

Impulsivity

Trait Report

REPORT CATEGORY —



PERSONALITY

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

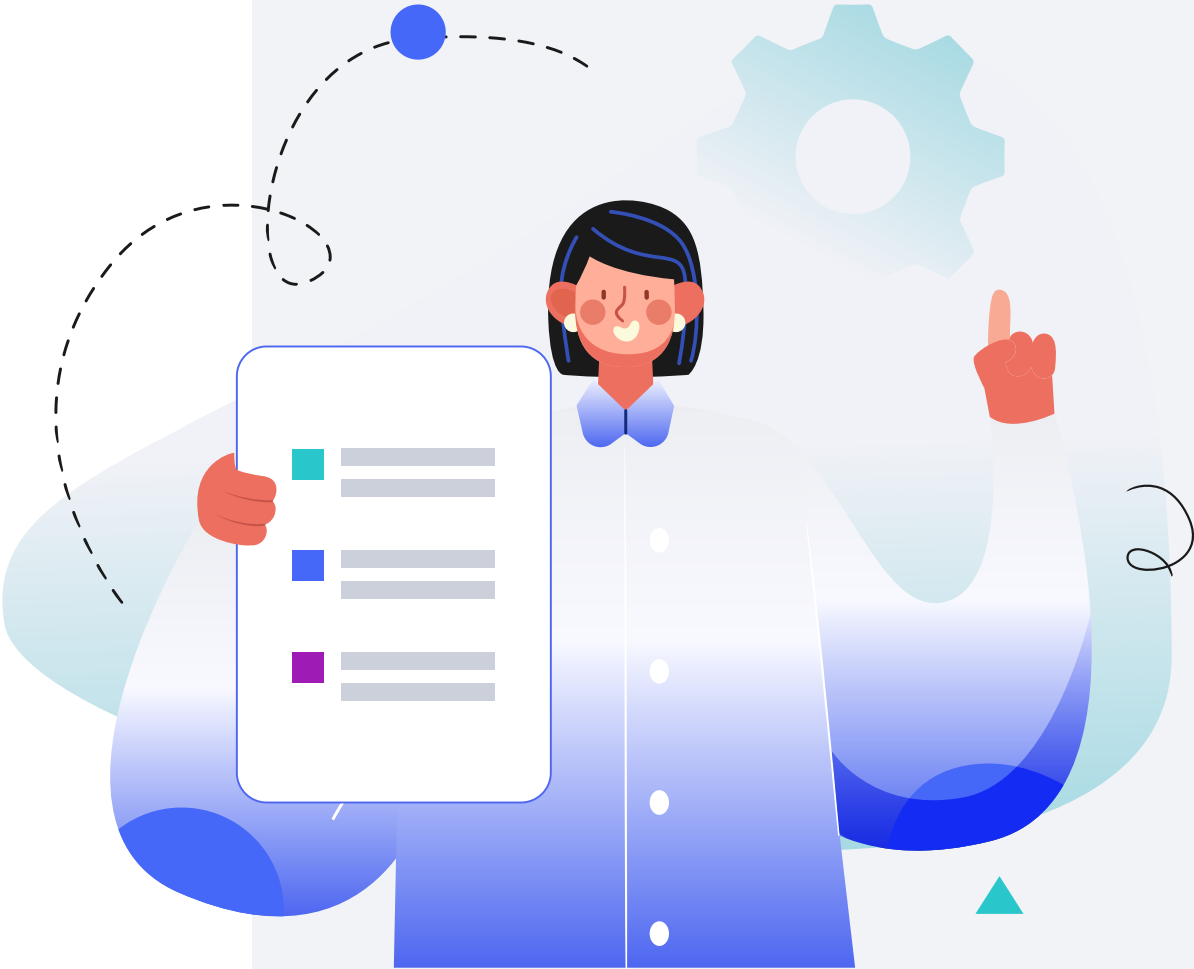
Male

HEIGHT

5ft 5" 165cm

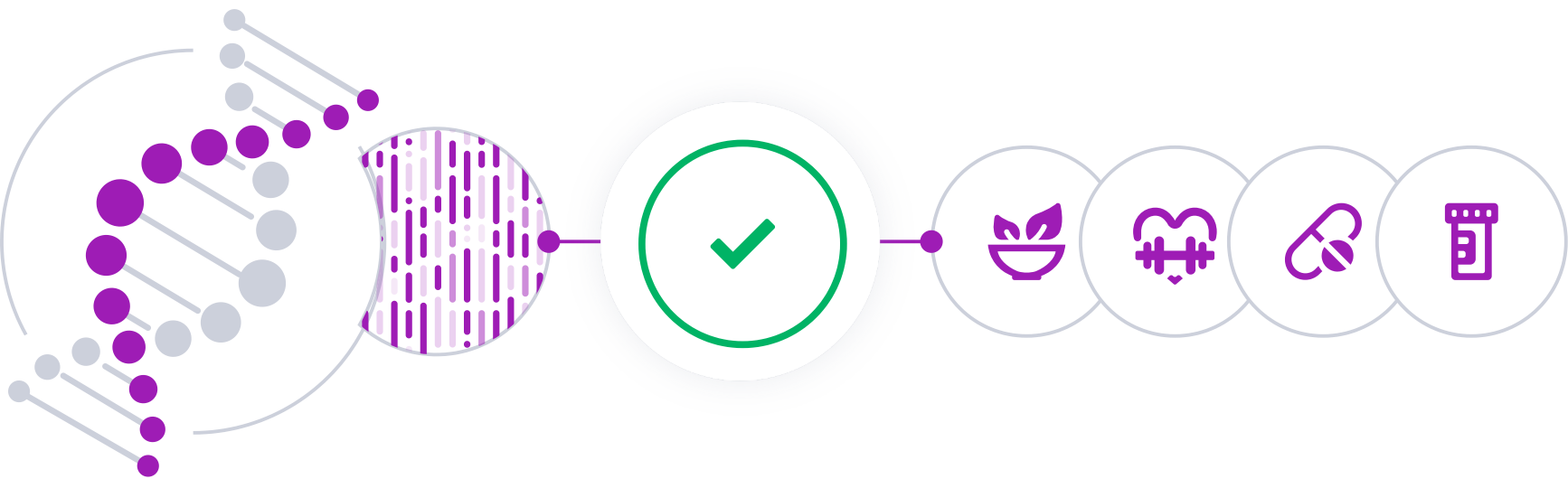
WEIGHT

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.

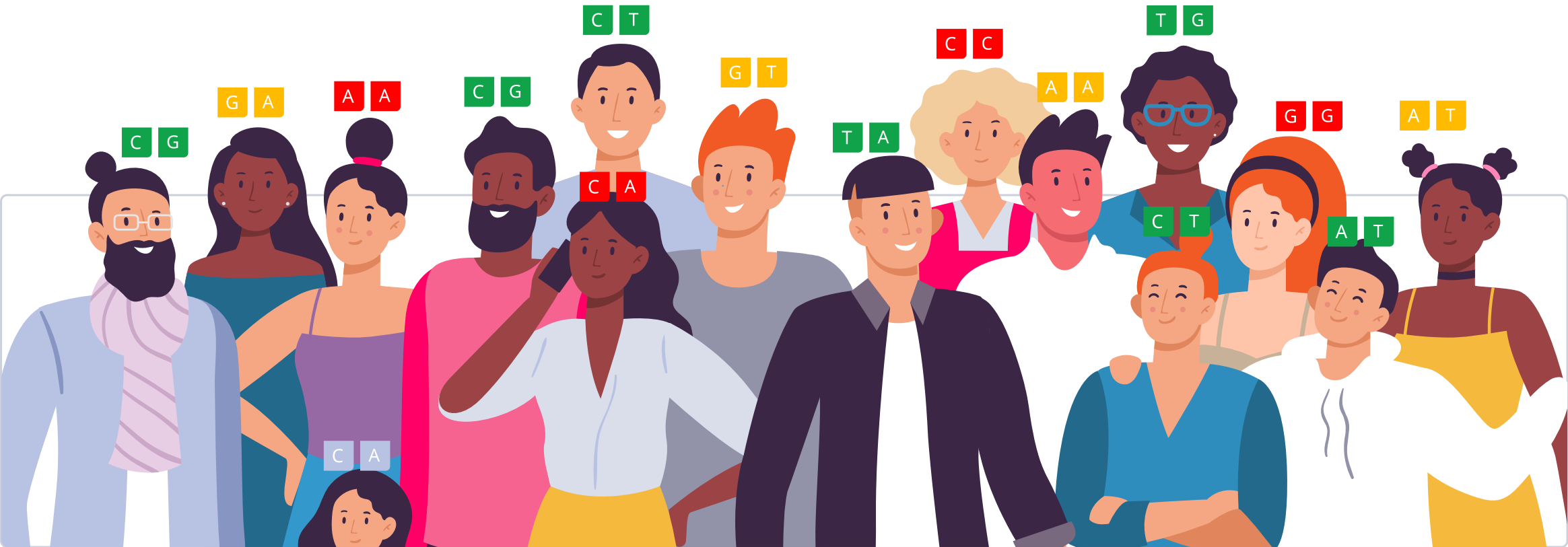


Similarly, our Trait Reports look at how your DNA influences your traits.



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.

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

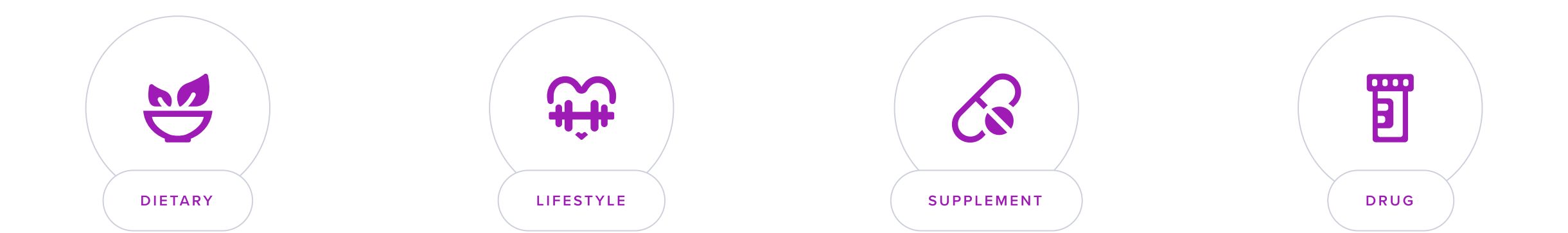
You have 2 risk alleles

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

Impulsivity is a **tendency to act on things without thinking them over first**. People who are impulsive may be more likely to take part in risky behavior. They **often don’t consider the consequences of their actions**, either for themselves or for others [R].

There are different aspects of impulsivity, such as [R]:

- Motor, or action without thinking
- Cognitive, or quick decision-making
- Non-planning, or when people don’t consider the future

People tend to be the most impulsive in childhood, and become less impulsive as they grow older [R].

Impulsive behavior can be advantageous in situations where **it is important to respond fast** and to take advantage of unexpected opportunities. However, impulsivity can also have negative consequences and has been linked to addiction and several psychiatric disorders [R, R].

Examples of impulsive behavior include:

- Binge drinking or eating
- Significant spending without checking one’s finances
- Frequently changing jobs, friend groups or plans
- Making commitments without following through
- Gambling
- Risky sexual behavior
- Frequent emotional outbursts, especially anger or frustration
- Physical violence
- Self-harm

Factors Contributing to Impulsivity

 PERSONALIZED TO GENES

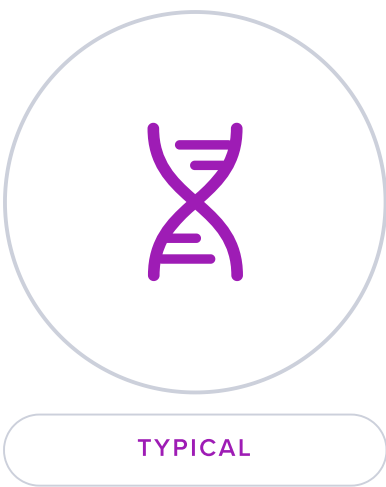
Based on the genetic variants we looked at, you likely have typical impulsivity. However, your lifestyle and the environment may also influence this trait.

About 40-60% of the differences in impulsivity may be due to genetics. Several genes linked to impulsivity affect parts of the brain linked to risky behavior or thrill-seeking. For example they may affect the neurotransmitters dopamine and serotonin [\[R\]](#), [\[R\]](#).

Your lifestyle and the environment also play important roles in impulsivity. You may notice that **strong emotions can cause you to act more impulsively** [\[R\]](#), [\[R\]](#).

Some ways to better control impulses include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Knowing your triggers and trying your best to avoid them
- Preparing for difficult or triggering situations ahead of time
- Intentionally stopping and thinking about the potential consequences of an action
- Practicing mindfulness
- Spending time in nature
- Practicing relaxation techniques, which may help you reduce stress and better regulate your behavior
- Talk therapy



Predisposed to typical impulsivity based on 6,681,251 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TRIM67	rs190115083	CC
LRRC72	rs73060592	TT
EIPR1	rs117037106	GG
ADGRB3	rs190107978	CC
NPSR1	rs182319761	GG
NPSR1	rs146545477	CC
NPSR1	rs76333239	AA
NPSR1	rs78546692	GG
MYH15	rs7618034	GG
RBM12B	rs150485199	TT
MYH15	rs114649772	GG
IGLL1	rs55756930	AA
DEFB131A	rs185571697	CC
CSMD1	rs76585527	TT
SLC14A2	rs141363425	GG
SLC14A2	rs117206739	CC
SLC14A2	rs117913008	AA
GMDS	rs186095552	CC
/	rs17123419	TT
PCBD1	rs185189901	AA
SLC14A2	rs117040084	AA
GDF6	rs147219721	TT
LHX4	rs357048	CC
TRMO	rs113565479	TT
SLC9A3	rs79678916	TT
TRMO	rs78440419	CC
TMEM209	rs11984107	TT
TBC1D8	rs77916398	GG
ACTN1	rs117585062	CC
DNAH9	rs143145132	AA
PRICKLE1	rs190713732	GG
/	rs188730386	AA

GENE	SNP	GENOTYPE
GNAL	rs192900903	AA
SELENOF	rs115775229	CC
COPG2	rs75358396	TT
GUCY1A2	rs71488237	GG
FOXQ1	rs12208662	GG
/	rs61961310	GG
/	rs139611311	GG
GOT2	rs142486101	AA
AJAP1	rs141399555	CC
/	rs186280134	TT
BVES	rs221655	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	Aerobic Exercise (Cardio)	1 hour	
2	Omega-3 (Fish Oil)	2000 mg	
3	Mindfulness-Based Stress Reduction (MBSR)	2 hours	
4	Meditation	30 minutes	
5	Cognitive-Behavioral Therapy (CBT)		
6	Biofeedback		
7	Acceptance and Commitment Therapy (ACT)		
8	L-Tyrosine	500 mg	
9	Mindfulness-Based Cognitive Therapy (MBCT)	2 hours	

1



Aerobic Exercise (Cardio)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

In children with ADHD, exercise (especially cardio) may improve impulsivity/hyperactivity symptoms [\[R, R, R\]](#).

Aerobic exercise may increase the release of neurotransmitters that modulate impulse control.

2



Omega-3 (Fish Oil)

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

According to a meta-analysis of 4 trials, marine omega-3 fatty acid supplements may help improve impulsive behavior in people with borderline personality disorder [\[R\]](#).

3



Mindfulness-Based Stress Reduction (MBSR)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

MBSR teaches mindfulness, which can help individuals become more aware of their impulses and react more consciously.

4



Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

[Meditation](#) is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R, R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Through mindfulness and increased self-awareness, meditation can help in managing impulsive thoughts and urges.

5



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 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

CBT helps modify negative thought patterns and behaviors, which can lead to better impulse control and decision-making skills.

6



Biofeedback

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Biofeedback can help individuals gain awareness of physiological functions and learn how to control them, potentially reducing impulsive reactions.

7



Acceptance and Commitment Therapy (ACT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

ACT helps individuals accept their thoughts and feelings rather than fighting or feeling guilty for them. This can promote greater mindfulness and decrease impulsive responses.

8



L-Tyrosine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-2000 mg of L-Tyrosine supplement daily, preferably 30 minutes before meals or snacks. This can be taken in one dose or divided into two doses throughout the day. Continue this supplementation daily for a duration of at least a few weeks to assess its effects on your body.

TYPICAL STARTING DOSE

500 mg

Description

L-tyrosine is an amino acid used by the body to produce important neurotransmitters and hormones. It may help improve cognitive function, stress response, and overall mood regulation.

[Tyrosine](#) is a **non-essential amino acid**. This means that our bodies can make it from other amino acids like [phenylalanine](#). We can also get tyrosine from **protein-rich foods**, such as [R](#), [R](#):

- Red meat and poultry
- Dairy, especially cheese
- Legumes (e.g., soybeans and beans)
- Fish
- Nuts
- Eggs

Tyrosine can also be taken as a supplement. People often use it to maintain mental performance during demanding and stressful tasks [R](#), [R](#), [R](#).

How it helps

L-Tyrosine helps to replenish neurotransmitters like dopamine, norepinephrine, and epinephrine that are involved in impulse control. Taking this supplement can help improve focus and reduce impulsivity symptoms.

9



Mindfulness-Based Cognitive Therapy (MBCT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in an 8-week course of Mindfulness-Based Cognitive Therapy (MBCT), which typically includes weekly group sessions (each lasting about 2 hours), daily homework practices (about 1 hour per day), and one all-day session after the fifth week. Sessions are led by trained instructors and focus on mindfulness meditation practices and cognitive behavioral exercises.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Cognitive Therapy (MBCT) is a therapeutic approach that combines mindfulness practices with cognitive-behavioral techniques to help individuals manage and prevent recurring episodes of depression and anxiety.

How it helps

MBCT combines cognitive therapy with meditative practices and has been shown to prevent relapse in people with major depressive disorder.