



CAPABILITY

STRESS AND ANXIETY

Everyone experiences stress and anxiety, but what triggers it, how intensely it feels, and the response to it varies from one person to another. What one person sees as a threat, another may see as a challenge. Your genotype can affect how you react to and experience these types of situations. Your capability to process STRESS AND ANXIETY is largely influenced by three key behavioral traits; STRESS RESPONSE, ADAPTABILITY, and how you deal with mounting ANXIETY.



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TRAIT

Stress Response



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Any time you face something that you perceive as a threat or a danger to you, be it physical, emotional, financial or otherwise it is likely that your STRESS RESPONSE will be triggered. When a stressful event happens, the fear center in your brain called the amygdala sends alarm signals to other areas of your brain activating this response. Stress hormones such as adrenaline and cortisol may be released setting off a cascade of physical reactions like an increased heart rate, faster breathing, tensed muscles, hot flashes or loss of appetite. This is often referred to as the 'fight or flight' response because it prepares you to be able to fight off the perceived threat or flee from it. Your genetic makeup can influence the way you respond to stressful events and may even predispose you to be more reactive than others when it comes to STRESS, FEAR or being STARTLED.

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PREDISPOSITION:

NORMAL ACTIVITY

STRESS HORMONE REGULATION is likely the most important mechanism involved with the STRESS RESPONSE. We test for genetic variants that may alter STRESS HORMONE REGULATION and affect how some people deal with stress. However, your genotype is associated with NORMAL ACTIVITY.



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PREDISPOSITION:

NORMAL ACTIVITY

BRAIN CELL GROWTH AND REPAIR refers to processes that help stimulate production of new neurons and the connections between them. We test for genetic variants that affect these processes and affect how some people deal with stress. However, your genotype is associated with NORMAL ACTIVITY.



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PREDISPOSITION:

NORMAL ACTIVITY

The STARTLE RESPONSE is an involuntary response to a sudden, unexpected stimulus. For example, a sudden, loud noise can bypass the rational part of our brain (prefrontal cortex) and go straight to the fear center of the brain (amygdala). This then triggers a physical reflex that evolved to protect us from immediate danger. We test for variants that predispose some people to a heightened STARTLE RESPONSE. However, your genotype is associated with NORMAL ACTIVITY.



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PREDISPOSITION:

HEIGHTENED FEAR RESPONSE

Your genotype is associated with a HEIGHTENED FEAR RESPONSE, likely due to increased SEROTONIN signaling. SEROTONIN is an important neurotransmitter that is highly concentrated in a part of the brain called the amygdala. This is where our emotions are processed, is part of the fear center and drives our FEAR RESPONSE. Your genotype is associated with increased SEROTONIN signaling which may predispose you to be more reactive to perceived threats.

STRENGTH OF EVIDENCE: Moderate, based on multiple studies with consistent findings



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TRAIT

Anxiety



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Experiencing some anxiety in response to stressful situations is normal and in fact can be necessary for survival. However, excessive anxiety or anxiety that does not go away can interfere with daily activities such as job performance, school work, and personal life. The long term effects of excessive anxiety can be detrimental to your mental and/or physical health. We test for several genetic variants which predispose some people to showing more symptoms of anxiety than others such as WORRY, LINGERING GUILT, NERVOUSNESS or TENSION. By understanding these predispositions and the mechanisms driving them, you gain valuable insight into how to control your ANXIETY.

PREDISPOSITION:

NORMAL ACTIVITY

Worry is an uneasy feeling that occurs during states of anxiety. We test for genetic variants that affect BRAIN CELL ACTIVITY and predispose some people to feel more worried than others. However, your genotype is associated with NORMAL ACTIVITY.



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PREDISPOSITION:

LINGERING GUILT

We detected a variant in a gene involved with EMOTIONAL REGULATION (UBXN2A) that may predispose you to feel weighed down by GUILT. Of course, GUILT is an important emotion that can motivate us to correct an error for which we feel responsible. However, some people tend to feel guilty without reason or with too much intensity relative to what they have done wrong. People with your genotype are more likely to report being troubled by LINGERING GUILT that may be unhealthy and unproductive.

STRENGTH OF EVIDENCE: Strong, based on a genome-wide association study



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PREDISPOSITION:

NERVOUSNESS

We detected a variant in one of your EMOTIONAL REGULATION genes (CRHR1) that may predispose you toward feeling nervous. NERVOUSNESS is a common and natural response to stressful situations. It can be positive, as when a looming deadline at work makes you focus on a task, or when a new relationship gives you butterflies in your stomach. For some people, however, nervousness can be incapacitating, leaving them feeling terror-struck at a time when clear thinking and togetherness are required.

STRENGTH OF EVIDENCE: Strong, based on a genome-wide association study



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PREDISPOSITION:

NORMAL ACTIVITY

BRAIN CELL GROWTH AND REPAIR refers to processes that helps stimulate production of new neurons and the connections between them. This is particularly important in how the brain deals with stress. We test for genetic variants that affect BRAIN CELL GROWTH AND REPAIR and may predispose some people to feel tense more often or strongly than others. However, your genotype is associated with NORMAL ACTIVITY.

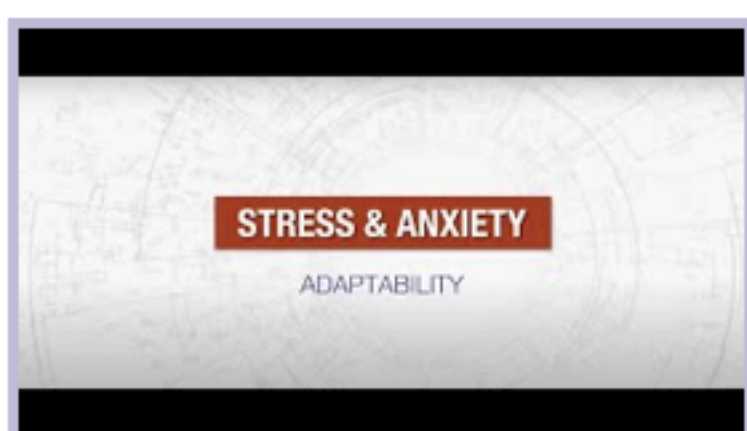


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TRAIT

Adaptability



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Regardless of your initial STRESS RESPONSE, how you choose to engage with stress can make the difference between feelings of ANXIETY and FEAR or adapting to it and overcoming those feelings. People who are ADAPTABLE tend to be more resilient to stress than those who are not as they are better equipped to handle new situations and 'roll with the punches'. The Genomind Mental Health Map tests for a genetic variant that can be very influential in how people deal with stress.

PREDISPOSITION:

RULE FOLLOWER

You may be predisposed to thrive in environments with structure and rules, but feel stressed when things are out of place, unorganized, or chaotic. Researchers believe this is largely due to how DOPAMINE is used in the brain. DOPAMINE is a neurotransmitter that is very important in an area of the brain responsible for organization and planning. We detected a variant in a key DOPAMINE BALANCE gene (COMT) that is associated with higher levels of this neurotransmitter. This predisposes you to be good at organization and planning, but may also lead to decreased ability to ADAPT to new or stressful situations outside of your control.

STRENGTH OF EVIDENCE: Moderate, based on interpretation of multiple studies



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STRESS HORMONE REGULATION
GENE: CRHR1, FKBP5

YOUR GENOTYPE: **G/A, C/T, C/C**


3% of the population share this genotype.



BRAIN CELL GROWTH AND REPAIR
GENE: BDNF

YOUR GENOTYPE: **VAL/VAL**

67% of the population share this genotype.



BRAIN CELL SIGNALING
GENE: ANK3, CACNA1C

YOUR GENOTYPE: **C/C, G/G**

40% of the population share this genotype.



BRAIN CHEMICAL BALANCE: SEROTONIN
GENE: HTR1A

YOUR GENOTYPE: **A/A**

44% of the population share this genotype.



BRAIN CELL ACTIVITY
GENE: CNM2

YOUR GENOTYPE: **A/A**

21% of the population share this genotype.



EMOTIONAL REGULATION
GENE: ARNTL, CRHR1, UBXN2A

YOUR GENOTYPE: **T/T, C/T, T/C**

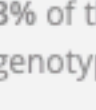
<1% of the population share this genotype.



EMOTIONAL REGULATION
GENE: CNM2, CRHR1

YOUR GENOTYPE: **A/A, C/T**


3% of the population share this genotype.



BRAIN CELL GROWTH AND REPAIR
GENE: NCAM1, WSCD2

YOUR GENOTYPE: **A/G, A/G**

13% of the population share this genotype.



BRAIN CHEMICAL BALANCE: DOPAMINE
GENE: COMT

YOUR GENOTYPE: **MET/MET**

15% of the population share this genotype.