SelfDecode™

Empathy

Trait Report

REPORT CATEGORY

PERSONALITY

Sample Client

Report date: 15 January 2026

Powered by omicsedge

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Personal information

NAME

Sample Client

SEX AT BIRTH

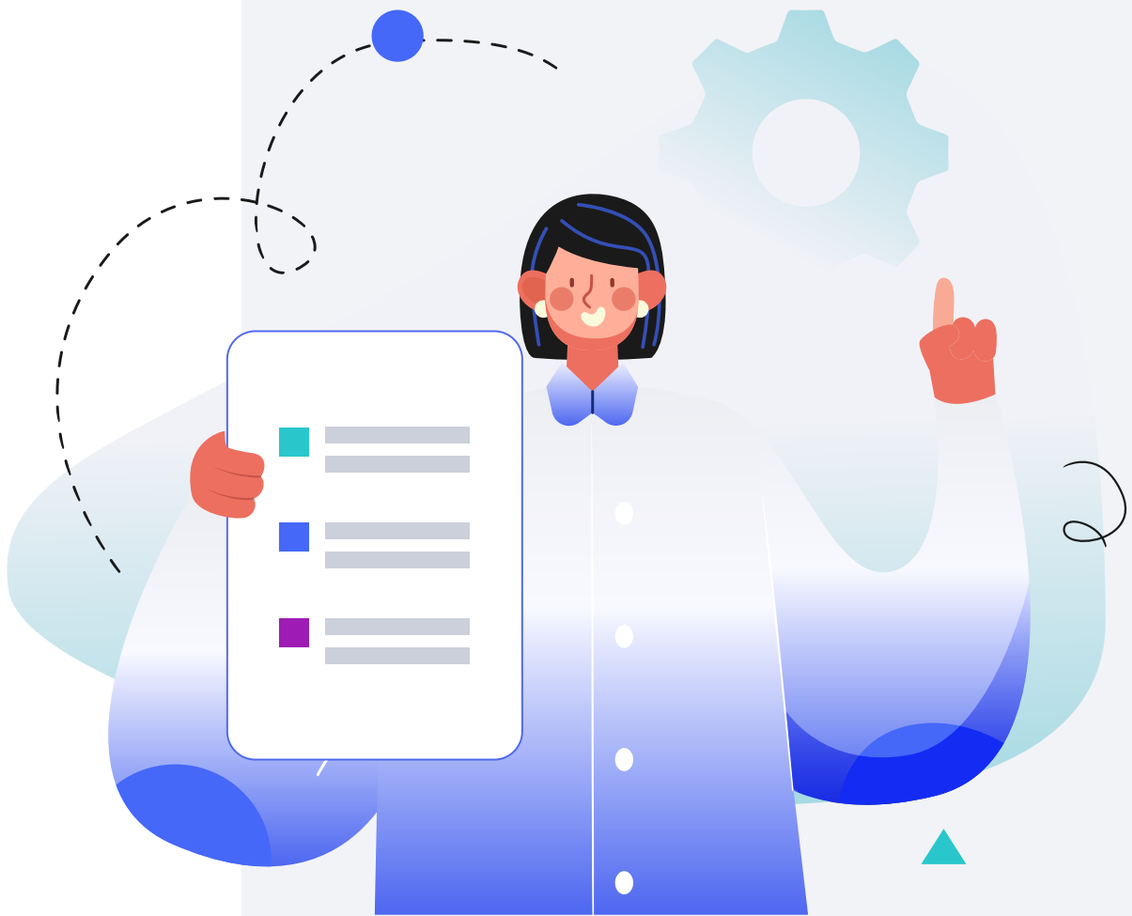
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

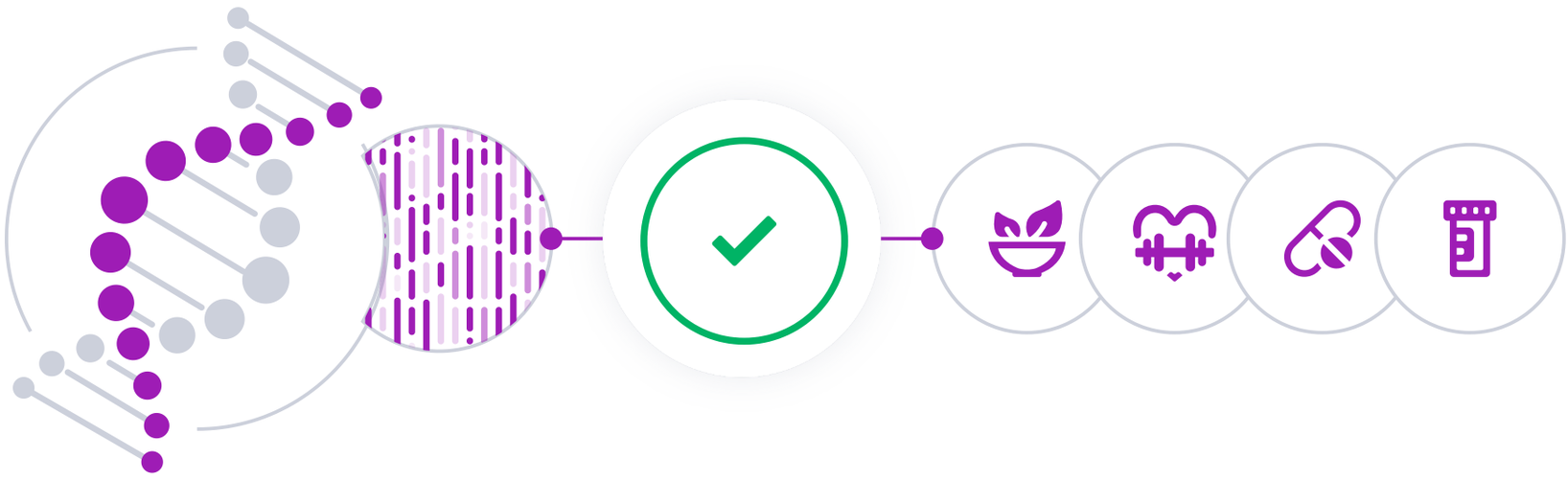


DISCLAIMER

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

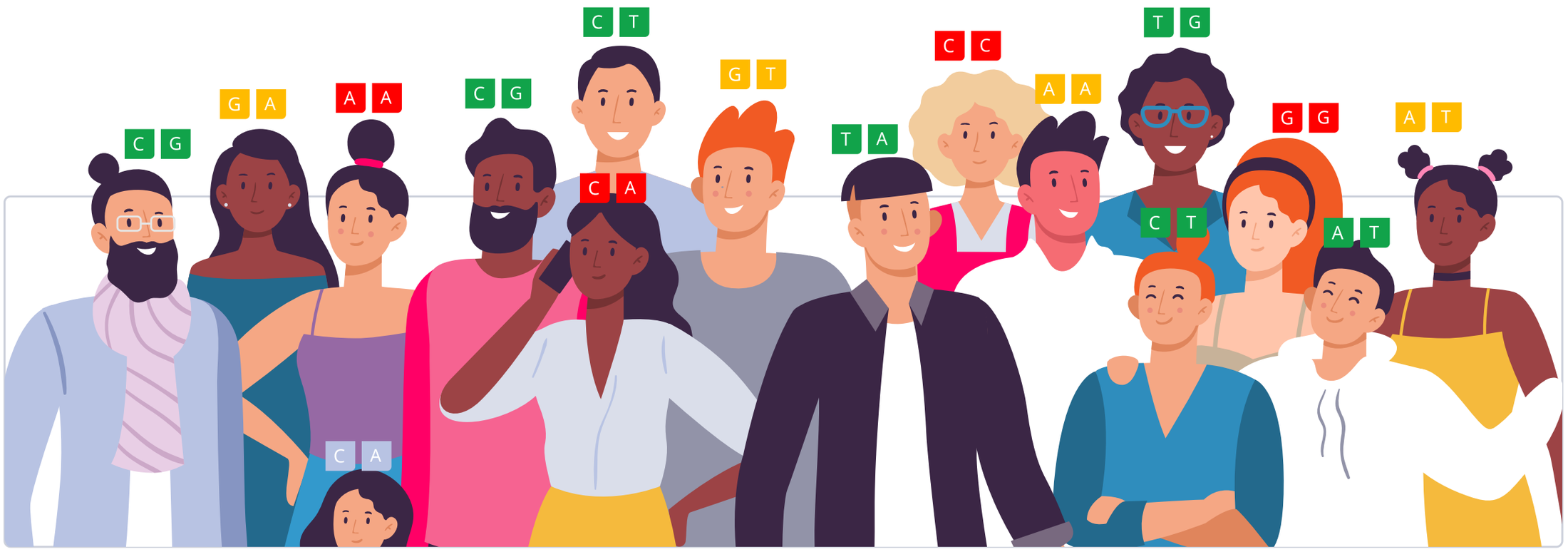
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

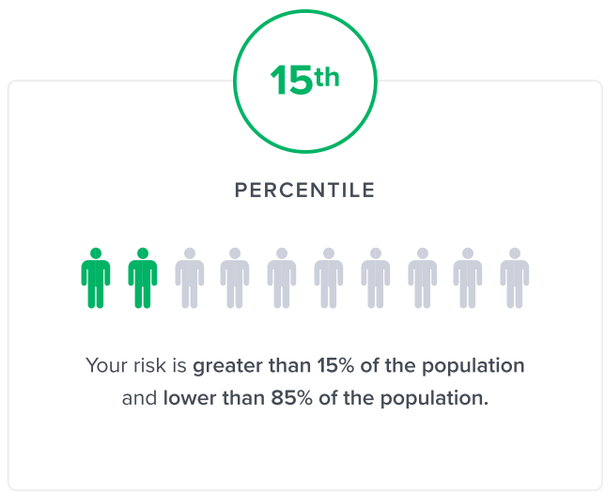
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

Empathy is the ability to **understand and share the feelings of another person**. It involves recognizing the emotional states of others and considering their perspective, together with a care for their well-being. It is considered a key component of emotional intelligence [R, R, R].

There are several types of empathy [R, R]:

- **Cognitive** empathy: The ability to understand another person's perspective or mental state.
- **Emotional** empathy: The ability to physically feel the emotions of others, often leading to an emotional connection.
- **Behavioral** or compassionate empathy: Goes beyond understanding of the experiences of others and involves taking action to support or help them.

Women tend to score higher on empathy than men. These differences are partially social and partially biological. For example, research shows that female infants show a stronger interest in faces, while male infants show a stronger interest in objects [R, R].

Empathy is a crucial aspect of human social interactions, fostering **understanding, connection, and effective communication** [R]. Empathy is a key ability for:

- **Building healthy relationships**
- **Conflict resolution**: It allows for more effective resolution of conflicts by understanding different viewpoints.
- **Enhanced communication**: Empathetic individuals can communicate more effectively, as they are better at understanding people’s emotions and intentions.
- **Leadership**: In leadership roles, empathy contributes to better team management and motivation.
- **Mental health**: Practicing empathy can also improve one's emotional well-being.

However, it’s important to maintain personal boundaries and balance empathy and assertiveness. Moreover, over-identification with the emotions of others can lead to emotional exhaustion, especially in caregiving professions [R, R, R, R].

Lower levels of empathy have been linked to conditions such as [R, R, R, R, R, R]:

- Personality disorders: antisocial, narcissistic, and borderline personality disorder
- Autism spectrum disorder
- Dementia and Alzheimer’s disease

Higher aberrant empathy has been found in anxiety and schizophrenia [R, R, R].

Factors That Influence Empathy

PERSONALIZED TO GENES

Based on the variants we looked at, you are predisposed to higher empathy. However, social experiences, emotional awareness, perspective-taking practice, compassion training, and interpersonal relationships strongly shape empathic abilities.

Empathy helps us connect to others, by sharing and understanding their feelings [R].

Approximately **one third of the differences in empathy are due to genetics**, with emotional empathy showing more heritability than cognitive empathy (48% vs. 27%). Other factors that affect empathy levels are both social and biological. For example, **exposure to different levels of testosterone in the womb**, partially explains why women tend to score higher on empathy than men [R, R, R, R, R].

Genes linked to empathy often affect **hormone and neurotransmitter levels** [R, R, R].

Importantly, empathy is an ability that can be developed. The following strategies may help [R, R, R, R, R]:

- Improving communication: Practice active listening and asking questions. Inquiring about others' feelings and experiences can foster deeper understanding.
- Emotional awareness: Understanding your own emotions helps in recognizing them in others.
- Practicing open-mindedness: Being willing to consider perspectives different from your own may enhance cognitive empathy.
- Reading and learning: Books, especially fiction, can broaden your understanding of human experiences and perspectives.

HIGHER

Predisposed to higher empathy based on 18 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
WAC	rs34127688	CC
HLA-DPA1	rs2213309	CC
NPIPA8	rs9302534	TC
OXTR	rs1042778	GT
RMND1	rs111841153	GG
LRRN1	rs7641347	TT
OXTR	rs53576	GG
GOSR2	rs149662397	TT
OXTR	rs2268494	TT
MRPL32	rs10486743	AA
GABRA1	rs6866984	GG
XYLT1	rs4300633	CC
SGF29	rs40836	AA
HTR2A	rs6313	GA

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	Mindfulness	30 minutes
2	Kindness Meditation	20 minutes
3	Social Activity	1 hour
4	Mindfulness Meditation	30 minutes

1

Mindfulness

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of meditation may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

This study evaluated app-delivered mindfulness-based and socioemotional interventions in 218 participants, finding enhanced self-reported compassion and empathy. Mindfulness-based training reduced empathic distress, while socio-emotional training increased acceptance, both contributing to improved self-compassion. The study demonstrates the effectiveness of these trainings in fostering socio-affective skills [R].

2

Kindness Meditation

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Set aside 10-15 minutes daily in a quiet space. Close your eyes, focus on your breath, and mentally send kindness to yourself, loved ones, acquaintances, and even those you may have conflicts with. Practice this consistently for at least 8 weeks.

TYPICAL STARTING DOSE

20 minutes

Description

Kindness meditation, also known as loving-kindness meditation, focuses on cultivating feelings of compassion and empathy towards oneself and others. Regular practice is associated with improved emotional well-being and increased feelings of kindness and connectedness.

How it helps

Kindness meditation, also known as loving-kindness meditation, helps foster empathy by encouraging feelings of compassion and love towards oneself and others.

3

Social Activity

IMPACT 0 / 5

EVIDENCE 0 / 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 helps improve empathy by allowing individuals to better understand and share the feelings of others through direct interaction and communication.

4

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 helps increase empathy by promoting better emotional regulation and enhancing the ability to understand others' emotions.