

Hoarding

Trait Report

REPORT CATEGORY —



CHARACTERISTICS

Sample Client

Report date: 15 January 2026

Powered by

 omicEdge

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

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

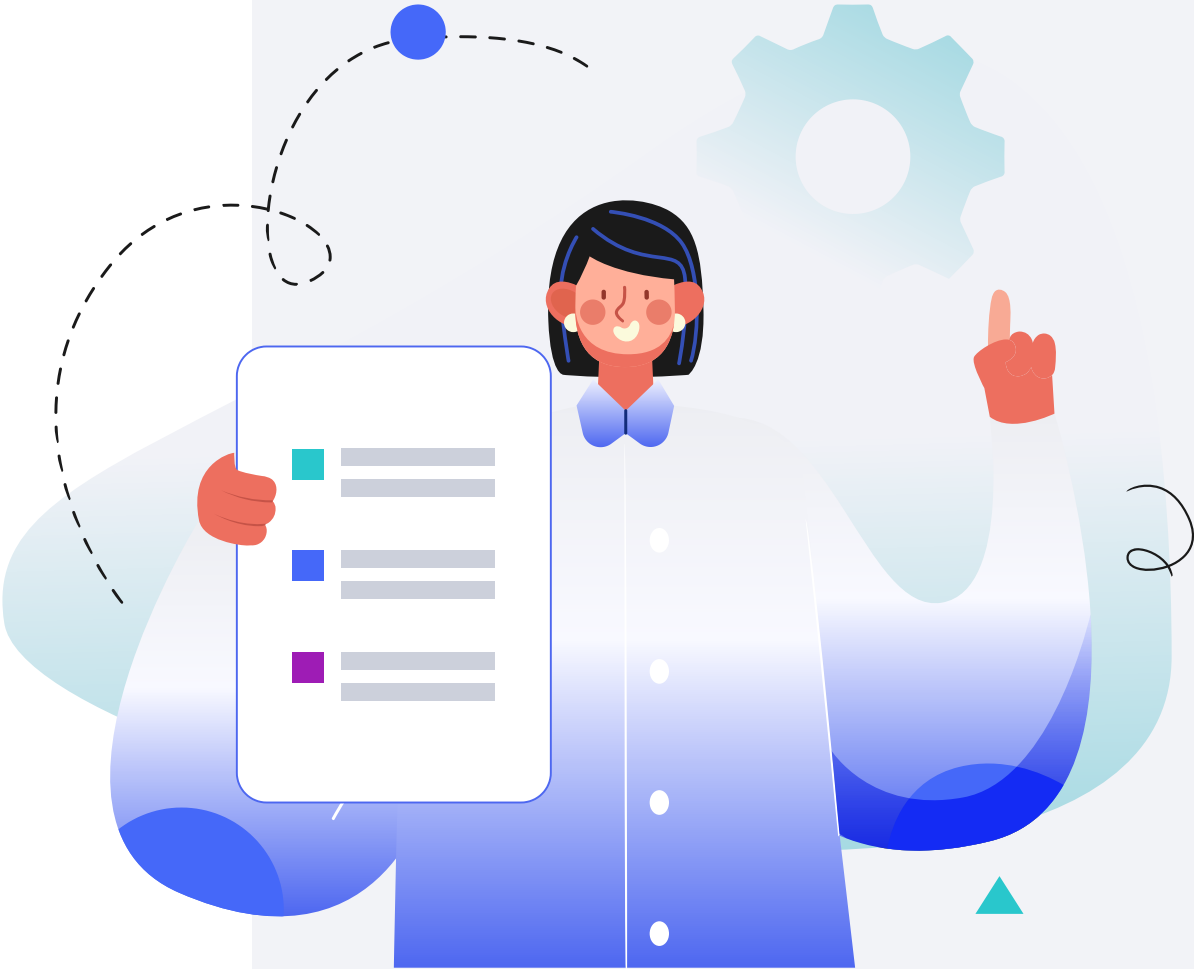
Male

HEIGHT

5ft 5" 165cm

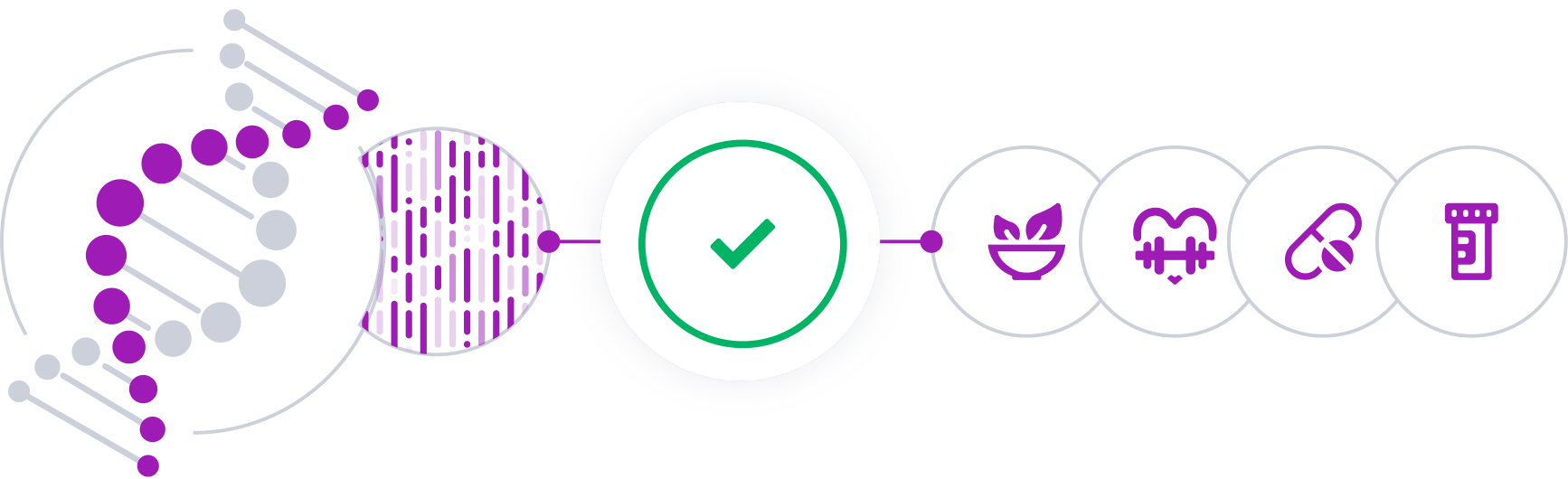
WEIGHT

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.

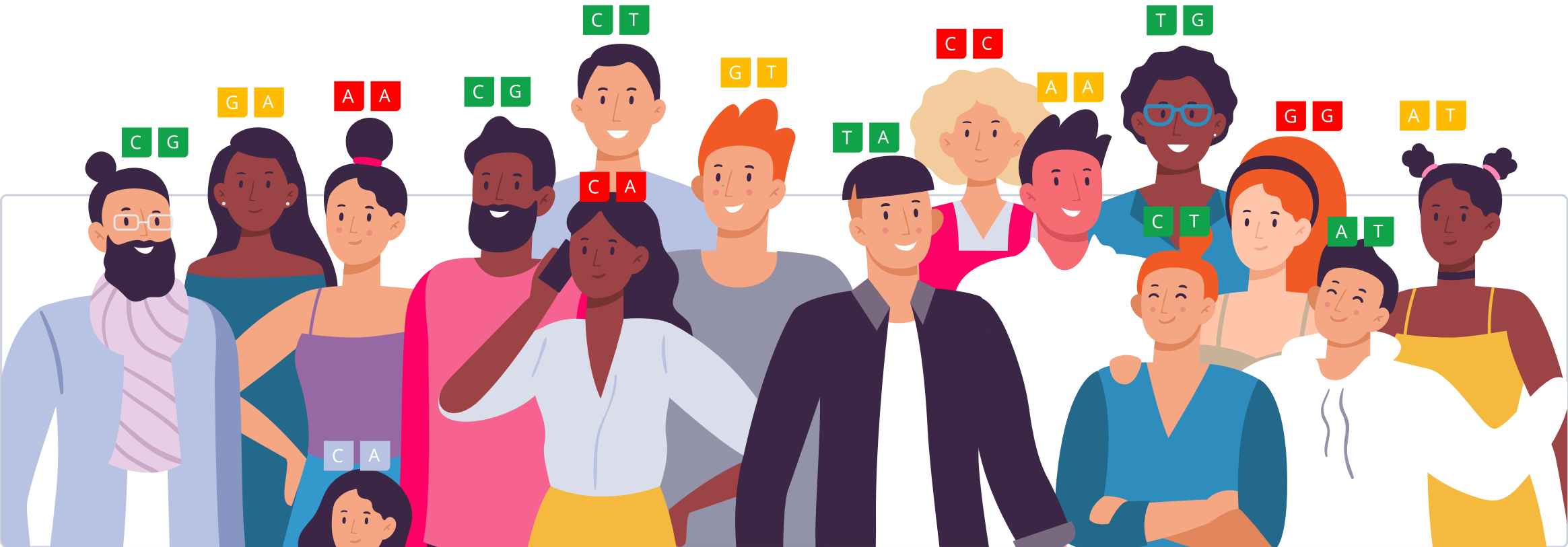


Similarly, our Trait Reports look at how your DNA influences your traits.



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

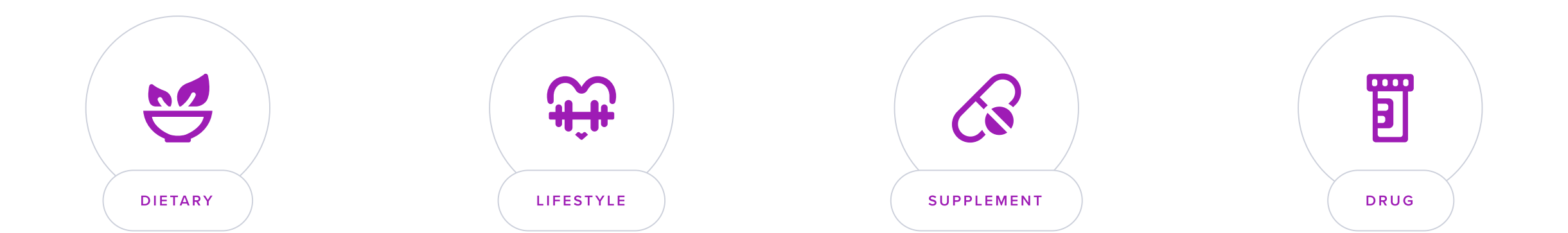
You have 2 risk alleles

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

What is the difference between hoarding and collecting? People who **hoard** collect a lot of things – so do collectors. However, while collections tend to be organized, hoarders tend to store or hide their things in a messy way. In addition, while collectors usually know the value of the things they collect, hoarders may have a hard time letting go of items that they no longer use or need [\[R\]](#), [\[R\]](#), [\[R\]](#).

Things that people can hoard include [\[R\]](#):

- Newspapers and books
- Clothing
- Household supplies
- Containers
- Animals
- Electronic data

If hoarding causes stress or affects daily living, it may be a sign of **hoarding disorder** [\[R\]](#).

Is Hoarding in Your Genes?

PERSONALIZED TO GENES

Based on the genetic variants we looked at, you may have a typical likelihood of becoming a hoarder. However, your lifestyle and environment may also influence your likelihood.

What makes some people more likely to be hoarders? Scientists have identified a combination of the following factors: [R, R, R]:

- Age (the older you are, the more likely you are to hoard things!)
- Stressful or traumatic events
- Certain personality traits (e.g., being indecisive, inability to control habits)
- Mental health conditions (e.g., obsessive-compulsive disorder, depression)
- **Genetics**

Up to **40%** of differences in people’s chances of hoarding may be **due to genetics**. Genes involved may influence the [R, R, R, R, R, R, R]:

- Growth and development of brain cells
- Activity of chemical messengers in the brain

These may be signs of a hoarding issue [R]:

- A buildup of clutter (disorganized piles or stacks of items) over the years
- Inability to enter or use spaces in the home; clutter in areas such as countertops and stairways
- Trouble throwing out or giving away things
- Acquiring things that there is no space for or things that are not needed

If you think you may have a hoarding issue, talk therapy may help [R, R].



TYPICAL LIKELIHOOD

Typical likelihood of hoarding based on 7,251,827 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
C6	rs7706803	AA
C6	rs6867632	AA
NR5A2	rs10919757	CT
NR5A2	rs7550378	GA
GLCCI1	rs12540373	AA
NR5A2	rs12746201	TA
NR5A2	rs12074649	CG
HIVEP1	rs7752678	TT
CWC27	rs2278351	TC
NRIP1	rs2142222	GA
MCTP2	rs2388436	AG
MCTP2	rs1545779	TC
NRIP1	rs996688	TG
TBC1D7	rs9369768	GA
PHACTR1	rs4367379	AG
FSHR	rs2349715	CT
PHACTR1	rs7748124	TC
ZNF395	rs351779	GA
PHACTR1	rs4432976	GT
SH3BGRL2	rs3747767	CC
LCA5	rs9341781	TT
LCA5	rs2047896	TT
LCA5	rs9361538	CC
SH3BGRL2	rs9359384	AA
SH3BGRL2	rs9343918	TT
SH3BGRL2	rs6930436	TT
/	rs2657524	TT
/	rs13330489	GG
/	rs11860366	AA
/	rs11863159	CC
ATG9A	rs12694457	CC
TUBA4A	rs3731892	AA

GENE	SNP	GENOTYPE
CEP128	rs12883673	AA
MUC6	rs11604757	CC
C1QTNF9	rs9580934	GG
CD151	rs11602663	CC
CD151	rs11246383	TT
CD151	rs11246381	AA
DOCK4	rs10248098	TT
OSBPL10	rs9853939	AA

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	Hypnosis
	20 minutes

1



Hypnosis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in a hypnosis session with a qualified practitioner for 20-30 minutes, 1-2 times per week. Consistency over several weeks to months is important for optimal benefits.

TYPICAL STARTING DOSE

20 minutes

Description

Hypnosis is a therapeutic technique that may help individuals manage stress, anxiety, and certain behavioral issues. It involves deep relaxation and focused attention and can be used to address various mental and emotional health concerns.

Hypnosis is a trance-like state meant to [\[R\]](#), [\[R\]](#):

- Promote relaxation
- Sharpen focus
- Make a person more open to suggestions

Despite the way it’s often portrayed in the media, hypnosis is a real practice used to support mental health [\[R\]](#), [\[R\]](#).

Only a licensed professional should help you achieve hypnosis.

How it helps

Hypnosis can assist individuals with hoarding by facilitating deep relaxation and focused attention, enabling them to confront and process anxiety and emotional triggers linked to their compulsive behaviors. This therapeutic approach may uncover and address underlying issues, promoting healthier coping mechanisms.