

OXTR (Oxytocin)

Gene Report

REPORT CATEGORIES —



MENTAL HEALTH



COGNITION



PERSONALITY

Sample Client

Report date: 15 January 2026

Table of Contents

03 How this works

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

07 Introduction

08 Your genetics

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

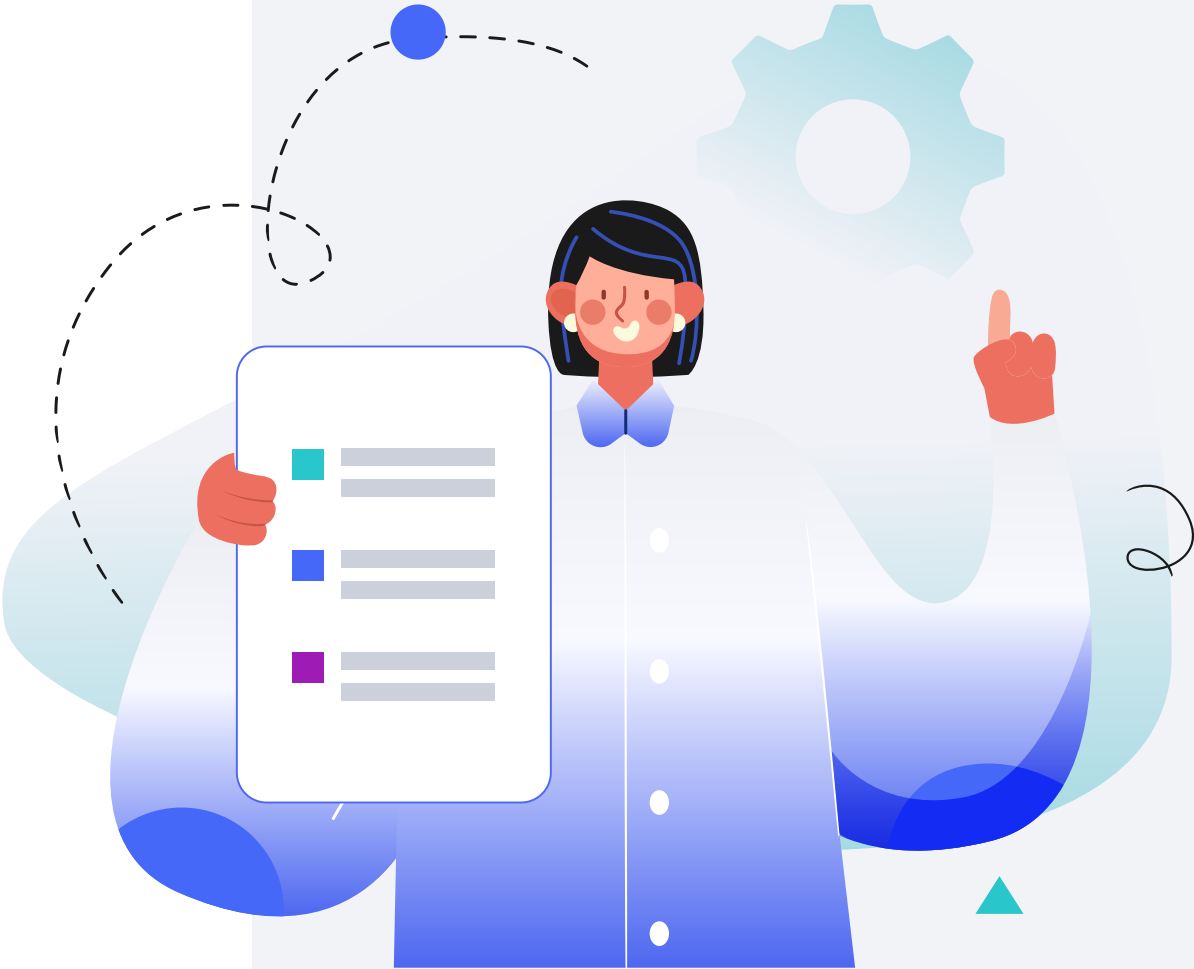
Male

HEIGHT

5ft 5" 165cm

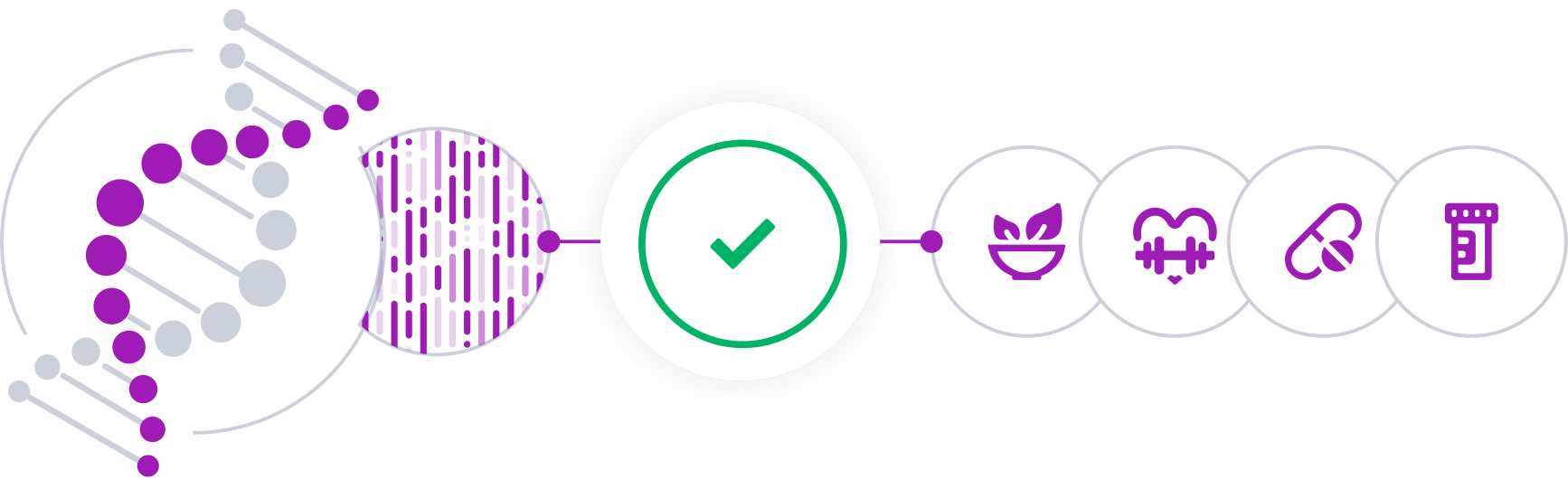
WEIGHT

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.

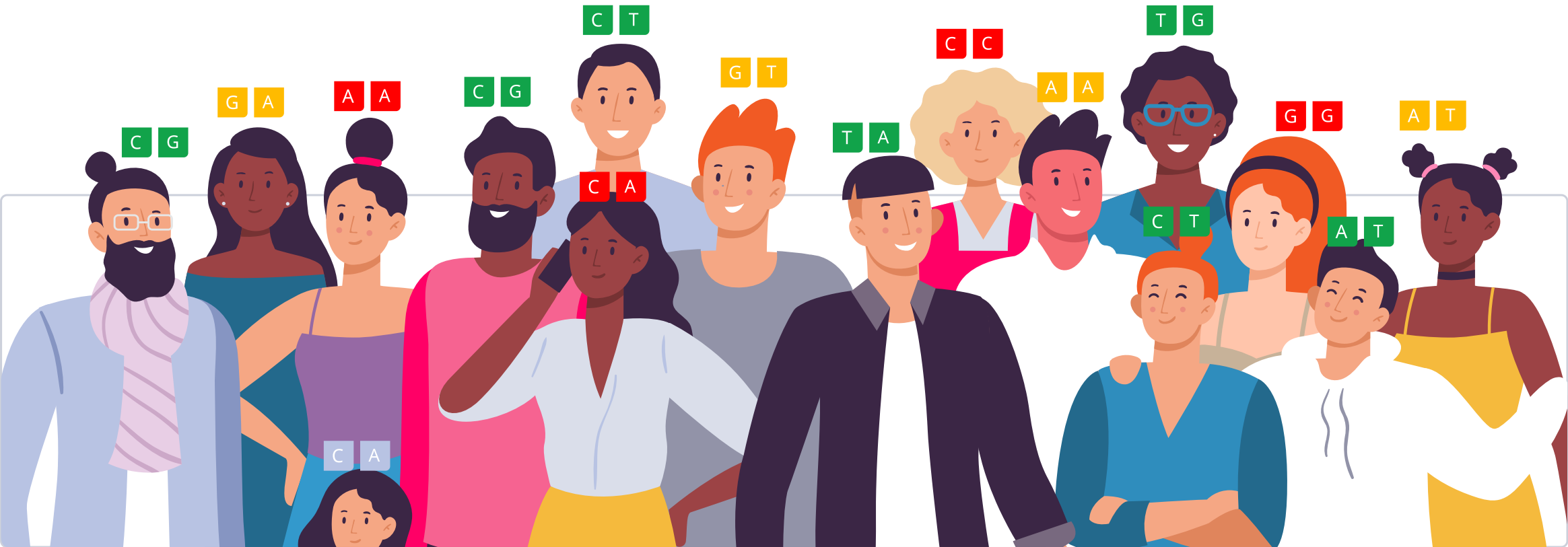


Similarly, our Trait Reports look at how your DNA influences your traits.



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

[OXTR](#) encodes the receptor for [oxytocin](#), an important signaling molecule in the brain [\[R\]](#).

Oxytocin, sometimes called *the love hormone*, is vital for social bonding and empathy [\[R\]](#).

Pleasant physical touch (like hugging, cuddling, or sex) and rewarding interactions (like receiving gratitude for a gift or favor) release oxytocin, which makes them enjoyable. By increasing empathy, oxytocin helps us feel and respond to other people’s pleasure but also pain [\[R\]](#), [\[R\]](#).

At the same time, oxytocin **protects against stress and anxiety** by reducing fear responses in the brain [\[R\]](#), [\[R\]](#), [\[R\]](#).

According to some researchers, our other cognitive abilities are rooted in complex social interactions. For this reason, oxytocin also plays a key role in cognitive function. More precisely, it may enhance **social cognition**, helping us “read” other people and interact with them [\[R\]](#), [\[R\]](#), [\[R\]](#).

OXTR is recognized as an important gene for relationships and empathy, and it has attracted a great deal of attention in the research community for this reason. Many polymorphisms affect sensitivity to oxytocin and have been associated with differences in personality, social skills, attachment styles, and even brain development [\[R\]](#), [\[R\]](#).

OXTR Genetics

The best-researched *OXTR* polymorphism is [rs53576](#). Its minor ‘A’ allele is associated with decreased activity in the oxytocin system and lowered effects of oxytocin supplementation When compared to those with the ‘GG’ genotype, those with the ‘A’ allele may have [\[R\]](#):

- Lower optimism, empathy, and pro-social behavior [\[R, R\]](#)
- Decreased emotion-reading ability [\[R, R\]](#)
- Lower predisposition to forgive [\[R\]](#)
- Decreased happiness in marriage [\[R\]](#)
- Lower non-verbal IQ [\[R\]](#)
- Higher predisposition to major depression [\[R\]](#)
- Increased risk of autism spectrum disorders [\[R, R, R\]](#)

However, people with this allele may deal better with stress and social rejection [\[R, R\]](#).

Another well-researched polymorphism is [rs2254298](#). Its minor ‘A’ allele may increase oxytocin sensitivity and amygdala size. This variant has been associated with [\[R, R, R\]](#):

- Higher anxiety and sensitivity to stress [\[R, R\]](#)
- Higher empathic concern of their partner’s distress in romantic relationships [\[R\]](#)
- Lower optimism [\[R\]](#)
- Worse executive functioning and decision-making [\[R, R\]](#)
- Decreased emotion-reading ability [\[R\]](#)

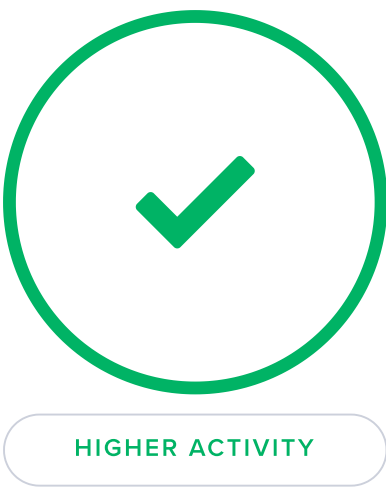
Interestingly, the heterozygous ‘AG’ genotype may be the most empathetic one compared to ‘AA’ and ‘GG’ [\[R\]](#).

Another minor variant, ‘T’ at [rs1042778](#), may decrease oxytocin levels. This variant has been associated with [\[R\]](#):

- Less empathy for the partner in romantic relationships [\[R\]](#)
- Decreased generosity and kindness [\[R\]](#)
- Less pro-social behavior [\[R\]](#)

The major ‘T’ allele of [rs13316193](#) may decrease the number of oxytocin receptors in the brain. The ‘TT’ genotype of this variant has been associated with [\[R\]](#):

- Increased risk of low mood and autism [\[R\]](#)



Likely higher OXTR activity based on 5 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
OXTR	rs1042778	GT
OXTR	rs13316193	CT
OXTR	rs2254298	GA
OXTR	rs53576	GG
OXTR	rs2268494	TT

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

- Less empathy for the partner in romantic relationships [\[R\]](#)
- Decreased generosity and kindness [\[R\]](#)
- Less pro-social behavior [\[R\]](#)

Finally, the rare ‘A’ allele of [rs2268494](#) may cause lower oxytocin levels or less efficient oxytocin receptors. This variant has been associated with an increased risk of autism and less empathy for the partner in romantic relationships [\[R\]](#), [\[R\]](#).