SelfDecode™

Aggression

DNA Health Report

REPORT CATEGORY

MENTAL HEALTH

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

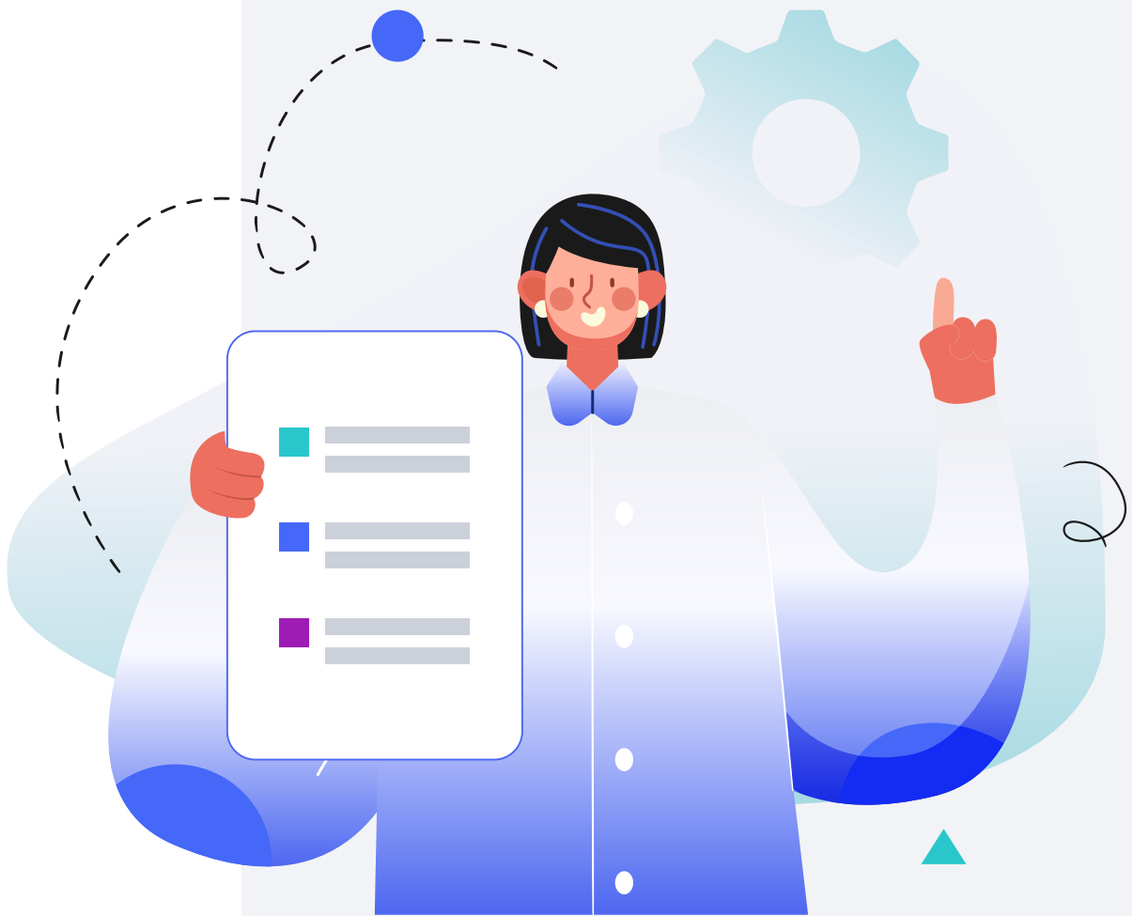
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

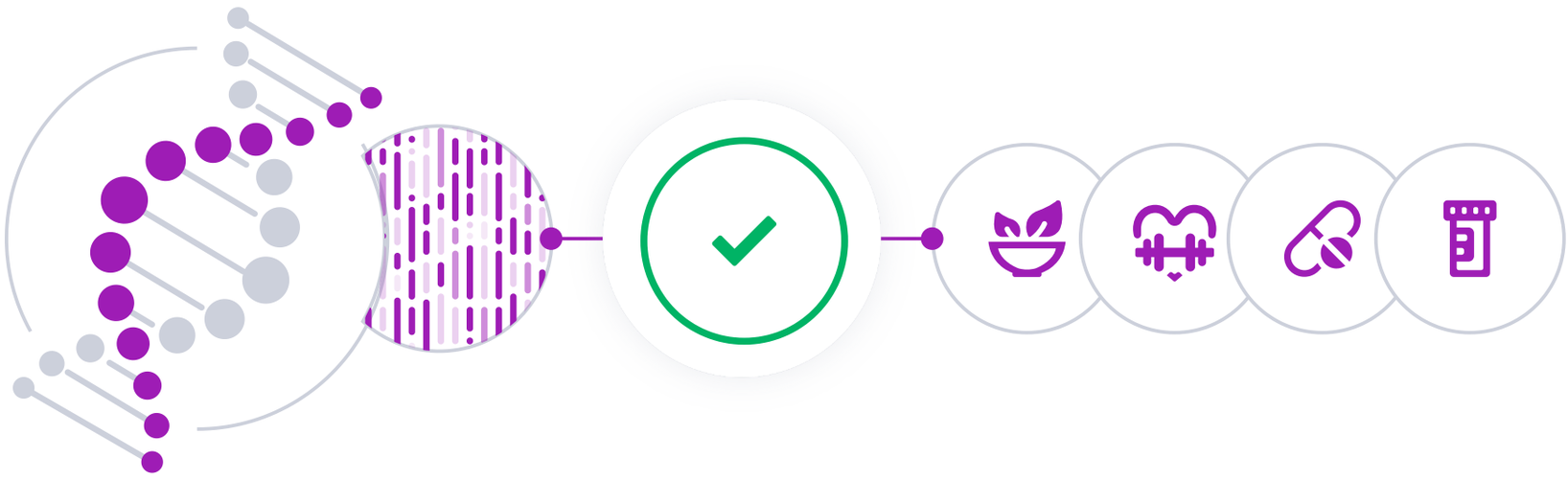


DISCLAIMER

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

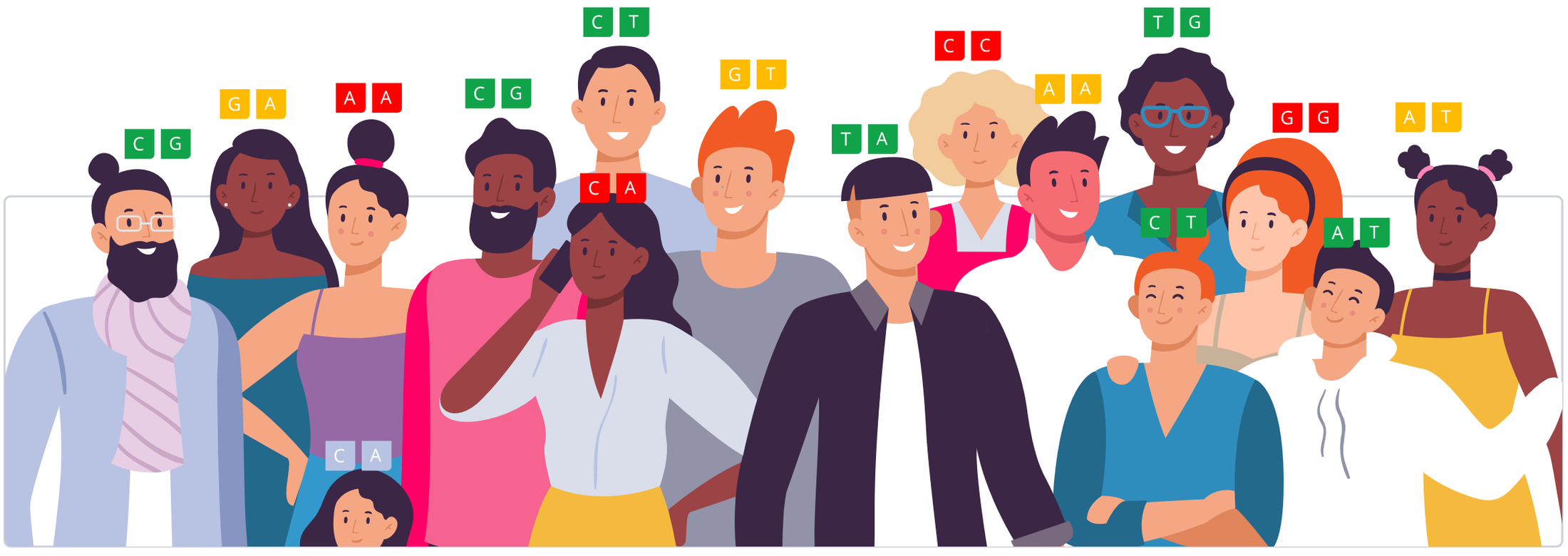
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

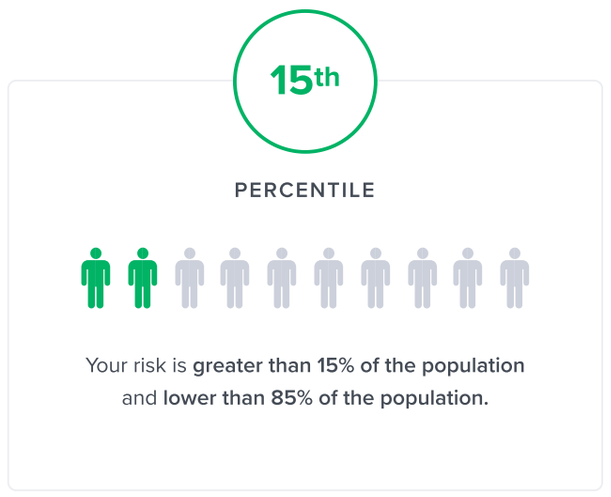
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

Aggression is the instinct that drives humans and animals to anger and violence. It is helpful for animals in the wild. They need it to protect themselves from danger or to hunt for food. However, it can cause major problems for people [R].

Aggressive people are more likely to follow their impulses. There's also a lot of overlap between aggression and anxiety. In fact, both aggression and anxiety are mostly affected by a part of the brain called the amygdala [R].

Anger problems have been linked to [R]:

- Problems at work or school
- Mental health conditions
- Drug misuse
- Relationship problems

In some contexts, such as sports, people may think their anger helps them perform better. However, anger is a major drain on mental energy. Even athletes benefit from learning to relax and soothe their temper [R].

Genetics of Aggression

PERSONALIZED TO GENES

Based on the variants we looked at, your aggression is likely typical. This trait may influence your life choices, including your favorite sports.

Less aggressive people may prefer sports that don't involve physical contact.

Aggression is the instinct that drives humans and animals to anger and violence. It is helpful for animals in the wild to protect themselves or to hunt. A bit of aggression may be beneficial in humas as well, but it generally causes major problems if not controlled [R].

About 50% of differences in aggression may be due to genetics. Genes that impact aggression may influence [R, R, R]:

- Reward signals
- The fight or flight response

If you struggle with a short temper, consider talking to a therapist. The best ways to control aggression are to reduce stress and try anger management techniques [R].

TYPICAL

Predisposed to typical aggression based on 2,792 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
QSER1	rs16924133	AA
TRIM31	rs2844775	GG
CSE1L	rs6012564	GG
ABAT	rs1299926	AA
GREM2	rs16840114	AA
PLEK	rs7578047	AA
FYN	rs2148710	CC
PNLIP	rs12249434	CC
DPY19L1	rs6954895	TC
/	rs6834498	CC
E2F3	rs555017	AA
PHEX	rs3752433	C
IYD	rs670292	GG
UQCRFS1	rs8102754	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
1	Music Therapy	30 minutes
2	Aerobic Exercise (Cardio)	1 hour
3	Yoga	30 minutes
4	Omega-3 (Fish Oil)	2000 mg
5	Plasmalogens	
6	Art Therapy	1 hour
7	Dietary Protein	
8	Magnesium	350 mg
9	Avoid Refined Sugar	
10	Meditation	30 minutes
11	Cognitive-Behavioral Therapy (CBT)	
12	Tryptophan	500 mg
13	Elimination Diet	
14	Acceptance and Commitment Therapy (ACT)	
15	Mindfulness Meditation	30 minutes
16	Dietary Omega-3 Fatty Acids	

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

A meta-analysis of 10 studies concluded that music-based interventions decrease aggressive behavior and increase self-control in children and adolescents, especially in those receiving at least 2 sessions/week, older than 10 years old, and those with reported aggressive behavior [R].

Music therapy may help by encouraging emotional expression and promoting relaxation. It can modify aggressive behaviors by diverting energy into constructive outlets and providing a safe environment for releasing pent-up emotions.

2

Aerobic Exercise (Cardio)

IMPACT 3 / 5

EVIDENCE 2 / 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

People who spent more time watching television during childhood may be more aggressive during young adulthood. In line with this, an aerobic exercise program reduced aggressive behaviors in a non-placebo-controlled trial of 208 overweight children [R, R].

In children with ADHD, exercise (including cardio) may reduce aggressive behaviors among other symptoms [R, R, R].

Aerobic exercise may help by decreasing stress levels and increasing the release of mood-improving neurotransmitters like endorphins.

3

Yoga

IMPACT 3 / 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 has been effective in reducing aggressiveness in various settings, including among healthy adults and adolescents. Studies show that yoga reduces verbal and physical aggressiveness and improves attitudes towards violence. Regular yoga practice is associated with lower aggression levels and enhanced conflict resolution skills, which are particularly notable in school and workplace environments [R, R].

4

Omega-3 (Fish Oil)

IMPACT 2 / 5

EVIDENCE 2 / 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

Supplementation with omega-3 fatty acids may moderately reduce aggression in the general population [R].

However, they may not help with aggressive behaviors in children and adolescents with ADHD [R].

5

Plasmalogens

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Follow the dosage instructions provided on the product label or as directed by your healthcare provider. Typically, these supplements come in capsule form and are taken once daily with water, ideally with a meal to enhance absorption. Consistency is key, so taking them at the same time each day is recommended. Always consult a healthcare professional before starting plasmalogen supplements, especially if you are pregnant, nursing, or have any medical conditions.

Description

Plasmalogens are a special kind of phospholipids found in cell membranes, particularly in the brain (comprising 20% of its content), heart, lungs, eyes, and kidneys. Plasmalogens help the nervous system work and prevent brain cell death by reducing inflammation and oxidative stress. Their levels decrease with age [R].

Plasmalogen supplements are being researched to improve cognitive function in both healthy subjects and those with mild cognitive impairment or Alzheimer's disease [R, R].

How it helps

In a placebo-controlled trial of 40 healthy college students, supplementation with plasmalogens (2 mg/day) for 4 weeks improved concentration while decreasing mood disturbances, insomnia, anger, and fatigue [R].

6

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 allows for the expression of emotions in a safe and creative way, reducing feelings of aggression by channeling them into artistic creation.

7

Dietary Protein

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Include a variety of protein sources such as meat, fish, eggs, dairy, beans, and nuts in your diet every day, aiming for at least 0.8 grams of protein per kilogram of body weight. For more active individuals or those looking to build muscle, increase intake to 1.2 to 2.0 grams per kilogram of body weight daily, spread out over all meals to maximize absorption.

Description

Protein is essential for building and repairing tissues, supporting muscle growth, and maintaining overall bodily functions. Adequate protein intake is crucial for overall health and well-being.

Foods that are high in protein include:

- Eggs
- Nuts
- Beef
- Chicken
- Fish
- Yogurt
- Tofu
- Pork
- Cottage cheese

How it helps

Adequate protein intake is crucial for the production of neurotransmitters, which are important for mood regulation and could potentially reduce aggression.

8

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 can have a calming effect on the nervous system, which may help to decrease irritability and aggression.

9

Avoid Refined Sugar

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

Refined sugars can cause blood sugar spikes and crashes, which are associated with irritability and potential aggression.

10

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 can decrease aggression by reducing stress and improving emotional regulation through mindfulness and relaxation techniques.

11

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 effective in modifying harmful thought patterns and behaviors, including aggression. It teaches coping strategies and problem-solving skills.

12

Tryptophan

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 500 mg of tryptophan supplement daily. This dosage can be taken all at once, preferably before bedtime to support sleep, or as directed by a healthcare professional.

TYPICAL STARTING DOSE

500 mg

Description

Tryptophan is an essential amino acid found in various protein-rich foods. It serves as a precursor for serotonin, a neurotransmitter that plays a role in mood regulation. Tryptophan is used in dietary supplements to potentially support mood and sleep disorders, although its effectiveness can vary among individuals.

Tryptophan is an amino acid. Your body uses it to make proteins and some hormones. **Humans can't make tryptophan, so we need to get it from protein-rich foods** [R, R].

Your body uses tryptophan to make serotonin and melatonin. **These brain chemicals are important for mood and sleep** [R, R].

An average adult needs at least **250-425 mg** of tryptophan per day, which is the amount you can get from [R]:

- A pound of turkey or chicken
- Two cups of milk
- An ounce of canned tuna
- Two cups of oatmeal

Other foods high in tryptophan include **cheddar cheese, peanuts, pumpkin seeds, and seafood**. Most people get enough tryptophan from their diets, but supplements are also available [R, R].

How it helps

Tryptophan is a precursor to serotonin, a neurotransmitter that helps regulate mood and behavior, potentially reducing aggression.

13

Elimination Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Begin by removing foods you suspect might be causing adverse reactions for 2-3 weeks. These often include dairy, gluten, soy, nuts, eggs, corn, and processed sugars. After this period, reintroduce each food group one at a time every 3 days, while noting any symptoms that may reappear. This process helps identify food intolerances or sensitivities.

Description

An elimination diet involves removing specific foods or food groups from the diet to identify and address potential food sensitivities or allergies. It can help alleviate symptoms such as digestive issues, skin problems, and allergic reactions by pinpointing trigger foods.

An elimination diet omits foods that can cause your body to have a reaction. Foods are removed for a period of time and then added back in. This helps figure out what foods are causing symptoms or making them worse [R].

Salicylates are compounds naturally found in many foods and drinks. These include wine, tea, beans, and tomatoes [R, R].

One form (*salicylic acid*) is found in aspirin. People who are sensitive to salicylates may have a reaction to aspirin and other NSAIDs [R, R].

How it helps

An elimination diet which removes potential allergens may help to identify food intolerances or allergies that may be linked to mood changes and aggression.

14

Acceptance and Commitment Therapy (ACT)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

ACT can help individuals understand and manage their feelings of aggression by teaching them to accept their thoughts and feelings without judgment. It focuses on mindfulness and cognitive flexibility, promoting psychological well-being.

15

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 promotes awareness of present-moment experiences, helping to manage aggressive impulses by encouraging a non-reactive response to stressors.

16

Dietary Omega-3 Fatty Acids

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

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. **EPA and DHA are vital for mental and heart health** [R, R, R].

Fatty fish are rich in EPA and DHA. They include [R]:

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, 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

Omega-3 fatty acids, found in fish and some plants, play an important role in brain function and may help in decreasing aggressive behavior.

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.