

Sensation Seeking

Trait Report

REPORT CATEGORY —



PERSONALITY

Sample Client

Report date: 30 July 2025

Powered by
 omicsege

Table of Contents

03 Introduction

04 Your genetics

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

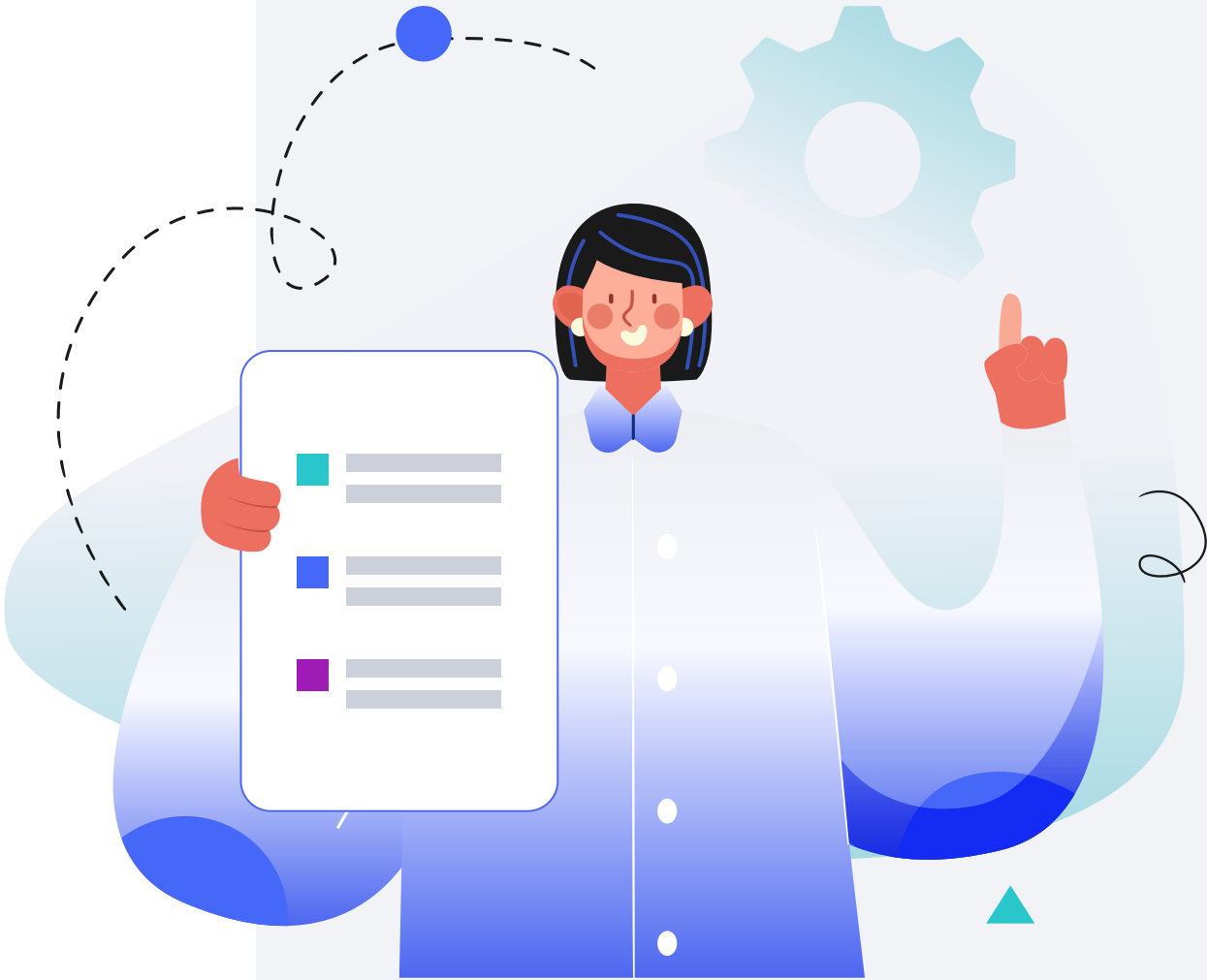
5ft 9" 175.0cm

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.



Introduction

Sensation seeking is a personality trait defined by the search for experiences and feelings that are varied, novel, complex, and intense, and by the readiness to take physical, social, legal, and financial risks for the sake of such experiences. This trait was first identified and explored by psychologist Marvin Zuckerman in the 1960s. Sensation seeking is considered a major aspect influencing behavior and decision-making processes.

Zuckerman identified four major components of sensation seeking:

- Thrill and adventure seeking: Describes a desire to engage in physical activities that are adventurous or risky, such as skydiving, scuba diving, or speeding on a motorcycle.
- Experience seeking: Involves seeking out new experiences through travel, music, art, and meeting new people, often with a nonconformist and exploratory outlook.
- Disinhibition: Refers to a preference for "letting loose" in social settings, including engaging in activities that might be considered socially unrestrained or unacceptable, such as parties, social drinking, and sexual promiscuity.
- Boredom susceptibility: Indicates an aversion to repetition, routine, and boring people, and a constant need for new interests, change, and excitement.

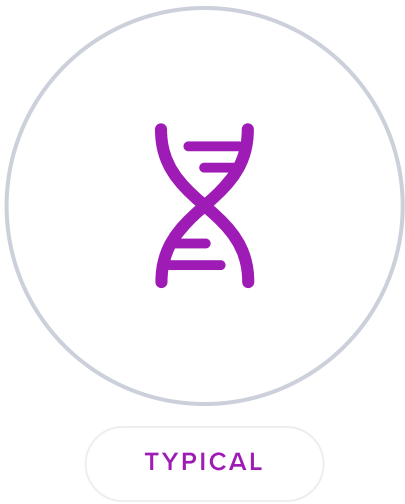
Individuals high in sensation seeking are more likely to engage in behaviors such as extreme sports, gambling, substance use, and risky sexual behavior. While this trait can lead to positive experiences and personal fulfillment through adventure and novelty, it can also result in negative outcomes if risks are not managed responsibly.

Contributing Factors

Research indicates that biological factors, including genetics and neurobiology, play a role in the propensity for sensation seeking. For example, variations in dopamine receptor genes have been associated with higher levels of sensation seeking, suggesting a neurochemical basis for thrill-seeking behaviors.

Sensation seeking tends to be higher in adolescents and young adults and can influence peer group selection and socialization patterns. The trait typically decreases with age. Cultural, social, and environmental factors also shape how sensation-seeking behaviors are expressed.

While sensation seeking is a normal trait variation, extreme cases can be associated with behavioral disorders and psychopathologies, such as substance abuse disorders and gambling addiction. Understanding this trait in individuals can help in developing better approaches to mental health treatment and intervention strategies that consider an individual's propensity for risk-taking.



Likely typical sensation seeking based on 956 genetic variants we looked at