SelfDecode™

CACNA1C (Mental Health)

Gene Report

REPORT CATEGORY

MENTAL HEALTH

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

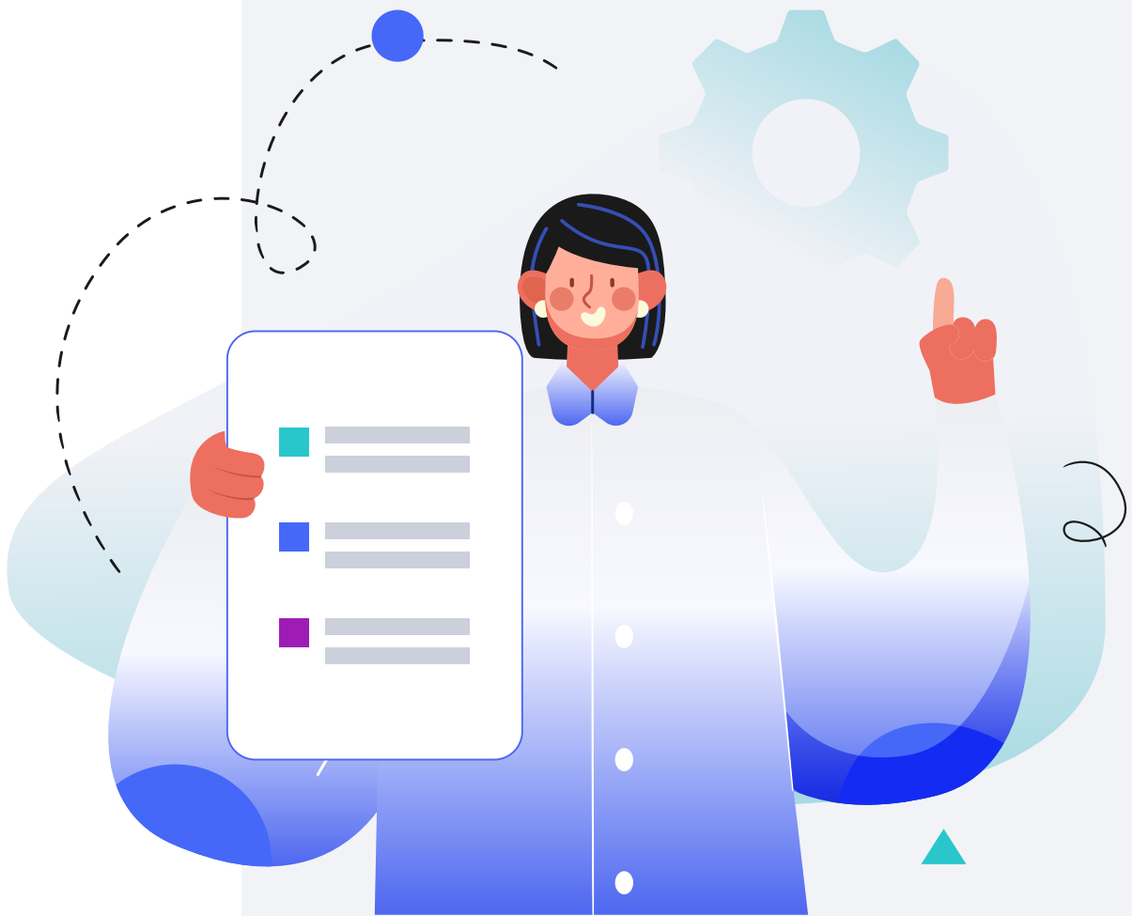
Male

HEIGHT

5ft 5" 165cm

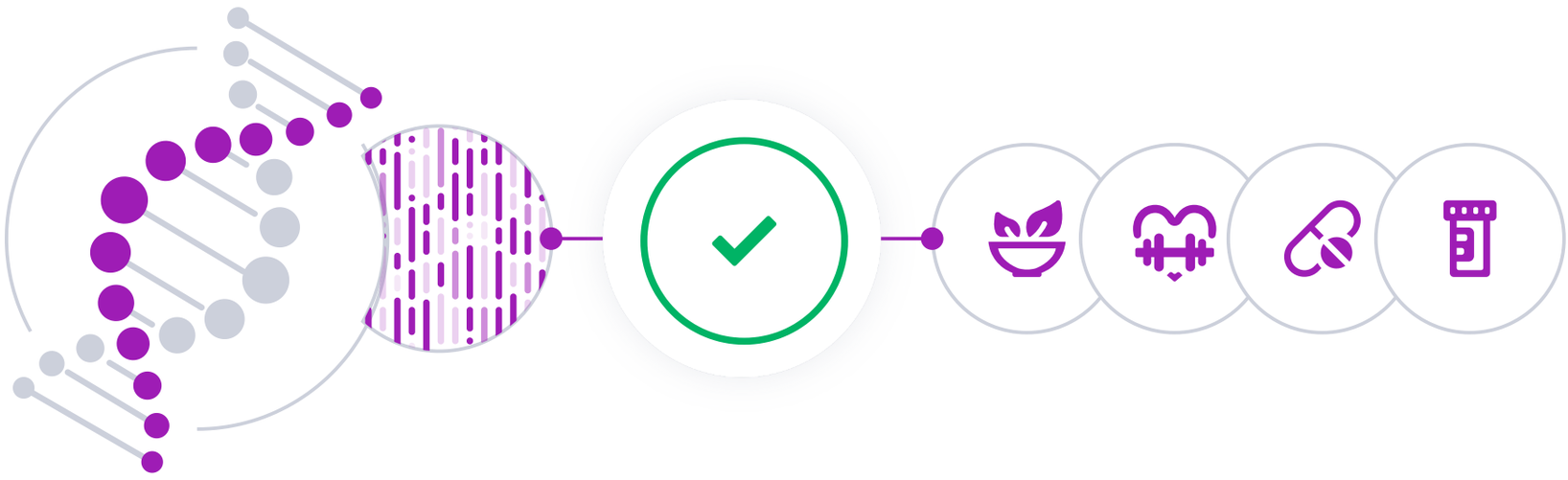
WEIGHT

137lb 62kg



How this works

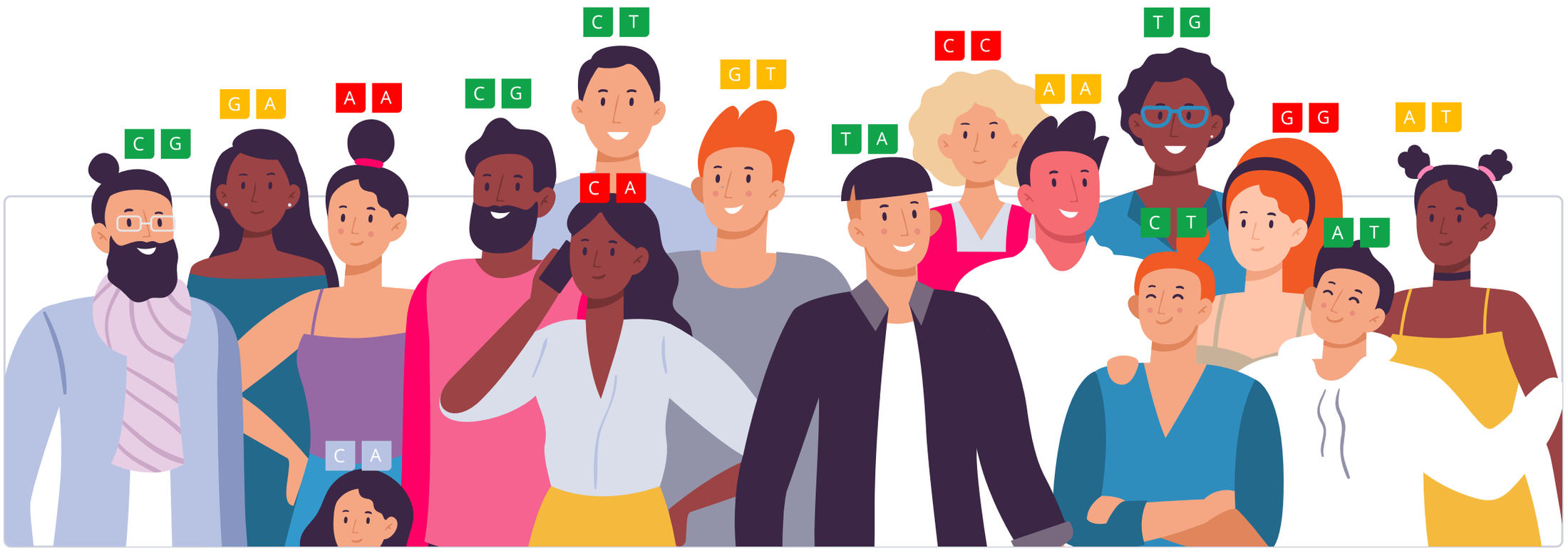
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

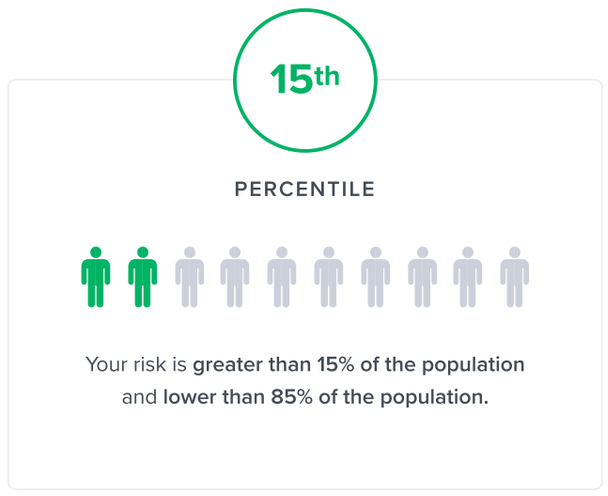
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

CACNA1C codes for part of a calcium channel (Cav1.2) in the brain. These calcium channels play a role in plasticity -- your brain's ability to change and adapt [R].

This signaling plays an essential role in synaptic plasticity, neurotransmitter release, and neuronal excitability—all processes linked to cognitive function and attention regulation [R].

Because these functions are so critical, even small changes in how this gene works can have a big impact on brain health and mental well-being.

Research has shown that variations in CACNA1C are linked to mental health conditions like bipolar disorder, schizophrenia, depression, and ADHD.

CACNA1C (Mental Health)

PERSONALIZED TO GENES

Based on the genetic variant we looked at, you may have better CACNA1C genetics. People with this variant may have lower odds of mental health problems.

However, keep in mind that other genetic and environmental factors influence CACNA1C activity and mental health.

The main CACNA1C variant is **rs1006737**. Its **“A” allele** is linked to [R, R, R]:

- Schizophrenia
- Bipolar disorder
- Tense, worried, and anxious feelings

This variant generally **increases CACNA1C expression** and may enhance calcium channel activity. However, the downstream effects on brain function depend on the balance between beneficial and harmful consequences of altered calcium signaling:

Calcium Channel Function:

- The risk version of this SNP increases calcium flow into brain cells, which can disrupt normal signaling needed for learning, memory, and mood regulation.

Brain Development:

- Calcium is essential for building brain circuits. Too much signaling during development may cause structural and functional changes in key brain areas.

Brain Connectivity:

- This variant is linked to weaker connections between brain regions that control emotions and decision-making, affecting how well these areas work together.

Neurotransmitter Effects:

BETTER GENETICS

Likely better CACNA1C genetics based on the genetic variants we looked at

47%

OF USERS SHARE THE SAME SCORE

You have the same genetic predisposition as **47% of our users.**

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CACNA1C	rs1006737	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

- It alters dopamine and glutamate systems, which are critical for focus, reward processing, and regulating mood.

Emotional Sensitivity:

- People with the risk version may have a more active "emotional center" (amygdala) and less control from the "thinking brain" (prefrontal cortex), leading to heightened stress and emotional reactivity.

Cognitive Impact:

- This SNP is tied to struggles with attention, memory, and decision-making, common traits in conditions like ADHD and bipolar disorder.