

Antisocial Personality

DNA Health Report

REPORT CATEGORY —



MENTAL 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

Antisocial personality disorder (ASPD), sometimes called *psychopathy* or *sociopathy*, is a mental health condition characterized by a long-term pattern of disregard for, or violation of, the rights of others [R].

This pattern of behavior typically emerges during childhood or early adolescence and continues into adulthood. Individuals with ASPD often demonstrate behaviors that conflict with societal norms and laws, which can lead to significant challenges in social and occupational settings [R].

Key features of ASPD include [R]:

- Disregard for law and norms
- Lying or assuming false identities for personal profit or pleasure.
- Impulsivity
- Irritability and aggressiveness
- Reckless disregard for the safety of self or others
- Irresponsibility
- Lack of remorse or rationalization after having hurt, mistreated, or stolen from another

Risk Factors and Management

The etiology of ASPD is complex and likely multifactorial, involving [\[R\]](#):

- **Neurobiological factors:** research indicates abnormalities in brain systems governing arousal, inhibition, and self-control are linked to the behaviors typical of ASPD.
- **Environmental influences:** childhood abuse, neglect, and traumatic experiences are significant risk factors. Parental rejection and association with delinquent peer groups also contribute.
- **Psychological factors:** certain personality traits, such as hostility, impulsivity, and a diminished capacity for empathy, are associated with the development of ASPD.
- **Genetics**

Managing ASPD poses significant challenges as individuals with ASPD rarely seek treatment voluntarily, often due to legal intervention or severe consequences of their behavior. Treatment strategies include [\[R\]](#):

- **Psychotherapy:** cognitive-behavioral therapy (CBT) can help modify violent or harmful behaviors, improve interpersonal skills, and decrease maladaptive behaviors.
- **Pharmacotherapy:** while there are no medications specifically for ASPD, some may be used to treat symptoms such as aggression, depression, or other co-occurring conditions.
- **Rehabilitative services:** in cases involving substance abuse, rehabilitation programs may be necessary.
- **Long-term management:** monitoring and ongoing support are critical, as ASPD is a chronic disorder that can involve periods of exacerbation and remission.



TYPICAL LIKELIHOOD

Typical likelihood of ASPD based on 26 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
POM121L12	rs12671939	GG
POM121L12	rs1442256	AA
POM121L12	rs17135206	AA
MAP3K4	rs1488	AA
LRFN2	rs4714329	AA
OXTR	rs237887	AG
OXTR	rs1042778	GT
SNAP25	rs3746544	GT
RAB17	rs6760287	AG
HLA-DQA2	rs9268528	GA
HLA-DQA2	rs9268542	GA
STX6	rs10914134	CA
OXTR	rs237885	GT
CALCR	rs2158044	AG
CALCR	rs6973591	AG
HLA-DQA2	rs9268615	AG
HLA-DQB2	rs3104405	CA
RETREG1	rs332807	GA
ZFHX3	rs12923860	CC
LYSMD4	rs10152510	AA
LYSMD4	rs2727165	TT
LYSMD4	rs2573632	GG
OXTR	rs53576	GG
DSEL	rs4396629	CC

GENE	SNP	GENOTYPE
POM121L12	rs13243026	CC
MED12L	rs1703802	GG
FO XK1	rs6462756	CC
MTFR1	rs1554057	AA
POM121L12	rs12718691	TT
POM121L12	rs12670614	CC
POM121L12	rs2877031	CC
RNASET2	rs9459805	AA
ZBED8	rs10039070	AA
HLA-DQA2	rs2395163	CT
IKBKB	rs6987649	TT
KLF12	rs7337206	TC
INPP4B	rs2055212	CT
MED13L	rs17499173	TC
HLA-DQA2	rs2239804	CT
KAZN	rs2495090	CT
HLA-DQA2	rs2395185	TG
HTR2B	rs79874540	GG
MAOA	rs6323	G
TNFSF8	rs11787779	GG
REG3G	rs283826	GG
REG3G	rs393149	TT
REG3G	rs283832	TT
LRFN2	rs9471290	GG
MOCS1	rs6458146	TT
MOCS1	rs10498746	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.

1

Social Activity

1 hour

3

Avoid Illicit Drugs

5

Psychoeducational Therapy

2

Cognitive-Behavioral Therapy (CBT)

4

Avoid Substance Abuse

1



Social Activity

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in group activities or gatherings with friends, family, or community members at least twice a week. This could include joining clubs, attending local events, or scheduling regular outings with friends. Aim for these social engagements to last at least an hour each time to foster meaningful connections and conversations.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in social activities, such as spending time with friends and family or participating in group events, can have numerous mental and emotional health benefits. It helps reduce feelings of loneliness, enhances mood, and promotes a sense of belonging and well-being.

Social activities involve physical and mental activities with others that you enjoy and find meaningful. There are plenty of ways to stay socially active and maintain social well-being as you age.

Research has shown that a socially active lifestyle [\[R\]](#):

- Makes you less likely to develop certain chronic conditions.
- May promote a longer lifespan.
- Can improve mood and mental health.
- Can improve memory and other aspects of cognition.

How it helps

Engaging in social activities aids individuals with Antisocial Personality Disorder (ASPD) by fostering interpersonal connections, which can mitigate feelings of isolation and improve mood. This interaction can enhance emotional regulation, promoting overall psychological well-being.

2



Cognitive-Behavioral Therapy (CBT)

IMPACT

1 / 5

EVIDENCE

1 / 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

Cognitive-Behavioral Therapy (CBT) aids individuals with Antisocial Personality Disorder (ASPD) by addressing maladaptive thought patterns and promoting positive behavioral changes, ultimately fostering better social interactions and emotional regulation.

3



Avoid Illicit Drugs

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Refrain from using any illegal substances, including but not limited to, narcotics, stimulants, hallucinogens, and cannabis where it's not legalized. This means not purchasing, possessing, or consuming these substances in any form or amount. Commit to this practice indefinitely for long-term health benefits.

Description

Avoiding the use of illicit drugs is essential for preserving physical and mental health, as these substances can lead to addiction, mental health disorders, and other physical health issues. Abstaining from their use supports a safer and healthier lifestyle.

Illicit drugs are highly addictive, illegal drugs. Examples include **marijuana, cocaine, meth, and MDMA (ecstasy)**. The term can also refer to a non-medical use of drugs that are legally available (e.g., medical marijuana in some countries and states) [\[R\]](#).

Illicit drug use can have a **devastating impact on all aspects of your health and wellbeing**. It can lead to [\[R\]](#):

- Dependence and addiction
- Injury and accidents
- Health and sleep problems
- Problems in family and social life

How it helps

Avoiding illicit drugs is crucial for individuals with Antisocial Personality Disorder, as these substances can exacerbate impulsive behaviors and contribute to emotional dysregulation. This practice fosters a more stable mental state and supports healthier coping mechanisms.

4



Avoid Substance Abuse

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eliminate the use of illegal drugs, excessive alcohol, and tobacco from your daily routine. Seek professional help if needed to stop substance use and engage in support groups or counseling for sustained recovery. Implement this change permanently for long-term health benefits.

Description

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance. Abusing drugs or alcohol can have long-term health and social consequences.

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance [\[R\]](#).

Abusing drugs or alcohol can have long-term health and social consequences [\[R\]](#).

How it helps

Avoiding substance abuse is crucial for individuals with Antisocial Personality Disorder as it mitigates the risk of exacerbating impulsive behaviors and enhances therapeutic engagement, thereby promoting better emotional regulation and social functioning.

5



Psychoeducational Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Attend psychoeducational therapy sessions regularly, ideally once a week, for a period of at least 3 to 6 months. These sessions can be either individual or in groups and are conducted by a qualified therapist or psychologist.

Description

Psychoeducational therapy is an approach that combines psychotherapy with education to help individuals acquire knowledge and skills to manage mental health conditions effectively.

How it helps

Psychoeducational therapy assists individuals with Antisocial Personality Disorder (ASPD) by enhancing their understanding of their behaviors and the impact on others, which can promote empathy and improve coping strategies. This knowledge empowers them to adopt healthier interactions and emotional responses.