

Emotion Recognition

Trait Report

REPORT CATEGORY —



PERSONALITY

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

Emotion recognition is the **ability to identify and understand the emotional state** of another person [\[R\]](#).

It is a complex skill that involves a number of cognitive processes, including the ability to interpret **non-verbal facial expressions**, and to identify the speaker's emotional intent through the **tone of their voice** [\[R\]](#), [\[R\]](#).

Emotional recognition develops as we age and **peaks between the age of 30 and 40**. Women tend to have better emotional recognition than men [\[R\]](#), [\[R\]](#).

Abnormalities in emotional recognition are the **defining characteristics of autism spectrum disorder** and can also be found in schizophrenia and in neurodegenerative disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Contributing Factors

PERSONALIZED TO GENES

Based on the variants we looked at, you are predisposed to typical emotion recognition. However, social experiences, emotional intelligence training, empathy development, and interpersonal practice significantly influence your ability to recognize emotions in others.

Emotion recognition is an important skill that can **help us understand and interact with others**. It plays a key role in empathy and social intelligence.

Scientists disagree about what portion of differences in people’s emotional recognition ability is due to genetics, with wide-ranging estimates (30-75%). Some of the genes responsible for emotional recognition may affect **brain development** [R, R, R, R].

Other contributing factors include [R, R, R, R]:

- **Age and experience:** Emotional recognition peaks between the ages of 30-40.
- **Sex:** Women tend to have better emotional recognition than men.
- **Culture:** It may be easier to identify emotions of people from a similar culture.

Here’s what you can do to improve emotion recognition skills:

- Learn about the different cues associated with different emotions.
- Pay attention to the social context.
- Practice doing it.



TYPICAL ABILITY

Predisposed to typical emotion recognition based on 7,267,836 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
DUS2	rs118187571	CC
PRR15	rs17604090	GG
ANKRD10	rs67357970	TT
ANKRD33B	rs12153376	CC
ST3GAL5	rs3770081	GG
FAR2	rs4930838	CC
ROBO1	rs2304503	AA
/	rs683257	AA
SV2B	rs72761402	CC
ZNF333	rs28409744	GG
VGLL2	rs654861	AG
/	rs17016200	GT
VWDE	rs10499395	GT
GJA3	rs9550616	AG
CTNND2	rs1423494	GC
BUD31	rs12705054	AG
PRR15	rs10248839	TC
MYO1D	rs2640840	GA
FAM181B	rs12790238	CC
TRAF3	rs144308953	CC
IVNS1ABP	rs12407722	GG
CALN1	rs113791338	GG
GALNTL6	rs7686071	TT
BORA	rs1146849	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		DOSAGE			
1	Tryptophan	500 mg	2	Whey Protein	25 g
3	CBD	10 mg			

1



Tryptophan

IMPACT1 / 5

EVIDENCE1 / 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

In a placebo-controlled trial of 77 healthy volunteers, eating a tryptophan-enriched diet for 4 weeks improved the recognition of positive emotions in older participants [\[R\]](#).

2



Whey Protein

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Mix one scoop (approximately 25-30 grams) of whey protein powder with 8-12 ounces of water, milk, or your preferred beverage. Consume this drink 1-2 times per day, ideally post-workout or as a meal replacement.

TYPICAL STARTING DOSE
25 g

Description

Whey protein is a complete protein derived from milk during cheese production. It is rich in essential amino acids and is used to support muscle recovery, promote muscle growth, and provide a convenient protein source for athletes and fitness enthusiasts.

Whey is the liquid that separates from milk when cheese is made. [Whey protein](#) is full of amino acids (protein building blocks) that the body needs [\[R\]](#), [\[R\]](#).

Whey protein usually comes in the form of a powder that can be added to soft foods and drinks. People often use it to help with [\[R\]](#), [\[R\]](#):

- Athletic performance
- Nutritional deficiencies

How it helps

In a placebo-controlled trial of 99 older participants, supplementation with whey protein (50 g/day) for 12 weeks improved emotion recognition but not other aspects of cognitive function [\[R\]](#).

3



CBD

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a CBD supplement in a dosage ranging from 10 to 40 milligrams per day. Start with the lowest dose and gradually increase it based on your body's response. This can be taken orally in the form of capsules, edibles, or oil drops under the tongue. For ongoing issues, such as anxiety or chronic pain, it may be used daily, while for acute issues, it might be used as needed.

TYPICAL STARTING DOSE

10 mg

Description

CBD is a non-psychoactive compound found in cannabis plants and is used in various forms, including oils and creams. It may have potential benefits for pain relief, anxiety reduction, and overall relaxation, although more research is needed to fully understand its effects.

[Cannabidiol](#) (CBD) is a compound found in cannabis. Unlike its cousin THC, CBD is not psychoactive and can’t get you “high” [\[R\]](#).

People use CBD to:

- Reduce anxiety [\[R, R\]](#)
- Relieve pain [\[R, R, R\]](#)
- Prevent seizures [\[R\]](#)
- Improve sleep [\[R\]](#)

How it helps

CBD improved the recognition of emotional facial expressions and mitigated the impairment caused by THC in a study of 48 volunteers [\[R\]](#).

Please note: *CBD can interact with medications and raise the levels of liver enzymes. It may not be safe for pregnant women. Never use CBD without consulting your doctor. Also, make sure to verify the legality of CBD in your country or state [\[R, R, R, R, R\]](#).*