SelfDecode™

Worrying

DNA Health Report

REPORT CATEGORIES

MENTAL HEALTH

PERSONALITY

Sample Client

Report date: 15 January 2026

Powered by omicsedge

Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

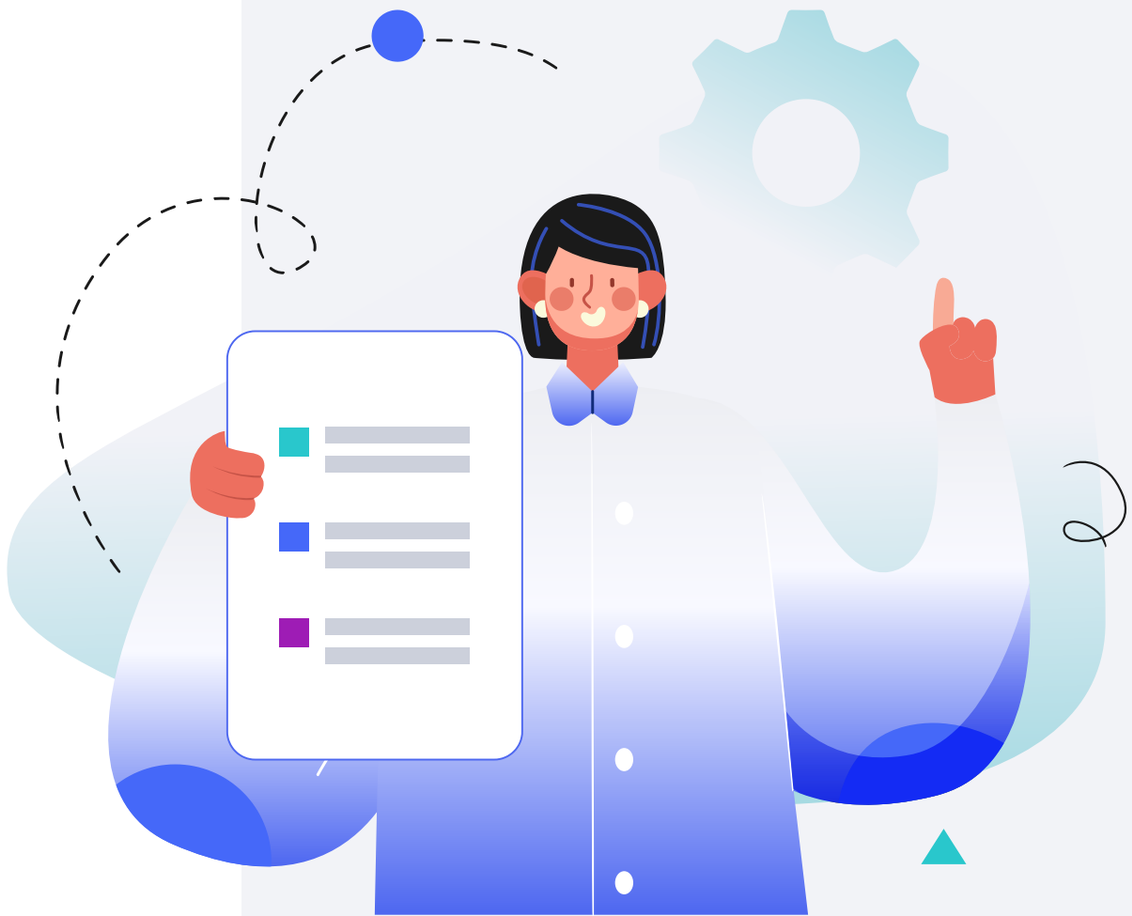
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

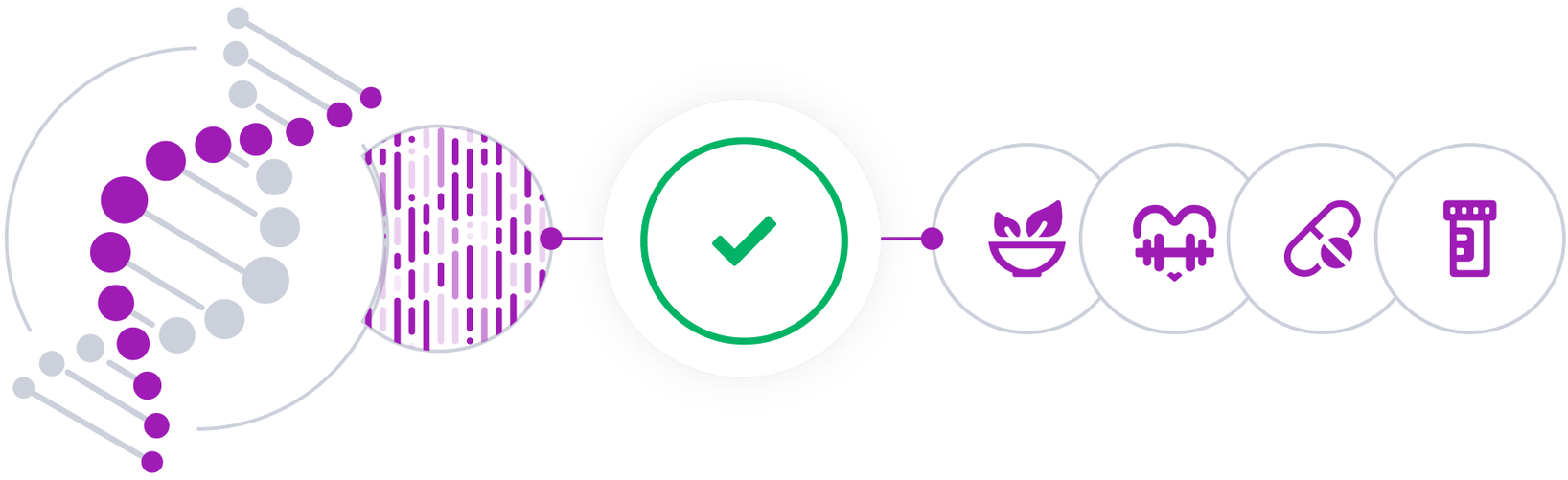


DISCLAIMER

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

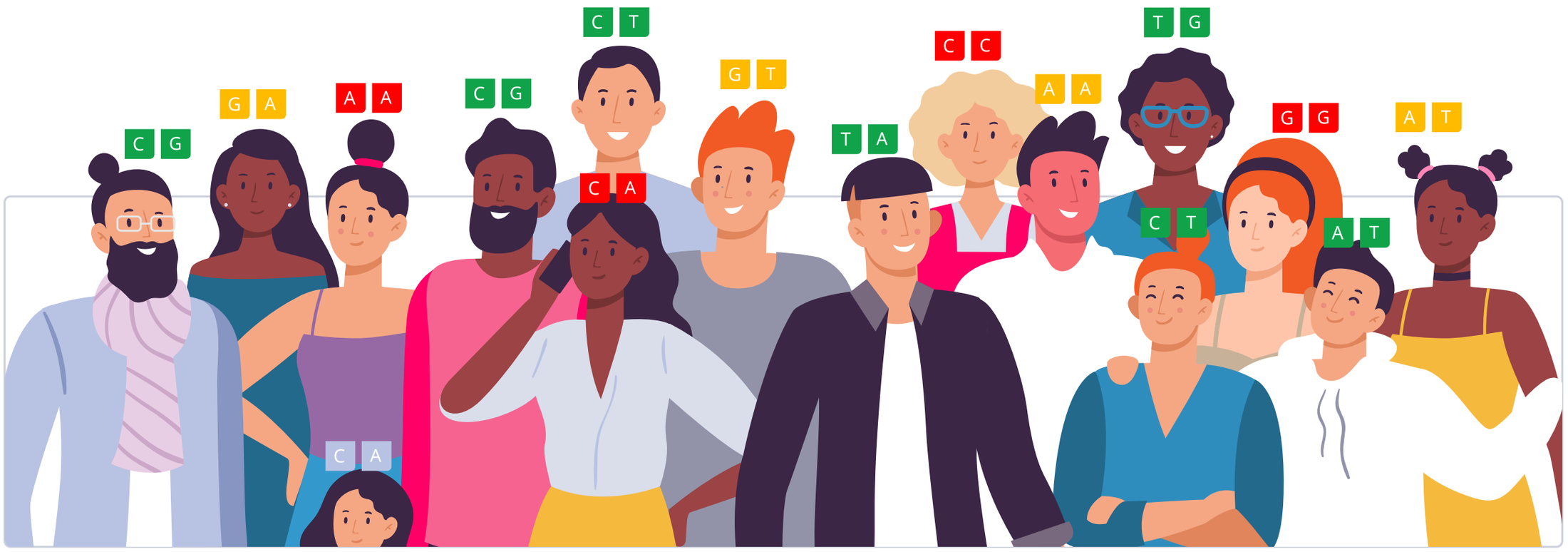
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

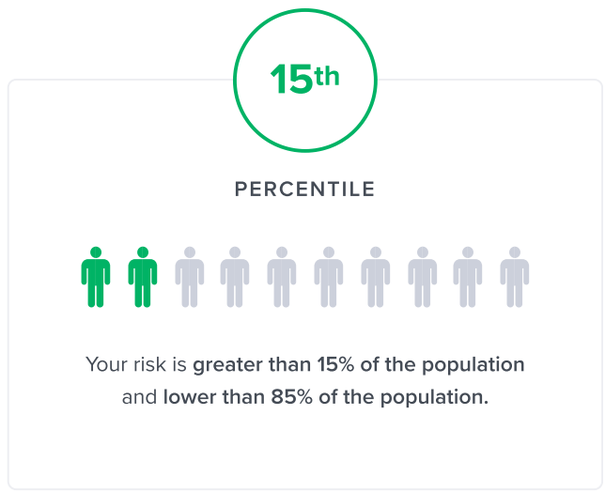
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

Worrying is a psychological condition that represents a person’s response to anxiety or unease about potential events or current situations. Chronic worrying can affect our daily functioning, influencing our emotional balance, and can lead to anxiety disorders when it becomes excessive or uncontrollable.

The anticipation of real or imagined future events can trigger a worry cycle, where the person becomes preoccupied with 'what ifs' and worst-case scenarios, which, in turn, can provoke physical responses such as increased heart rate, sweating, and muscle tension.

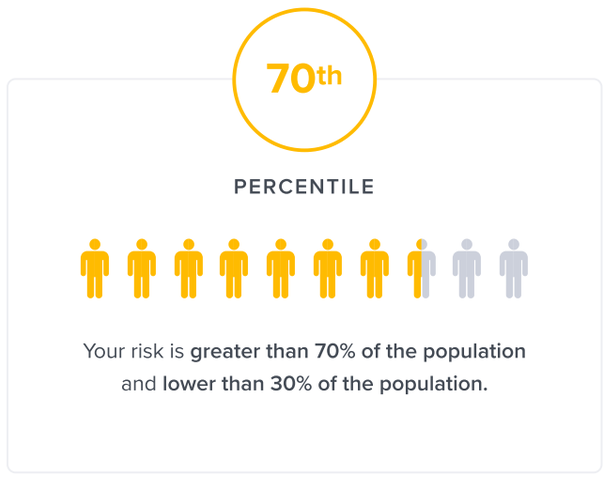
About Worrying

The physical manifestations of worrying are part of the body's fight-or-flight response, a primitive survival mechanism that can be overactive in individuals who worry excessively. If this condition persists, it can lead to difficulties in concentration, sleep disturbances, and a generally heightened state of stress which can exacerbate other health conditions.

The chronic stress associated with long-term worrying is linked to digestive disorders, a weakened immune system, and cardiovascular health issues, making it crucial for individuals suffering from excessive worrying to seek psychological assistance or stress management strategies.

TYPICAL LIKELIHOOD

Typical likelihood of worrying based on 494,121 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ITIH4	rs6798941	CC
ITIH4	rs12489490	CC
MC4R	rs58084604	CC
STAG1	rs6791142	CC
MSL2	rs1729951	GG
COMT	rs4680	AG
CADM2	rs62250713	GA
CADM2	rs1551042	CA
TNXB	rs2269426	AG
AS3MT	rs4919695	AG
NT5C2	rs7077291	CT
AS3MT	rs943035	TC
DENND1B	rs2488398	GC
HLA-DQA1	rs12055445	GA
DENND1B	rs2759663	CG
DENND1B	rs10737693	CT
STAB1	rs11130306	GA
RBFOX1	rs55997507	GC
AREL1	rs7152906	TC
PAM	rs187580	GT
DENND1B	rs17642632	AG
BAG6	rs1077393	GA
UBE3B	rs11067376	AG
KANSL1	rs2696457	CT

GENE	SNP	GENOTYPE
DLST	rs3759741	GA
LSMEM2	rs57462170	AG
GLYCTK	rs353547	CT
KCTD10	rs7132057	AC
FAM76B	rs10765762	TC
ST3GAL3	rs2367724	CT
CRHR1	rs17688916	TT
CELF4	rs72893199	TT
NOTCH4	rs520692	TT
LRRC4	rs3808072	CC
/	rs61957597	GG
/	rs4444227	TT
KANSL1	rs62062288	GG
CRHR1	rs62057151	CC
TCF4	rs7228159	TT
LRRC4	rs17151377	CC
SND1	rs806166	TT
PAX6	rs3026389	GG

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	Ashwagandha	120 mg
2	Rhodiola	500 mg
3	Yoga	30 minutes
4	Kanna (Sceletium Tortuosum)	50 mg
5	Pumpkin Seeds	
6	Turmeric	
7	Magnesium	350 mg
8	Saffron	20 mg
9	Meditation	30 minutes
10	Zembrin	
11	Probiotic Yogurt	
12	L-Theanine	100 mg
13	Valerian	500 mg
14	Mindfulness-Based Stress Reduction (MBSR)	2 hours

1

Ashwagandha

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take 250-600 mg of ashwagandha supplement daily. It can be consumed with water or a meal, depending on your preference or as advised by a healthcare provider.

TYPICAL STARTING DOSE

120 mg

Description

Ashwagandha (*Withania somnifera*) is an herb used in traditional Indian medicine. This herb is known as an *adaptogen* because it helps people adapt to stress [R, R].

How it helps

Ashwagandha extract (240-600 mg/day for 8 weeks) may improve anxious feelings in healthy people [R, R, R].

Ashwagandha extract (up to 1000 mg/day for 2-12 weeks) may also help relieve anxiety in people with mental health conditions [R, R, R, R, R].

It may help by:

- Calming brain regions involved in anxiety [R, R]
- Reducing stress hormones [R]
- Reducing oxidative stress [R, R]

2

Rhodiola

IMPACT 3 / 5

EVIDENCE 2 / 5

How to implement

Take 500 mg of rhodiola supplement daily, preferably in the morning to avoid potential interference with sleep.

TYPICAL STARTING DOSE

500 mg

Description

Rhodiola is a plant native to the arctic regions of Europe and Asia, where it's traditionally used to enhance stamina, combat stress and fatigue, and improve mental performance and resilience in harsh environments. Its main compounds include rosavins and salidroside.

Rhodiola (*Rhodiola rosea*) is a plant that grows in the mountains of eastern Europe and Asia [R].

Rhodiola is an *adaptogen*, meaning that it may help you adapt to stress. According to early research, this herb may help with [R, R, R, R]:

- Fatigue
- Burnout
- Low mood

How it helps

Rhodiola extract (340-400 mg/day for 2-12 weeks) may improve anxiety [R, R, R, R, R].

Rhodiola may help by [R, R]:

- Lowering stress hormones
- Boosting “feel-good” chemicals in the brain
- Reducing inflammation

3

Yoga

IMPACT 3 / 5

EVIDENCE 1 / 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

In older adults, yoga practice may be as effective as CBT at reducing worrying [R, R].

Yoga helps lower stress hormones such as cortisol and increases GABA, a neurotransmitter associated with mood regulation. Regular yoga practice leads to better stress management, relaxation, and an improved sense of well-being.

4

Kanna (Sceletium Tortuosum)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a kanna supplement, typically available in capsules or powder form, at a dosage of 50-200 mg daily. It is best consumed with meals to improve absorption. Start with the lower end of the dosage range and gradually increase as needed. Continual use for up to 8 weeks is considered safe, with a break or evaluation afterwards.

TYPICAL STARTING DOSE

50 mg

Description

Kanna, a traditional South African herb, is sometimes used to alleviate stress and anxiety. It contains compounds that may have mood-enhancing and stress-reducing effects when used responsibly.

Kanna or *Sceletium tortuosum* is a South African herb. It is traditionally used to support emotional and mental well-being by native South African people [R].

How it helps

Sceletium tortuosum extract is known to potentially enhance cognitive function and mood. It may reduce anxiety and stress, including worry, by affecting the central nervous system to promote a sense of well-being.

5

Pumpkin Seeds

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate a handful of pumpkin seeds (about 28 grams) into your diet daily. You can add them to your breakfast cereal, sprinkle them over a salad, blend them into smoothie bowls, or simply eat them as a snack. This practice can be continued indefinitely as part of a healthy dietary pattern.

Description

Pumpkin seeds, also known as pepitas, are the edible seeds of the pumpkin.They are rich in protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. The compounds in pumpkin seeds may benefit heart health and immune function.

Pumpkin seeds are rich in arginine, protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. Pumpkin seeds contain 54.18 mg of arginine per gram.

How it helps

Pumpkin seeds are rich in magnesium, an essential mineral that has been shown to help with anxiety and stress management. Magnesium helps to relax the nervous system, which can reduce feelings of worry.

6

Turmeric

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the Curcuma longa plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, a compound that has been studied for its potential to improve mood and reduce symptoms of anxiety and stress. By potentially reducing inflammation and oxidative stress in the brain, curcumin may help alleviate worry.

7

Magnesium

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

Magnesium is an essential mineral. Your body needs it for [R, R, R]:

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [R].

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [R].

How it helps

Magnesium plays a crucial role in nervous system regulation. Clinical trials have found that magnesium supplementation can reduce symptoms of anxiety and stress. This effect is believed to be due to magnesium's ability to regulate neurotransmitter function in the brain.

8

Saffron

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 20 mg of saffron supplement daily. This can be taken at any time of the day, with or without food.

TYPICAL STARTING DOSE

20 mg

Description

Saffron is a spice derived from the stigma of the saffron crocus flower, and is native to the Mediterranean and Asia. Its main compounds include crocin, picrocrocin, and safranal, which may contribute to its antioxidant properties and potential mood-enhancing effects.

Saffron is a yellow spice praised for its color, taste, and potential health benefits [R].

Saffron is rich in antioxidants such as *crocin*. Researchers are looking into its potential benefits for [R, R, R, R]:

- Gut conditions
- Heart health
- Mental health

How it helps

Saffron contains compounds that may have antidepressant properties. Controlled studies suggest that it could improve mood and reduce symptoms of anxiety and depression, which can be linked to excessive worrying.

9

Meditation

IMPACT 0 / 5

EVIDENCE 0 / 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 in managing worry by focusing the mind and reducing racing thoughts, which is a common symptom of anxiety. It encourages a calm awareness of one's thoughts and feelings without attachment or judgement. Studies suggest meditation can change certain brain regions that are specifically linked with worrying, making it a helpful practice for people experiencing ongoing concerns.

10

Zembrin

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a Zembrin supplement of 25mg once daily, typically in the morning with or without food. Continue daily for an intended period of at least 2 weeks to evaluate its effects on mood and cognitive function.

Description

Zembrin is a patented extract derived from the Sceletium tortuosum plant, native to South Africa. It is used for its potential to support mood and reduce stress and anxiety, as it contains alkaloids believed to interact with the brain's serotonin receptors.

How it helps

Zembrin is an extract from the Sceletium tortuosum plant, known to potentially enhance cognitive function and mood. It may reduce anxiety and stress, including worry, by affecting the central nervous system to promote a sense of well-being.

11

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

Consuming probiotic yogurt has been linked to improvements in mental health, including reduced levels of stress and anxiety, which are closely related to worrying. This is thought to be due to the gut-brain axis, where gut health impacts brain function and emotional well-being.

12

L-Theanine

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 100-400 mg of L-theanine supplement daily. It can be consumed at any time of the day, with or without food.

TYPICAL STARTING DOSE

100 mg

Description

L-theanine is an amino acid found in tea leaves, known for its calming and relaxation-promoting effects. It is often used to reduce stress and anxiety and may contribute to improved focus and cognitive performance.

L-theanine is an amino acid found in black and green tea [R].

People take L-theanine as a supplement to [R, R, R, R]:

- Improve cognition
- Boost immunity
- Relieve anxiety and stress

How it helps

L-theanine is an amino acid found most commonly in tea leaves. It is known for its potential to improve mental function and reduce stress and anxiety. Research indicates that L-theanine can promote relaxation without drowsiness, making it beneficial for those who are worrying.

13

Valerian

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 500 mg of valerian supplement about 30 minutes to an hour before bedtime to help improve sleep quality. Do this daily for best results.

TYPICAL STARTING DOSE

500 mg

Description

Valerian is an herbal supplement made from the roots of the Valeriana officinalis plant. It is commonly used as a natural remedy for sleep disorders and anxiety due to its potential to induce relaxation and improve sleep quality.

Valerian root is a medicinal herb with relaxing properties. People use it to improve [R, R, R, R, R]:

- Sleep
- Seizures
- Anxiety
- Headaches

Compounds in valerian help [R, R, R, R, R, R]:

- Reduce stress
- Suppress inflammation
- Relax muscles

How it helps

Valerian root is commonly used as a natural remedy to improve sleep quality and reduce anxiety. Its calming effects can help mitigate symptoms of worry by promoting relaxation.

14

Mindfulness-Based Stress Reduction (MBSR)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

Mindfulness-Based Stress Reduction (MBSR) is an evidence-based program that uses mindfulness meditation to reduce anxiety and worry. It helps participants develop greater awareness of the present moment, reducing rumination and excessive concern about past or future events. Research demonstrates that MBSR can significantly reduce symptoms of anxiety and improve emotional regulation.

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.