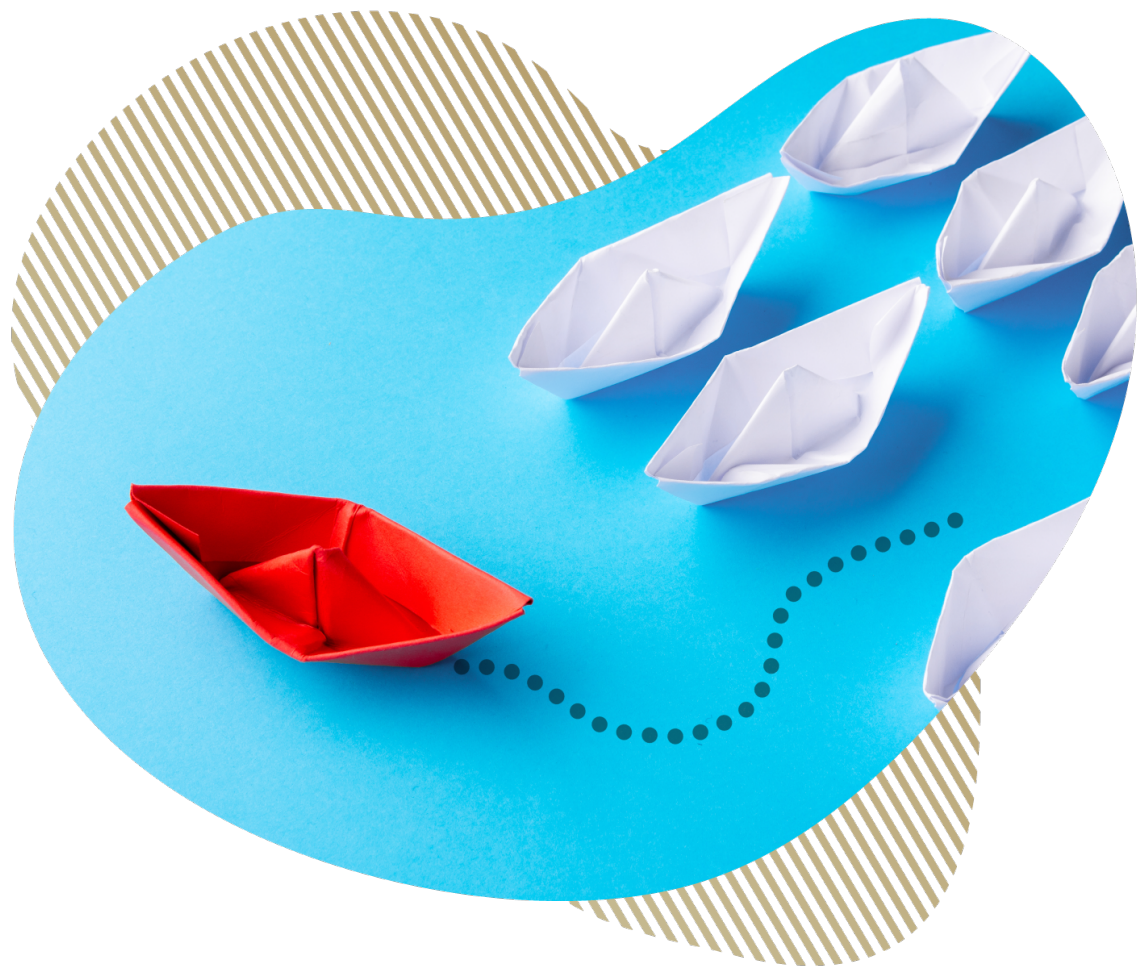




PERSONOME

Precision Genotype
Personality
Assessments



Interpersonal Characteristics
Learning Personality
Personality Profile



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My Genetic Strengths **7**

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- Agreeableness 
- Extroversion 
- Exploratory Behavior 
- Empathy 
- Leadership Potential 
- Optimism 
- Warrior Personality 

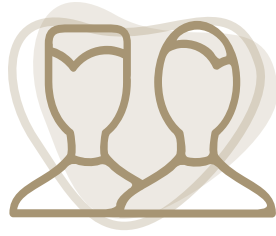
- Addictive Personality 
- Worrier Personality 

My Genetic Strengths Levels

 Typical  Slightly Advantaged  Advantaged

My Genetic Risk Levels

 Low  Slightly Elevated  Elevated



How you interact with others or your social personality is a function of your genetics, your early childhood upbringing and your experience. Traits such as agreeableness, leadership potential, empathy, and many others are influenced by your genetics and enhanced or suppressed by your social and family environment. Within this section, explore how your genetic makeup may influence how you interact with other people.

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Agreeableness

Advantaged

higher than
95%
of the population

MY GENETIC VARIANTS

rs1055356 rs1801260 rs2540226

4
MY TOTAL

WHAT IS AGREEABLENESS?

Agreeableness is a personality trait manifesting itself in individual behavioral characteristics that are perceived as kind, sympathetic, cooperative, warm and considerate. It is one of the Big Five personality traits. A person with a high level of agreeableness in a personality test is usually warm, friendly, and tactful. They generally have an optimistic view of human nature and get along well with others. We learn agreeableness within our family structures and the social environments we grow up with. However, research shows that agreeableness is partially influenced by our genetics. Interestingly, the agreeableness has been shown to be correlated with morningness. Indeed, the morningness allele of the circadian gene CLOCK is significantly associated with agreeableness.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Agreeableness out of 6 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- ♥ You score has advantaged for predisposition likelihood for agreeableness.
- ♥ If you are in a leadership position at work, this may help you build strong teams that have high cohesion.
- ♥ On the potentially negative side, you may dread making tough decisions and provide negative feedback even if it is necessary.

REFERENCES

Read more about Agreeableness by checking out the following articles:

[Resource 1](#) [Resource 2](#) [Resource 3](#)

Empathy

**Slightly
Advantaged**

higher than
70%
of the population

MY GENETIC VARIANTS

rs13316193 rs2254298 rs53576

4
MY TOTAL

WHAT IS EMPATHY?

Empathy is defined as the capacity to understand and share the actions, emotions and intentions of others. It is an important driver of human social behaviors and it has genetic component (as social interactions were linked to survival during evolution). We test for genetic variations in two genes, OXTR and BDNF. The OXTR gene codes for oxytocin receptor that relates to empathy and stress reactivity in humans. Oxytocin is a powerful neurotransmitter and it is sometimes referred to as the cuddle or love hormone. It is connected to such life-affirming activities as maternal behavior, lactation, social bonding and sexual pleasure. Individuals with certain OXTR genotype performed better on the empathy test, feel less lonely, employ more sensitive parenting techniques. Genetic variation in the brain-derived neurotrophic factor (BDNF) has also been found to affect empathy and social perception: people with some alleles present more reactivity to emotional stimuli. Studies also found that culture is an important moderator that shapes behavioral outcomes associated with OXTR and BDNF genotypes.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Empathy out of 4 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You seem to have a slightly higher tendency to be empathetic than the average person. Try to leverage this positive trait by contributing more to society and giving to others. This is likely to have higher happiness impact on you than the average person.

REFERENCES

Read more about Empathy by checking out the following articles:

[Resource 1](#) [Resource 2](#) [Resource 3](#)

Extroversion

Advantaged

higher than
90%
of the population

MY GENETIC VARIANTS

rs12507995 rs1842129 rs2024488

8

MY TOTAL

WHAT IS EXTROVERSION?

Most people believe that an extrovert is a person who is friendly and outgoing. While that may be true, that is not the true meaning of extroversion. Basically, an extrovert is a person who is energized by being around other people. This is the opposite of an introvert who is energized by being alone. Extroversion is heritable personality trait associated with numerous psycho social, lifestyle and health outcomes. It is one of the Big Five personality traits (together with openness to experience, conscientiousness, agreeableness, and neuroticism). Meta-analysis of several studies reported several genetic variations that are significantly associated with Extroversion.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Extroversion out of 9 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You have an advantaged genetics-based predisposition likelihood for extroversion. Leverage this natural advantage to connect to others more easily both personally and professionally. However, also make sure that you provide more introverted people in your life and work the opportunity to express themselves.

REFERENCES

Read more about Extroversion by checking out the following articles:

[Resource 1](#) [Resource 2](#) [Resource 3](#)

Leadership Potential

**Slightly
Advantaged**

higher than
55%
of the population

MY GENETIC VARIANTS

rs6311

1

MY TOTAL

WHAT IS LEADERSHIP POTENTIAL?

Were you born to lead? Leadership, and in particular charismatic leadership, is partially influenced by our genetics. Genetic differences are significantly associated with the likelihood that people take on leadership positions. While some leadership skills can definitely be learned and/or honed, there are genetic variations that are associated with the passing of leadership ability down through generations.

YOUR GENETIC VARIANTS

This is 1 genetic variant (SNP) associated with Leadership Potential out of 1 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You have a slightly advantaged predisposition likelihood for leadership. Leverage your potential to bring people together to create value, be it at home, at work or in society. Leadership is much more than innate charisma, it is the ability to effectively leverage your strengths and that of others collectively, to create something more substantial than you could alone. As such leadership can happen at every level of life.

REFERENCES

Read more about Leadership Potential by checking out the following articles:

[Resource 1](#)

Sociability

Typical

higher than
32%
of the population

MY GENETIC VARIANTS

rs1042778 rs1801260 rs2254298

6

MY TOTAL

WHAT IS SOCIABILITY?

Sociability is a complex, multidimensional construct. As humans we all have a universal need for interpersonal relationships. Many people maintain rich social connections, boasting high-contact relations across numerous family members, co-workers and friends, while others possess only a few close relationships, and in some instances, are largely socially isolated. Ability to form and maintain these bonds is commonly characterized along two dimensions, social integration and social support. Social integration reflects how extensively individuals are embedded in a social context, both by quantity of social contacts and diversity of social roles, whereas social support refers to the various types of assistance (e.g. emotional and tangible) that people may receive from others or perceive to be available from others. Individual differences in social integration and quality of social support have been shown to be substantially heritable. Up to 70% for pro-social behaviors, including factors such as empathy, degree of social integration, availability of confidants, friend/relative social support is heritable. This implies that as individuals we are endowed with certain traits that affect our ability to form and maintain close relationships with others. Studies (of people of European, Asian, and African descent) have demonstrated that variability in social behavior is at least partly determined by genetic variations in the oxytocin receptor gene (OXTR) that is also associated with empathy trait. In addition, pro-social tendencies are modulated by variants in the CLOCK gene. Interestingly, genetic variations in the CLOCK gene are strongly associated with being an evening person as well as an emotional eater.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Sociability out of 8 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You do not seem to have genetic predispositions that would increase your emotional support needs. Your emotional needs levels fall within the average range of the population.

REFERENCES

Read more about Sociability by checking out the following articles:

[Resource 1](#) [Resource 2](#)



Your neural development has a large impact on the way you learn and much of the initial neural architecture you start out with as a child is influenced by your genetics. As you interact with your family and with the education system some traits get enhanced while others may be suppressed. See what genetic predispositions you may have pertaining to your learning personality and explore ways to build on some of your potential strengths.

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Creativity

Typical

higher than
10%
of the population

MY GENETIC VARIANTS

rs1375515 rs4073229 rs7903209

4

MY TOTAL

WHAT IS CREATIVITY?

Several lines of evidence suggest that genetics contributes to creativity potential estimating that over 30% of the creativity is heritable. Studies explored genetic background of general creativity that includes visual, verbal, scientific, technical or physical fields. An interesting result is that DRD2 and COMT genes that are involved in dopamine transmission may act in coordination to contribute to creativity. The neuregulin 1 gene (NRG1) is associated with creativity in people with high intellectual and academic performance. The same gene has also been implicated in increased risk of psychological problems.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Creativity out of 14 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- ♥ You have genetic variants found to be associated with general creativity.
- ♥ Creativity, like other personality phenomena, is a very complex trait that is driven by both nature and nurture.
- ♥ Everyone has their creative side, and has the potential to develop it further in any direction.
- ♥ This means it's up to you to allow yourself to be creative, be it in work, art, or personal life.

REFERENCES

Read more about Creativity by checking out the following articles:

[Resource 1](#) [Resource 2](#) [Resource 3](#)

Experiential Learning Impairment

Typical

higher than
5%
of the population

MY GENETIC VARIANTS

0
MY TOTAL


WHAT IS EXPERIENTIAL LEARNING IMPAIRMENT?

An exciting study published in the Science magazine in 2007 with the title "Genetically determined differences in learning from errors" looked at the role of neurotransmitter called dopamine in feedback-based learning and monitoring negative action. The experimental set-up involved neuroimaging brains of volunteers while they were involved in a probabilistic learning task. The goal was to find out whether genetic variant in the dopamine D2 receptor gene has any effect on how people learned. The polymorphism in question is quite common and it often referred as DRD2-TAQ-1A (rs1800497). This polymorphism is known to modulate dopamine D2 receptor density. The less common A1 allele is associated with a reduction in D2 density by up to 30%. Neuroimaging study demonstrated that the A1-allele carriers with reduced dopamine D2 receptor densities learned to avoid actions with negative consequences less efficiently. Their posterior medial frontal cortex that is involved in feedback monitoring, responded less to negative feedback than others did. So, in addition to higher risk of addictive behaviors, the carriers of the risk A1 allele demonstrate decreased sensitivity to negative action consequences, which may actually explain an increased risk of developing addictive behaviors. In other words, risk allele carriers are generally worse at avoiding the same errors. This may have various implications in their learning style.

YOUR GENETIC VARIANTS

You don't have any genetic variants (SNPs) associated with Experiential Learning Impairment out of 1 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

-  You are not a carrier of a risky allele in the DRD2 gene that has been reported to be associated with an inability in avoiding the same mistakes. That doesn't necessarily mean that you don't repeat your mistakes, since there are a lot of non-genetic components such as your upbringing, education level and perspectives on life that affect your learning from mistakes. If you observe that certain destructive patterns repeat themselves in your life, review the assumptions and perspectives you approach situations.

REFERENCES

Read more about Experiential Learning Impairment by checking out the following articles:

[Resource 1](#)

Mathematical Aptitude

Typical

higher than
22%
of the population

WHAT IS MATHEMATICAL APTITUDE?

Were you the one in the class who was quick to grasp all the math concepts in no time, the one who preferred the dentist's chair to doing a math problem, or somewhere in between? Your math aptitude of course depends on your family environment, the quality of your schooling and many other environmental factors. But research suggests that some people are naturally good at math, whereas others may need to put in extra effort to become good at it. There are known genetic variations that seem to contribute to the overall mathematical aptitude of individuals. Interestingly, about half of these genetic contributions are shared by individuals who are also good at reading comprehension.

MY GENETIC VARIANTS

rs10267797 rs133885 rs1773225

8

MY TOTAL

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Mathematical Aptitude out of 14 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- ♥ You seem to have a typical likelihood for this trait. This means your own efforts will determine how well you will do on math.

REFERENCES

Read more about Mathematical Aptitude by checking out the following articles:

[Resource 1](#) [Resource 2](#) [Resource 3](#)

Memory Performance

Typical

higher than
52%
of the population

MY GENETIC VARIANTS

rs17070145 rs6439886

2

MY TOTAL

WHAT IS MEMORY PERFORMANCE?

Human memory is the result of many distinct mental processes, such as memory encoding, forgetting, and modulation of memory strength by various stimuli. Memory has large inter-individual variability and substantial heritability. It depends on many genetic factors (it is a polygenic trait) and only a few of them have been characterized so far. We test 3 genetic variations that account for episodic memory (ability to recall words and pictures) that have recently been identified. Genetic variation in the BAIAP2 gene is related to negative emotional modulation of human memory strength. People who carry the minor A allele of rs8067235 variant performed significantly better in recalling negative images compared to neutral pictures, while carriers of the major allele did not demonstrate any difference. Carriers of KIBRA rs17070145 T allele had 25% better free recall performance 5 min after word presentation and 20% better free recall performance 24 hours after word presentation than did non-carriers.

YOUR GENETIC VARIANTS

These are 2 genetic variants (SNPs) associated with Memory Performance out of 2 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You do not seem to have genetic predispositions that were found to be associated with increased episodic memory performance. Your genetic-influenced memory performance falls within the average range of the population. Still, it is never too late to start training your memory.

REFERENCES

Read more about Memory Performance by checking out the following articles:

[Resource 1](#)

Musical Creativity

Typical

higher than
25%
of the population

MY GENETIC VARIANTS

rs10856918 rs1346753 rs518136

3

MY TOTAL

WHAT IS MUSICAL CREATIVITY?

Musical creativity is the ability to create new forms of music and is most common associated with composition and improvisation within music. This is a different ability than music performance, as performers often stress accuracy, whereas composers stress novelty and out of the box creativity. From scientific point of view, musical creativity is a complex phenotype where a common background with musicality and intelligence has been proposed. A study of nearly 500 individuals from 79 families reported on genetics associated with music related creativity. Individuals with music aptitude who were engaged in arranging and composing music were found to possess certain genetic variants more frequently than controls, where some controls were playing various music instruments and other were not engaged in music activities at all. While this is a small study, their analysis suggested the involvement of cerebellar long-term pathway that controls brain plasticity and memory, facilitating the acquisition of novel information.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Musical Creativity out of 8 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You have a typical genetics-based predisposition likelihood for music creativity. As other personality traits, music creativity is a complex trait driven by genetics as well as family, environment, and our personal interests and hobbies. Genetic predisposition is only a potential advantage rather than a determinant of creativity. If music is your passion, creativity could be acquired through your openness to new ideas and forms.

Music Performance Aptitude

Typical

higher than
42%
of the population

MY GENETIC VARIANTS

rs13137924 rs13146789 rs4833107

4

MY TOTAL


WHAT IS MUSIC PERFORMANCE APTITUDE?

Were you born with an inherent talent to be a musician? Musical aptitude has been shown to be influenced by certain genetic variations. Individuals with specific genetic variations have been shown to perform higher on the Bentley Musical Aptitude Test, which is used to assess a student's aural capacity before learning an instrument.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Music Performance Aptitude out of 8 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

-  You seem to have a typical predisposition likelihood for this trait. This does not limit your potential for becoming an outstanding performer, but only indicates if you share specific traits with individuals known to have a higher ability in musical performance. Like most other hobbies, your excellence depends on how much effort you put into it and how much passion you have for it.

Reading Aptitude

Typical

higher than
5%
of the population

MY GENETIC VARIANTS

rs1017039 rs11621346 rs11857829

21

MY TOTAL


WHAT IS READING APTITUDE?

Reading ability measures the processing and comprehension capacity of written language. Often, significant similarities can be observed among family members with regards to reading ability. While there is definitely an environmental and social component, research has shown that genetics and heredity plays a major role in the ability of people to process written language. There are known genetic variations that seem to contribute to the overall reading ability of individuals. Interestingly, about half of these genetic contributions are shared by individuals who are also good at mathematical aptitude. Another interesting finding is that genetic variations associated with reading abilities in English and Chinese overlap.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Reading Aptitude out of 39 that we are using for the determination of your predisposition for this trait.

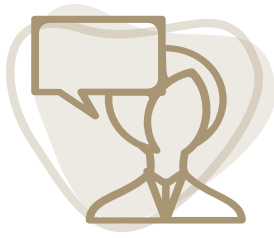
RECOMMENDATIONS

-  You seem to have a typical predisposition for this trait. This only means you do not share genetic variations that are common for individuals with higher reading ability. Like most other cognitive abilities, reading ability is a function of your family upbringing, education, social environment and personal interest in reading. The more you read, the more you develop the neural pathways that make reading both pleasurable and easy. If the written word is not your thing, do consider audio books.

REFERENCES

Read more about Reading Aptitude by checking out the following articles:

[Resource 1](#)



Personality is generally the least thing we associate with genetics, yet we all have noticed how siblings born in the same family environment have very different personalities. This is due to the fact that many aspects of early neural development are influenced by your genetics. There have been hundreds of scientific studies looking at how your genetic makeup may influence personality traits such as whether you have a Warrior or Worrier personality, your potential for impulsivity, whether you are more prone to addiction, or if you are a morning or evening person among others.

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Addictive Personality

Elevated

higher than
95%
of the population

MY GENETIC VARIANTS

rs1000579 rs1229984 rs12388359

19
MY TOTAL

WHAT IS ADDICTIVE PERSONALITY?

This trait measures whether you have genetic predispositions that would increase your likelihood of having an addictive personality. Addictions can come in a wide range of forms, including food, drugs, alcohol, gambling, pornography, or even fitness/exercise. Addictive personality refers to a particular set of personality traits that make an individual predisposed to developing addictions. Addictions can come in a wide range of forms, including food, drugs, alcohol, gambling, pornography, or even fitness/exercise. In addition to gene DRD2 that is implicated in reduced pleasure response, several other genetic variants have been found to be associated with addictive behaviors such as excessive alcohol consumption and smoking.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Addictive Personality out of 29 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- ♥ You seem to have a higher predisposition towards having an addictive personality.
- ♥ This could show itself in overindulgence in food, alcohol, drugs, or may be binge movie watching, or playing computer games non-stop.
- ♥ Monitor your behavioral tendencies with regards to these and other addictive activities to ensure that your life is not adversely impacted by them.

REFERENCES

Read more about Addictive Personality by checking out the following articles:

[Resource 1](#) [Resource 2](#)

Anger Response

Typical

higher than
35%
of the population

MY GENETIC VARIANTS

rs12245521 rs2844775 rs555017

5
MY TOTAL

WHAT IS ANGER RESPONSE?

Individuals with higher anger response are more irritable and likely to get angry as a result of unsettling external stimuli. This is partially a result of the sensitivity of the central nervous system and the amygdala to external shocks and can be influenced by your genetics.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Anger Response out of 9 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- ♥ You seem to have a typical predisposition likelihood for anger response.
- ♥ This doesn't mean you don't ever get angry, but it may mean that your anger outbursts may not be caused by known genetic variations.
- ♥ While anger is a natural and legitimate emotion, it is important to manage it to avoid hurting others or one's own sense of peace.

Exploratory Behavior

Advantaged

higher than
92%
of the population

MY GENETIC VARIANTS

rs17476669 rs1800955 rs2065954

7
MY TOTAL

WHAT IS EXPLORATORY BEHAVIOR?

Exploratory behavior, or Novelty Seeking, is one of 4 temperaments according to the Cloninger’s model of personality. The other three are Harm Avoidance, Reward Dependence, and Persistence. Exploratory behavior reflects the tendency to respond strongly to novelty and cues for reward. Explorers have the tendency to crave stimulation and thrills; they tend to be attracted by large crowds and bright colors. Interestingly, exploratory behavior is influenced by specific neurotransmitter pathways in the brain and it has a heritable genetic component.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Exploratory Behavior out of 8 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- ♥ You seem to have a higher predisposition to exploratory behavior than the average population. This may mean that you seek out more diversity and novelty in your experiences. On the positive side, this may result in a desire to grow and experience. On the negative side, you may feel uninspired when new experiences do not abound.

REFERENCES

Read more about Exploratory Behavior by checking out the following articles:

[Resource 1](#) [Resource 2](#) [Resource 3](#)

Impulsivity

Typical

higher than
25%
of the population

MY GENETIC VARIANTS

rs1800955 rs8041675

2

MY TOTAL

WHAT IS IMPULSIVITY?

Impulsivity can be defined as rapid, unplanned behavior with little forethought of the consequences. Some impulsivity contributes to optimal decision-making and it is advantageous in certain situations. However, high levels of impulsivity are linked to risky behaviors that may result in adverse consequences. Impulsivity is related to novelty and excitement seeking. The behavioral consequences of impulsivity are more common among adolescents and young adults, who are generally more likely to be impulsive and seeking excitement. In addition, male subjects tend to score higher on measures of impulsivity and excitement-seeking compared with female subjects, a pattern observed in countries around the world. Like other personality traits, impulsivity is a multidimensional construct: it is generally assessed by self-report questionnaires.

YOUR GENETIC VARIANTS

These are 2 genetic variants (SNPs) associated with Impulsivity out of 11 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You do not seem to have genetic predispositions that would increase your impulsivity personality. Your genetics-based impulsivity tendencies fall within the average range of the population. This may mean that you are more level-headed in making your daily decisions.

REFERENCES

Read more about Impulsivity by checking out the following articles:

Resource 1 Resource 2

Morning Person

Typical

higher than
20%
of the population

MY GENETIC VARIANTS

rs10493596 rs12927162 rs7221412

3
MY TOTAL

WHAT IS MORNING PERSON?

Chronotype (also referred to as morningness-eveningness or diurnal preference) is the tendency to be an early lark (alert and preferring to be active early in the day) or a late owl (alert and preferring to be active later in the day). Chronotype is determined by circadian rhythms that are a nearly universal feature of living organisms and affect almost every biological process. Numerous studies suggest that genetics significantly contributes to chronotype that has heritability of about 40-60%. This may explain why those of us who are early-to-bed, early-to-rise types, or late-to-bed, late-to-rise types, find it so hard to change our behavior. Owls and larks are the two extremes with most individuals having some flexibility in the timing of their sleep period. Those in the middle are called hummingbirds, and may be ready for action both early and late. Some hummingbirds are more larkish, and others, more owlish. A recent study of nearly 90,000 people found genetic variations associated with being a morning person. Around 10% of people are primarily larks. Whether you are a lark (a morning person) or an owl (an evening person) is influenced by your genetics. Knowing if you are a morning person and would be most productive during morning hours could help you organize your life such that your most creative tasks are scheduled in the morning.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Morning Person out of 8 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You do not seem to have a genetic predisposition likelihood for being a morning person. This may mean that you are either a night owl or just a hummingbird (someone who is evenly productive throughout the day). If you want to see which one applies to you most, consider taking the following [quiz](#) (opens in a new window).

REFERENCES

Read more about Morning Person by checking out the following articles:

[Resource 1](#) [Resource 2](#) [Resource 3](#)

Optimism

**Slightly
Advantaged**

higher than
55%
of the population

MY GENETIC VARIANTS

rs10431058

rs13170178

rs1556876

5

MY TOTAL

WHAT IS OPTIMISM?

Optimism is the ability to see the glass half full and to look at the present and the future through cheerful eyes. It is an important asset for creating energy to move forward in life and is a great coping mechanism for uncertain and tumultuous times like ours. Optimism has been shown to be partly influenced by your genetics. Recent studies have shown that there are genetic variations that contribute to optimism, self-esteem and agency, which can help individuals cope well with stress and avoid depression.

YOUR GENETIC VARIANTS

These are 3 genetic variants (SNPs) associated with Optimism out of 5 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You seem to have a slightly advantaged predisposition for this trait. This indicates that you have some genetic variations that are shared by many individuals assessed to be naturally optimistic. Optimism heavily depends on your perspectives and decisions of how to see the world. People who are optimist, generally tend to give up less rapidly, and interpret setbacks as temporary, local, and changeable. Try to look at the glass half-full, it may allow you to withstand substantial stress and tolerate uncertainty better, in these increasingly stressful times.

REFERENCES

Read more about Optimism by checking out the following articles:

[Resource 1](#)

Warrior Personality

**Slightly
Advantaged**

higher than
65%
of the population

MY GENETIC VARIANTS

rs3027399 rs6323

2
MY TOTAL

WHAT IS WARRIOR PERSONALITY?

Warrior have better stress resiliency, and higher pain threshold. In some circumstances, the warrior personality is associated with aggressiveness and violence when combined with trauma, drugs, or alcoholism. On a biochemical level, warrior personality is associated with two enzymes, MAOA and COMT that determine the levels of several neurotransmitters such as dopamine and serotonin. Neurotransmitters play a pivotal role in our reactions, moods and emotions. The MAOA has even been nicknamed the warrior gene and drew international attention a decade ago when it was reported that a common genetic variation to occur more common in Maori — the indigenous Polynesians of New Zealand — than in whites. A recent study demonstrated that Finnish criminals convicted of several violent crimes possessed this variant more frequently than nonviolent controls. Interestingly, a smaller study reported that the warrior genes often linked with aggression and alpha-male behavior in men might actually be the happiness genes for women.

YOUR GENETIC VARIANTS

These are 2 genetic variants (SNPs) associated with Warrior Personality out of 4 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You seem to have a slightly higher warrior personality than the average population. This means that external challenges may awaken a fighter spirit within you. On the positive side, you may find challenges to be a stimulus to your growth. On a potentially negative side, you may have a tendency to being more confrontational in situations that may not require it.

REFERENCES

Read more about Warrior Personality by checking out the following articles:

[Resource 1](#) [Resource 2](#)

Worrier Personality

Elevated

higher than
70%
of the population

MY GENETIC VARIANTS

rs4680

1

MY TOTAL

WHAT IS WORRIER PERSONALITY?

Worriers are more exploratory, have lower pain threshold and enhanced vulnerability to stress. They often give up when the going gets tough. Yet they may be more efficient processing information under most conditions. On a biochemical level, worrier personality is associated with lower COMT enzyme activity.

YOUR GENETIC VARIANTS

This is 1 genetic variant (SNP) associated with Worrier Personality out of 1 that we are using for the determination of your predisposition for this trait.

RECOMMENDATIONS

- You seem to have a higher worrying personality. This means that external challenges may create anxiety and potentially drive you to resign to the challenges more easily. Knowing this to be a potential predisposition, try not to give up easily when challenges arise and make every effort to overcome anxiety when circumstances get tough.

REFERENCES

Read more about Worrier Personality by checking out the following articles:

[Resource 1](#)

[Resource 2](#)