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Personal information

NAME

Sample Client

SEX AT BIRTH

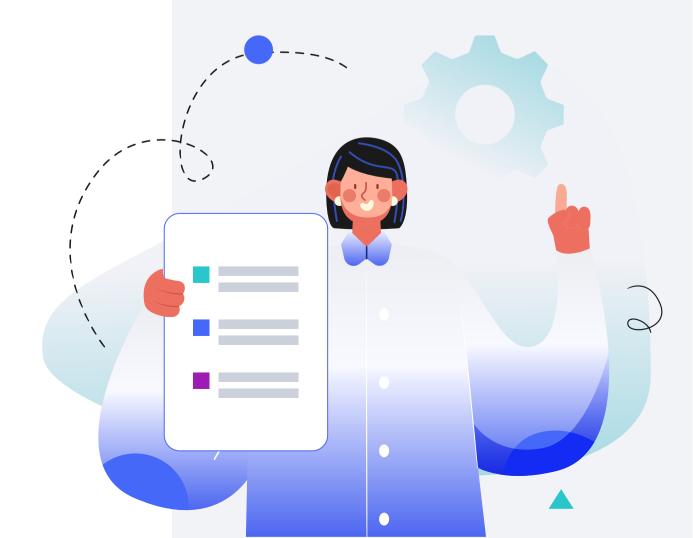
Male

HEIGHT

5ft 9" 175.0cm

WEIGHT

165lb 75.0kg



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.

Neuroticism Trait Report Introduction

Introduction

Personality can be split into five broad traits. One of these traits is called neuroticism. Note that neuroticism is different from neurosis or neurotic behavior, which are outdated terms related to a mental health condition [R, R].

Neuroticism is a tendency to focus on negative emotions. Those with high neuroticism may be more sensitive to stress. They also tend to be critical of themselves and others. These people more often feel [R, R, R]:

- Irritable or angry
- Sad
- Worried or anxious

On the other hand, people with low neuroticism tend to be more secure and resilient to stress. They often feel calmer and more content [R].

<u>R</u>]:

- Mental health issues
- Drug or alcohol misuse
- Work or relationship problems

Neuroticism Trait Report Your genetics

Factors That Influence Neuroticism



Based on the genetic variants we looked at, you are likely more secure. This means you are more likely to feel calm and content because you don't tend to focus on negative emotions. However, your lifestyle and the environment may also influence your personality.

Neuroticism is a tendency to focus on negative emotions. Those with high neuroticism may be more sensitive to stress.

About 50-60% of the differences in neuroticism may be due to genetics. Genes linked to neuroticism may alter the activity of <u>serotonin</u> and <u>dopamine</u>. These are two chemical messengers that influence how people process emotion [R, R].

Lifestyle and environmental factors may also influence neuroticism. Strategies that may help reduce neuroticism include:

- Mindfulness [R, R]
- Talk therapy [R]
- Exercise [R]



Likely more secure based on 882,554 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
WWC2	rs17333948	СС
/	rs 76659101	тт
ECI2	rs12208271	AA
DIP2C	rs 77829203	GG
FAM117B	rs 78488377	GG
/	rs 72706173	AA
NANOS2	rs10406374	GG
MYT1L	rs 67723639	GG
VRK2	rs 62140779	тт
/	rs 72694244	AA
PRSS16	rs6904071	GG
/	rs6842789	СС
/	rs3 5688236	AA
STK24	rs9584850	GG
/	rs10172965	СС
SYT13	rs10769123	GG
COL19A1	rs13200171	СС
/	rs116966368	AA
ARHGEF10L	rs2279817	тт
/	rs139237746	СС
/	rs116442755	СС
COMT	rs4680	AG
MICAL2	rs10765924	GG
DOCK8	rs 10969550	GG
DENND1B	rs9 427672	GG
PLXNC1	rs4761545	GG
SNURF	rs4906947	СС
CARD11	rs4722214	тт

Neuroticism Trait Report Your genetics

GENE	SNP	GENOTYPE
GLIS3	rs 9298995	GG
ZFP36L2	rs34141057	СС
NPHP1	rs10496435	GG
HDAC4	rs4241231	AA
PTK2B	rs3779635	TT
F13A1	rs1475073	СС
/	rs10891937	AA
TSNARE1	rs 73716038	TA
WDR1	rs2278121	AA
/	rs10960103	GC
ANKK1	rs4938021	тс
PDE1C	rs112545952	CA
WSB2	rs 7973260	AG
SUDS3	rs56080343	СТ
GRIK3	rs490647	GA
PSAPL1	rs34369999	AG
SNCA	rs1372520	СТ
TPH2	rs 4570625	GG
LINGO1	rs12903563	СТ
POLR3G	rs6882046	AG
CNTN5	rs2458167	AC
HIVEP1	rs210918	AT

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