CAPABILITY

MOOD

Your MOOD reflects your state of mind or how you are feeling emotionally at any given time, and is influenced by many things. Inborn parts of your personality such as your TEMPERAMENT, your OUTLOOK and your EMOTIONAL VULNERABILITY may set the stage for your mood state. These traits, combined with factors such as sleep, diet, stress, personal relationships and even the weather can impact your MOOD STABILITY. Understanding your mood and what is behind it will help you manage mood and lead to a greater feeling of well-being.

WATCH GENOMIND'S MOOD VIDEO

LEARN MORE ABOUT MOOD

TRAIT

Temperament

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Who we are in terms of personality is in a large part due to our inborn TEMPERAMENT. It is the first indication of what kind of personality we may have, can be seen even in infancy, and is largely influenced by genetics. Whether or not we approach the world in a positive way, or are more withdrawn and reticent, is a function of our core TEMPERAMENT combined with the other factors influencing MOOD. Below, we discuss the influence of genetics on TEMPERAMENT such as predispositions towards aggressiveness, competitiveness, or a more reserved, low-key approach to life. Understanding our own or a child's genetic predisposition regarding TEMPERAMENT and how that influences MOOD empowers us to strategize and teach coping mechanisms to ensure that we get the most out of life.

BRAIN CHEMICAL BALANCE: DOPAMINE
GENE: COMT

YOUR GENOTYPE: MET/MET

15% of the population share this genotype.

PREDISPOSITION:

TYPE A PERSONALITY

People with your genotype are more likely than others to display what are often referred to as TYPE A PERSONALITY traits. This may be due to higher levels of DOPAMINE in an area of the brain responsible for concentration and impulse control. TYPE A traits include being competitive, agenda driven and achievement oriented. While these are good traits to have, people with these personality traits are also inclined to be impatient when things don't go according to plan, and can sometimes appear to be too aggressive or hostile when interacting with people who can't keep up with them.

STRENGTH OF EVIDENCE: Preliminary, based on multiple studies

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VITAMIN B9 METABOLISM
GENE: MTHFR

YOUR GENOTYPE: C/C

59% of the population share this genotype.

PREDISPOSITION:

NORMAL ACTIVITY

VITAMIN B9 METABOLISM is absolutely essential for mental wellness, and the MTHFR gene makes an important enzyme that aids in this metabolic process. Vitamin B9, also called folic acid or folate, is an essential nutrient for our brain as well as our body. We test for variants in the MTHFR gene that are associated with decreased VITAMIN B9 METABOLISM, which can affect brain health. However, your genotype is associated with NORMAL ACTIVITY.

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BRAIN CELL GROWTH AND REPAIR
GENE: MAPT

YOUR GENOTYPE: G/A

36% of the population share this genotype.

PREDISPOSITION:

LOW MOOD AND ENERGY

We detected a variant in one of your BRAIN CELL GROWTH AND REPAIR genes (MAPT) that may predispose you to have LOW MOOD AND ENERGY more often than others. BRAIN CELL GROWTH AND REPAIR is highly influential to our MOOD and TEMPERAMENT. The MAPT gene is important for this process, as it is believed by scientists to promote proper alignment of brain cells so that they communicate efficiently. Several studies suggest that people with your genotype are more likely to report feeling miserable during the day.

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

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BRAIN CELL SIGNALING
GENE: ANK3

YOUR GENOTYPE: C/C

78% of the population share this genotype.

PREDISPOSITION:

NORMAL ACTIVITY

BRAIN CELL SIGNALING refers to the firing of electrical impulses that are used to carry information between brain cells. We test for variants in a gene that affect this process and predispose some people to be more reserved. However, your genotype is associated with NORMAL ACTIVITY.

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BRAIN CELL GROWTH AND REPAIR
GENE: TCF4

YOUR GENOTYPE: G/T

12% of the population share this genotype.

PREDISPOSITION:

EVEN-TEMPERED

People with your genotype may enjoy the benefit of being more EVEN-TEMPERED than others. While it is not known exactly why this is, researchers believe that the TCF4 gene is highly involved in maintaining the health and integrity of brain cells, and people with your genotype may have increased BRAIN CELL GROWTH AND REPAIR activity. This is thought to be important in the development of TEMPERAMENT. People with your genotype are less prone to jealousy, anger, fear and loneliness and may be more EVEN-TEMPERED as a result.

STRENGTH OF EVIDENCE: Preliminary, based on interpretation of genome-wide association studies

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TRAIT

Outlook

WATCH GENOMIND'S OUTLOOK VIDEO

Your OUTLOOK refers to your point of view or general attitude on life. It can determine how you interpret and respond to things and influences how you feel about the future and your expectations for it. A positive OUTLOOK is an optimistic one. People who have a positive OUTLOOK tend to be more likely to approach new situations and challenges with confidence than those with a negative or pessimistic OUTLOOK. Having a NEGATIVE BIAS when it comes to OUTLOOK leads a person to see and focus on the negative things about themselves, a given situation or a challenge and is very likely to have a negative impact on their MOOD.

BRAIN CELL GROWTH AND REPAIR
GENE: BAIAP2

YOUR GENOTYPE: G/A

38% of the population share this genotype.

PREDISPOSITION:

NORMAL ACTIVITY

One of life's mysteries is why certain experiences get lodged in our memory, while others are forgotten. Negative emotions like fear and sadness cause activity in a part of the brain linked to emotionally charged memories, which tend to be more strongly remembered. While this can be helpful when it comes to avoiding undesirable consequences, it can also bring down your MOOD. We test for genetic variants that predispose some people towards having a more negative outlook. However, your genotype is associated with NORMAL ACTIVITY.

CLICK HERE NEW INSIGHTS, NEW ACTIONS

TRAIT

Mood Stability

WATCH GENOMIND'S MOOD STABILITY VIDEO

Being able to handle difficulties without having your emotional state thrown off kilter requires a stable mood. In other words, it refers to being able to remain emotionally balanced despite the challenges of daily life that may come your way. For some though, MOOD STABILITY may be influenced by having a genetic makeup which predisposes them to experience MOODINESS or IRRITABILITY more often than others. If you are one of these people, take heart in knowing that there are ways to counter these predispositions and help you maintain a stable mood.

BRAIN CELL SIGNALING
GENE: CACNA1C

YOUR GENOTYPE: G/G

52% of the population share this genotype.

PREDISPOSITION:

NORMAL ACTIVITY

BRAIN CELL SIGNALING refers to the firing of electrical impulses that are used to carry information between brain cells. We test for variants which may predispose some people to altered BRAIN CELL SIGNALING and more frequent changes in their MOOD. However, your genotype is associated with NORMAL ACTIVITY.

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BRAIN CELL GROWTH AND REPAIR
GENE: CFAP77

YOUR GENOTYPE: T/T

66% of the population share this genotype.

PREDISPOSITION:

NORMAL ACTIVITY

We all get irritated from time to time, but some people may be genetically predisposed to feeling annoyed more often than others. We test for genetic variants that influence BRAIN CELL GROWTH AND REPAIR that predispose some people to being more irritable than others. However, your genotype is associated with NORMAL ACTIVITY

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TRAIT

Emotional Vulnerability

EMOTIONAL VULNERABILITY is a product of how a person handles the uncertainty, risk and emotional exposure involved in developing interpersonal relationships. Some degree of EMOTIONAL VULNERABILITY is needed to be open and receptive to new relationships. However there may be times when that vulnerability impedes the ability to connect with people, such as if you fear that you are being judged or rejected by others.

BRAIN CHEMICAL BALANCE: OXYTOCIN
GENE: CD38, OXTR

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

6% of the population share this genotype.

PREDISPOSITION:

NORMAL ACTIVITY

OXYTOCIN is a powerful brain chemical that influences how we perceive ourselves and others. We test for genetic variants that influence how oxytocin works in the brain and may predispose some people to being more EMOTIONALLY VULNERABLE than others. However, your genotype is associated with NORMAL ACTIVITY.

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