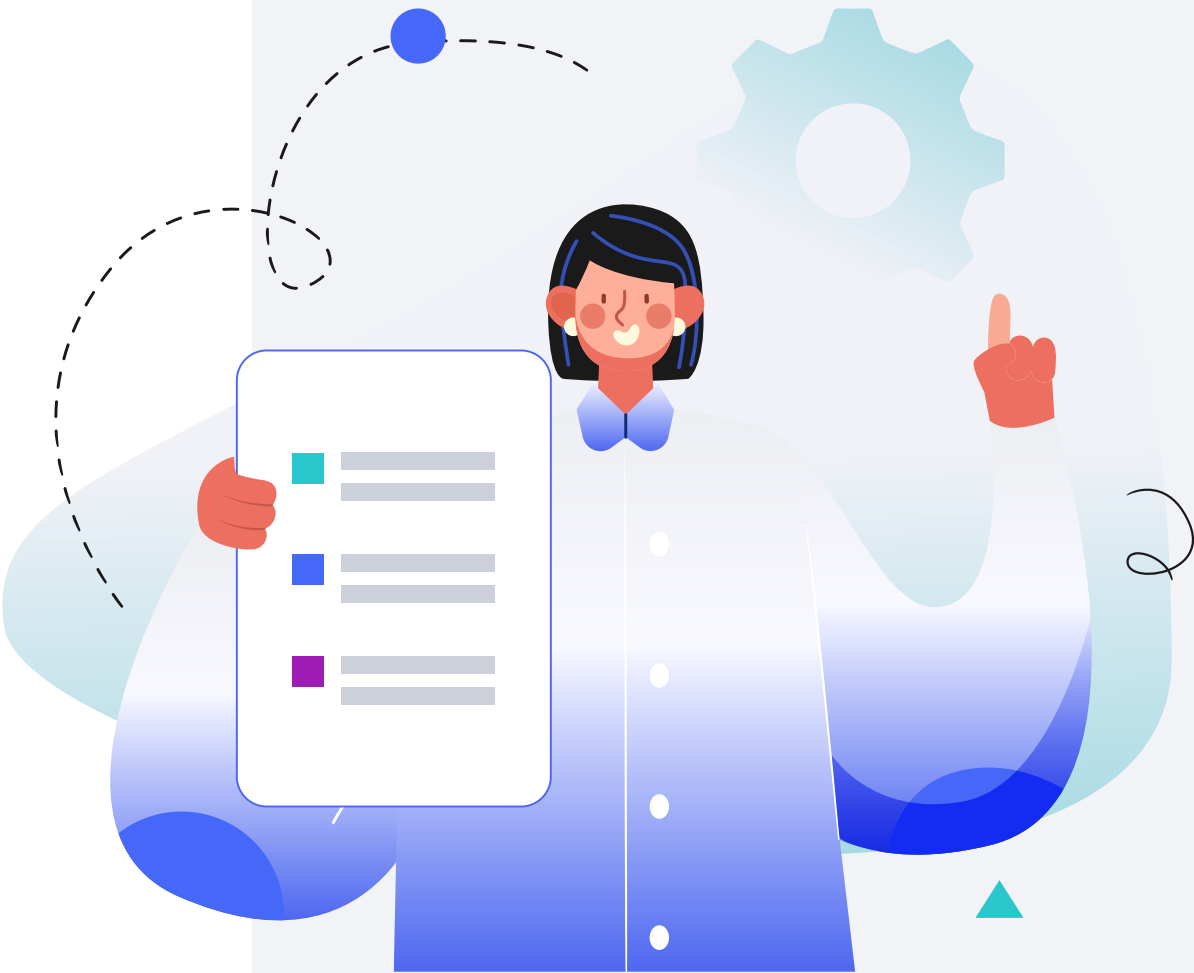
Male

HEIGHT

5ft 5" 165cm

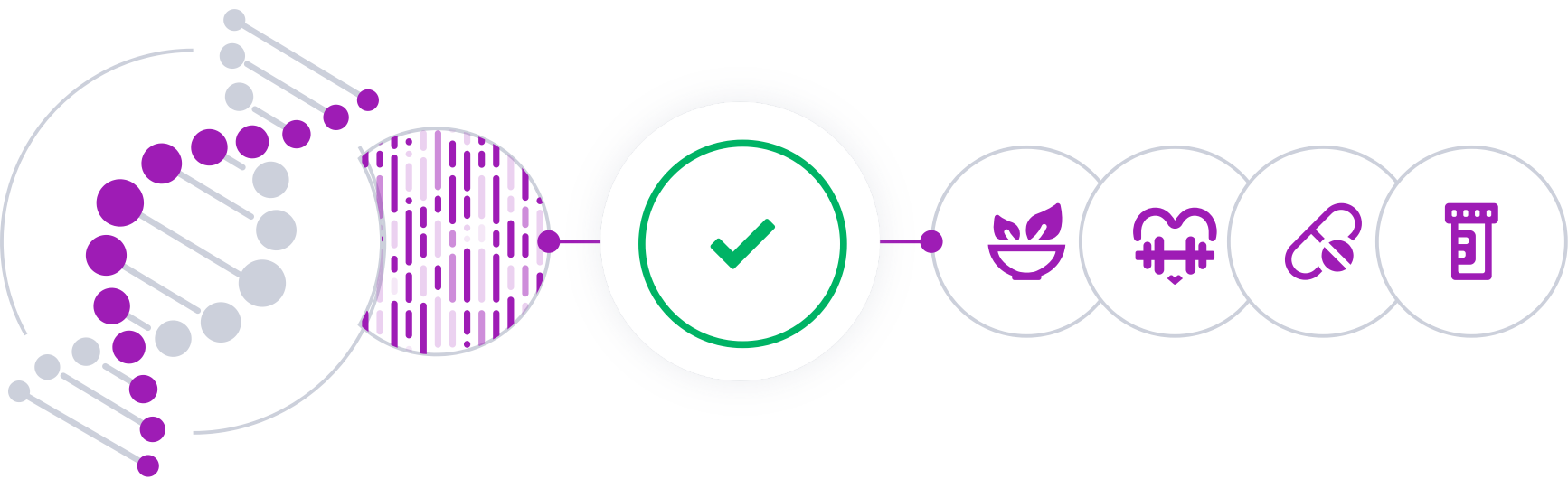
WEIGHT

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.

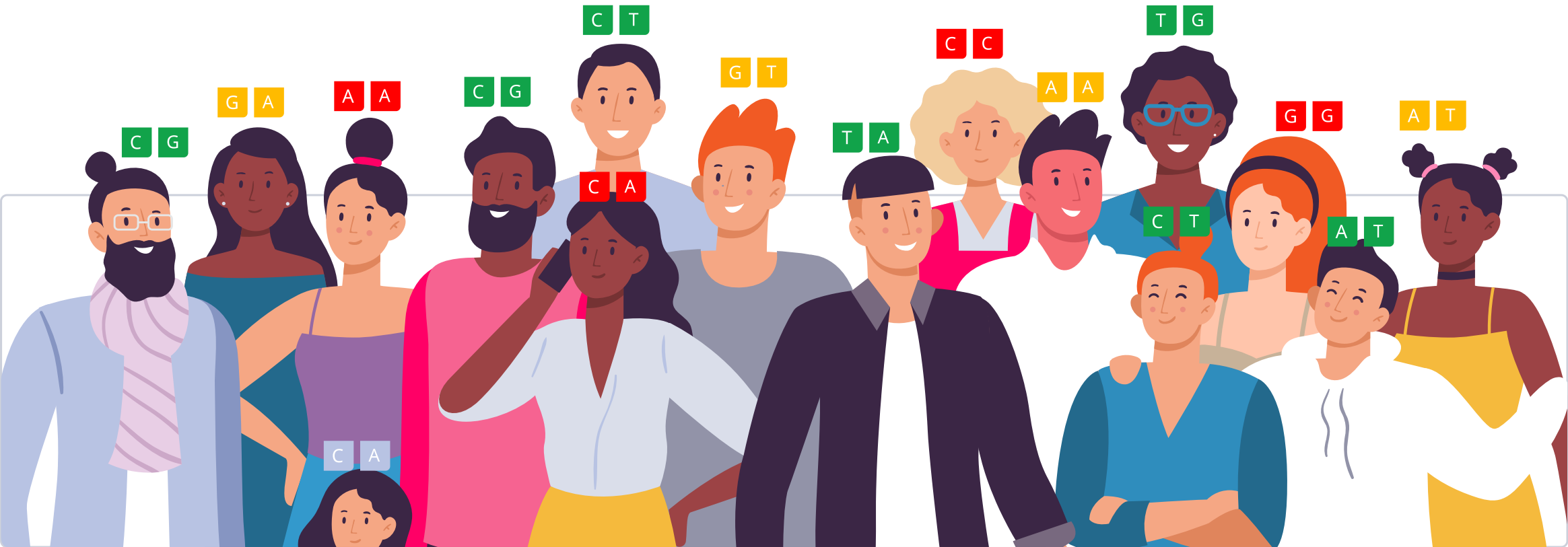


Similarly, our Trait Reports look at how your DNA influences your traits.



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

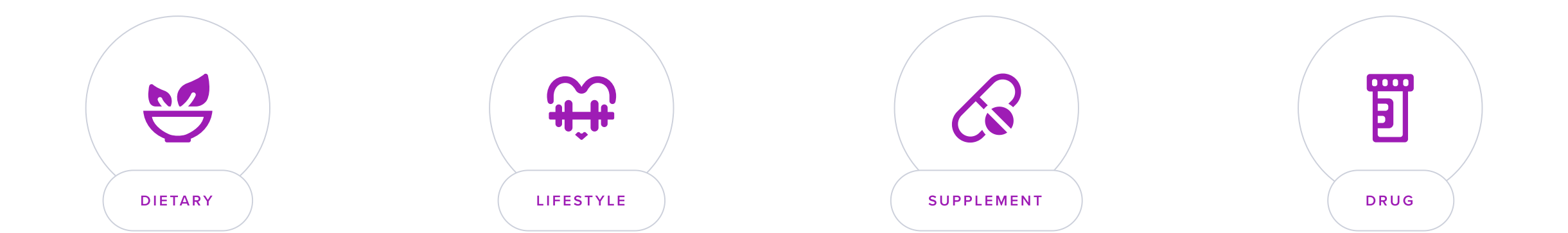
You have 2 risk alleles

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

Psychosis is a mental health condition characterized by a disconnection from reality. It manifests through symptoms that can significantly impact perception, thoughts, and emotions. People experiencing psychosis may have hallucinations, delusions, disorganized thinking, and other cognitive disturbances.

Psychosis isn't a disorder in itself but a symptom that can occur within the context of several mental health conditions, including:

- Schizophrenia: Perhaps the most well-known condition involving psychosis, where individuals consistently experience symptoms like hallucinations, delusions, and disorganized thinking.
- Bipolar disorder: Individuals may have episodes of mania or severe depression, with psychotic symptoms appearing during extreme phases.
- Major depressive disorder: Psychosis can occur during severe episodes of depression.
- Schizoaffective disorder: Features symptoms of both schizophrenia and mood disorder (depression or bipolar disorder).
- Brief psychotic disorder: Sudden, short-term displays of psychotic behavior often triggered by extreme stress, such as bereavement.

The primary symptoms of psychosis include:

- Hallucinations: Sensory experiences that appear real but are created by the mind. Common hallucinations include hearing voices or seeing things that aren't there.
- Delusions: Strong beliefs that are false or irrational but held with high conviction. These might include paranoid delusions or beliefs of special powers or identity.
- Disorganized thinking: Manifests as incoherent or nonsensical speech or thoughts.
- Disorganized or abnormal motor behavior: This may show as a marked decline in overall daily functioning, unpredictable agitation, or catatonia.
- Negative symptoms: This includes the absence of normal behaviors found in healthy individuals, such as lack of emotional expression, poor social functioning, and reduced ability to initiate and sustain planned activities.

Risk Factors and Management

The exact cause of psychosis isn't known, but a combination of genetic, physical, psychological, and environmental factors can contribute:

- **Genetics:** A family history of psychotic disorders increases the risk.
- **Brain chemistry and structure:** Alterations in brain chemistry, particularly involving neurotransmitters like dopamine and serotonin, and structural changes in the brain have been linked to psychosis.
- **Substance use:** Abuse of substances such as marijuana, LSD, amphetamines, and alcohol can trigger psychosis.
- **Trauma:** Severe stress or traumatic events, especially during early childhood, can precipitate the onset of psychotic disorders.
- **Physical illness or injury:** Certain conditions like brain tumors, brain infections, stroke, and Alzheimer’s disease can cause psychosis.

Treatment for psychosis may include:

- **Medication:** Antipsychotic drugs are the cornerstone of treatment, helping to manage symptoms by affecting brain neurotransmitters.
- **Psychotherapy:** Cognitive-behavioral therapy (CBT) and other forms of therapy can help manage and interpret reality.
- **Hospitalization:** In severe cases, hospitalization may be necessary to ensure safety, proper nutrition, and sleep, and to stabilize the condition.
- **Supportive services:** Social and vocational training to help those with psychosis live more independently.

Early intervention and treatment are crucial for improving the prognosis of psychotic disorders, potentially allowing individuals to lead fulfilling and productive lives. Ongoing research continues to expand the understanding of psychosis, leading to more effective treatments and supportive approaches.



TYPICAL LIKELIHOOD

Typical likelihood of psychosis based on 18,099 genetic variants we looked at



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	Music Therapy	30 minutes	2	Aerobic Exercise (Cardio)	1 hour
3	Yoga	30 minutes	4	Omega-3 (Fish Oil)	2000 mg
5	Mindfulness	30 minutes	6	Taurine	500 mg
7	Guided Imagery	30 minutes	8	Sarcosine	2 g
9	Art Therapy	1 hour	10	Cognitive Training	15 minutes
11	N-acetylcysteine (NAC)	1200 mg			

1



Music Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE
30 minutes

Description

Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.

[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R\]](#), [\[R\]](#).

How it helps

Music may reduce general, negative, and depressive symptoms of psychosis. Popular music may be more effective than classical music and the effects may be largest after 16 sessions [\[R\]](#), [\[R\]](#), [\[R\]](#).

Music therapy may help by reducing stress, improving mood, and providing a channel for expression and communication, which may be particularly beneficial in managing auditory hallucinations or disorganized thoughts.

2



Aerobic Exercise (Cardio)

IMPACT

2 / 5

EVIDENCE

3 / 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

Regular physical activity may slightly reduce the risk of psychosis [\[R\]](#).

Exercise (including cardio) may have small beneficial effects on positive symptoms of schizophrenia such as psychosis [\[R, R\]](#).

3



Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga may improve psychosis and other symptoms of schizophrenia [\[R, R, R\]](#).

Yoga may help by decreasing stress and anxiety, improving physical health, and enhancing mindfulness.

4



Omega-3 (Fish Oil)

IMPACT

1 / 5

EVIDENCE

3 / 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

A systematic review and meta-analysis of 17 randomized clinical trials found that oral fish oil supplementation (>2200 mg/day for up to 15 weeks) did not change psychosis symptoms but did contribute to an improvement in global functioning [\[R\]](#).

5

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 meta-analysis of 13 studies involving 468 participants found that mindfulness interventions moderately improve negative symptoms in psychosis or schizophrenia. The effect was smaller compared to control groups, and while effective, the study suggests the need for more research to optimize these interventions [R].

6



Taurine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1-4 g of taurine supplement daily, divided into two or three doses with meals for optimal absorption. It can be taken continuously, with periodic evaluations of its effects and benefits.

TYPICAL STARTING DOSE

500 mg

Description

Taurine is an amino acid found in various foods and often used in energy drinks and supplements. It plays a role in neurological and cardiovascular health and can help support energy metabolism.

[Taurine](#) is the most abundant free amino acid in humans. It's not essential, which means we can produce it. We can also get it from protein-rich foods, such as [\[R\]](#):

- Seafood
- Meat
- Dairy

Taurine is a popular additive in energy drinks and can also be taken as a supplement [\[R\]](#).

Taurine plays an important role in [\[R\]](#), [\[R\]](#):

- Bile production
- Calcium metabolism

It is also well-known for its antioxidant and anti-inflammatory properties [\[R\]](#).

How it helps

In a randomized, double-blind, placebo-controlled trial with 121 first-episode psychosis patients, taurine (4 g/day) for 12 weeks significantly improved symptomatology compared to placebo, as measured by the Brief Psychiatric Rating Scale (BPRS) total and psychotic subscale scores. Taurine also improved scores on the Calgary Depression Scale for Schizophrenia and Global Assessment of Functioning. However, it did not affect cognition. Taurine was well-tolerated, with favorable outcomes in terms of fatigue. Further research is needed to explore its potential in early psychosis treatment [\[R\]](#).

7



Guided Imagery

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Find a quiet, comfortable place to sit or lie down where you can spend 20 to 30 minutes without interruptions. Close your eyes and take deep breaths to relax. Then, listen to a guided imagery audio recording or follow a script where you imagine a peaceful scene or scenario in detail. Do this practice daily, ideally at the same time each day, to reduce stress and improve well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Guided imagery is a relaxation technique that involves using mental images to promote relaxation, reduce stress, and manage pain. It can have a positive impact on mental well-being and overall stress management.

Guided imagery is a relaxation technique that involves visualizing positive, peaceful settings. Guided imagery aims to [\[R, R\]](#):

- Improve mind-body connection
- Enhance well-being
- Reduce stress and anxiety
- Improve immunity

How it helps

In a non-placebo-controlled trial of 44 patients with first-episode psychosis, positive guided imagery enhanced positive future-directed thinking [\[R\]](#).

8



Sarcosine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take sarcosine as an oral supplement, typically in powder form. The common dosage ranges from 2 grams to 3 grams per day, usually divided into two equal doses taken in the morning and evening. It is recommended to continue this regimen for at least 4 to 6 weeks to observe effects.

TYPICAL STARTING DOSE

2 g

Description

Sarcosine is a naturally occurring amino acid derivative that has been studied for its potential role in cognitive function and mental health.

How it helps

Sarcosine, known as N-methylglycine, may have a beneficial effect on symptoms of psychosis, particularly in schizophrenia. It is thought to work by affecting the glutamate pathway in the brain, which is linked to the development of psychotic symptoms. Studies have shown that sarcosine supplementation can improve overall psychiatric symptoms, including mood and cognition, in people with schizophrenia.

9



Art Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

Art therapy can provide a creative outlet for expressing thoughts and feelings that might be difficult to articulate verbally. For individuals experiencing psychosis, it can offer a sense of relief, improve mood, and reduce distress by facilitating non-verbal communication and self-expression.

10



Cognitive Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in exercises that challenge your brain for at least 15 minutes per day, five days a week. This can include puzzles, memory games, learning a new language, or playing a musical instrument.

TYPICAL STARTING DOSE

15 minutes

Description

Cognitive training involves structured exercises and activities designed to improve specific cognitive functions, such as memory, attention, and problem-solving skills. It can be beneficial for individuals looking to enhance cognitive abilities or address cognitive challenges associated with conditions like Alzheimer's disease or attention deficit hyperactivity disorder (ADHD).

Cognitive training programs guide you through challenging tasks. They aim to support some cognitive functions, including [\[R\]](#):

- Memory
- Attention
- Problem-solving skills

Some scientists like to think of the brain as a muscle. They say people should “use it or lose it.” In line with this, cognitive training can be considered “brain exercise.” It is often provided through computer programs [\[R, R\]](#).

How it helps

Cognitive training involves exercises designed to improve specific brain functions such as memory, attention, and problem-solving. For individuals with psychosis, cognitive training can help strengthen cognitive processes, potentially reducing symptoms related to thought disorder and improving daily functioning.

11



N-acetylcysteine (NAC)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

1200 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

N-Acetylcysteine (NAC) is an antioxidant supplement that has been studied in the context of various mental health conditions, including psychosis. Some research suggests that NAC can help reduce symptoms of psychosis by addressing oxidative stress and inflammation in the brain, which are believed to contribute to psychotic disorders.

Next Steps

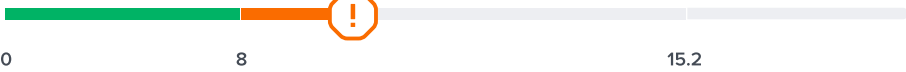
Remember, your genes only tell one important part of your health story!

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