

Somatic Symptom Disorder

Health Report

Sample Client

Report date: 15 January 2026

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Personal information

NAME
Sample Client

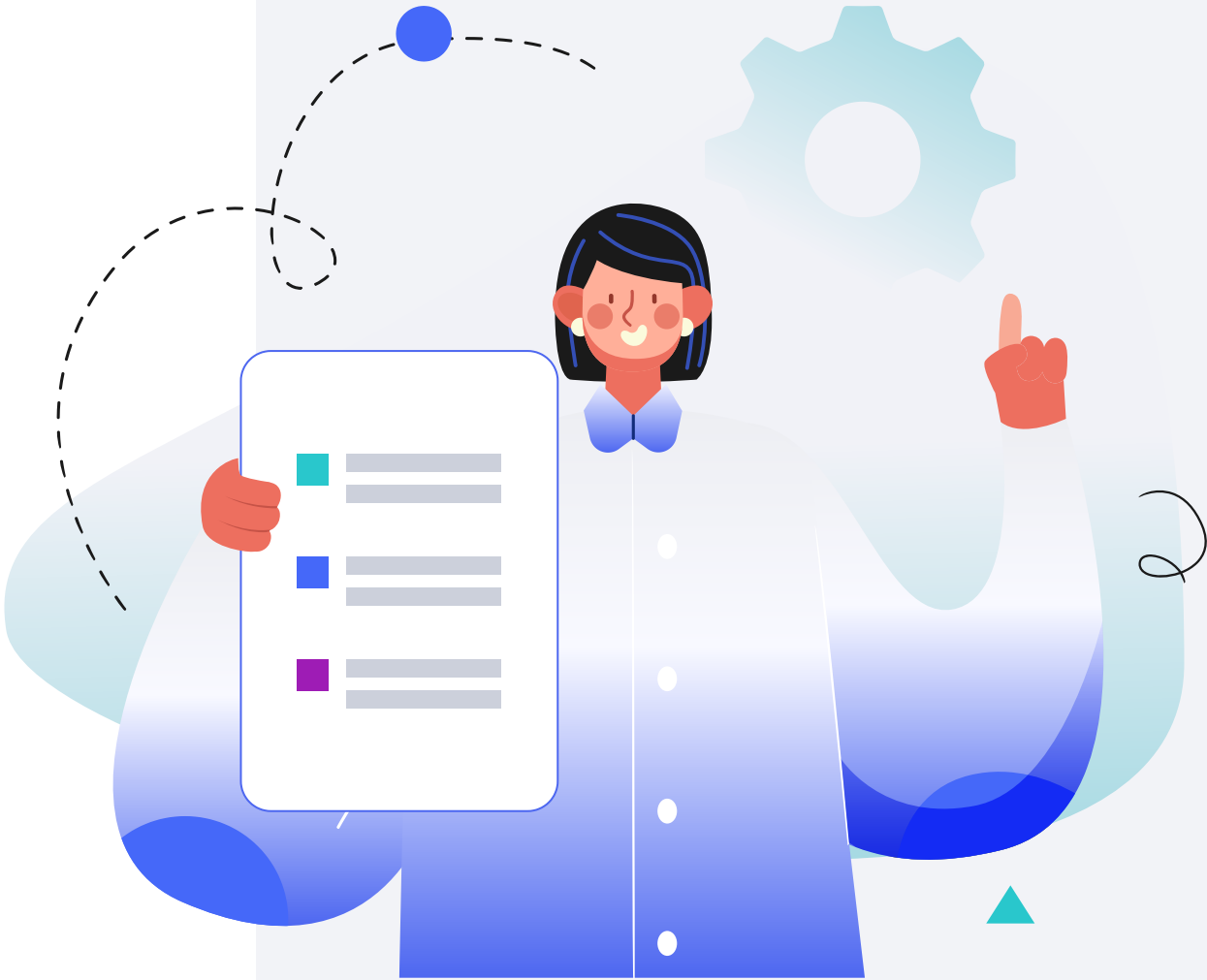
SEX AT BIRTH
Male

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

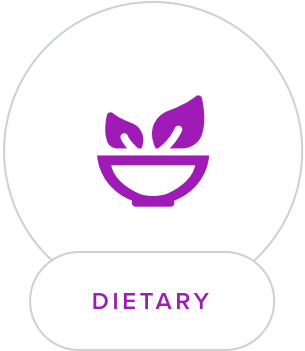
This type of report doesn’t estimate your genetic risk of a certain condition or your genetic predisposition to a certain trait. It provides general information about the condition or trait.

We create this type of reports when we are not able or not supposed to estimate genetic predisposition. Potential reasons include:

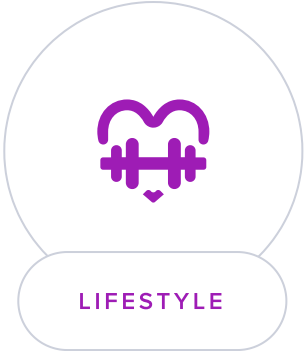
- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

When applicable, we also list top evidence-based recommendations that may help lower your risk.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



DIETARY



LIFESTYLE



SUPPLEMENT



DRUG

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.

Some things to keep in mind:

- Your health is most often a combination of genetics, lifestyle, and environmental factors. Great news, as this means that you can often change your lifestyle to lower your risk.
- It's important to work with your doctor to better understand your risks. Our reports do not diagnose or treat any health condition. They are not a substitute for medical advice. If you're diagnosed with a certain health condition, follow your doctor's advice.

Introduction

Somatic symptom disorder (SSD) is a complex mental health condition, where individuals experience intense, excessive, and persistent concerns about bodily symptoms. These symptoms may range from chronic pain to fatigue, and they often cannot be fully explained by a medical diagnosis.

SSD can significantly disrupt daily functioning, as individuals with this disorder may become highly anxious about their health, often engaging in obsessive health-related behaviors or seeking medical treatments that fail to alleviate their distress.

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	Autogenic Training	10 minutes	
2	Aerobic Exercise (Cardio)	1 hour	
3	Emotional Awareness And Expression Therapy	10 minutes	
4	Progressive Muscle Relaxation	10 minutes	
5	Probiotic Yogurt	30 minutes	
6	Mindfulness Meditation	30 minutes	

1



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

In a non-placebo-controlled trial of 325 patients with chronic somatic diseases, practicing autogenic training decreased anxiety, tension, fixation on negative feelings, and sensitivity to stressful influences while increasing activity and mood [\[R\]](#).

2



Aerobic Exercise (Cardio)

IMPACT1 / 5

EVIDENCE1 / 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

Aerobic exercise reduced pain perception and primary healthcare use in 2 non-placebo-controlled trials of 266 patients with somatic symptom disorders [\[R, R\]](#).

Aerobic exercise boosts the production of endorphins, the body's natural painkillers and mood elevators.

3



Emotional Awareness And Expression Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in Emotional Awareness and Expression Therapy (EAET) sessions regularly, typically once a week for about 8 to 12 weeks. Sessions can be conducted individually or in a group setting with a trained therapist. The focus will be on understanding and expressing your emotions related to stressors or trauma in a healthy way.

Description

Emotional awareness and expression therapy aims to help individuals recognize and communicate their emotions effectively. This therapeutic approach can enhance emotional intelligence, improve interpersonal relationships, and support mental well-being.

How it helps

In a non-placebo-controlled trial of 74 patients with somatic symptom disorder, a 10-week internet-delivered emotional awareness and expression therapy reduced somatic symptoms at both post-treatment and follow-up. The treatment also reduced pain, depression, insomnia, and anxiety at post-treatment, but not at follow-up [\[R\]](#).

4



Progressive Muscle Relaxation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

This technique involves tensing and then slowly relaxing each muscle group in the body, which can help reduce the physical discomfort associated with somatic symptom disorder. By promoting relaxation and reducing muscle tension, progressive muscle relaxation can decrease symptoms of anxiety and stress, which are often linked to this condition.

5



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt can support gut health, which is linked to mood regulation through the gut-brain axis. Improved gut health may contribute to better overall mental well-being, potentially reducing the stress and anxiety that can aggravate somatic symptom disorder. Probiotics in yogurt aid in maintaining a healthy gut microbiome, essential for both physical and mental health.

6



Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation can help individuals with somatic symptom disorder by teaching them to focus on the present moment and accept their physical sensations without judgment. This practice can reduce symptoms by lowering stress and improving emotional regulation, helping patients to better manage their condition.