

## DEMO REPORT

### Behavior

Human behavior is the potential and expressed capacity (mentally, physically, and socially) of human individuals or groups to respond to internal and external stimuli throughout their life

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21 entries

Full View

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### Ability To Avoid Errors

This result is based on 3 genetic variants associated with "Ability to avoid errors" analyzed in the scientific paper [\(12/07/2007 - Klein TA\)](#)



Behavior

#### Your results

**Slightly less likely to learn from mistakes**



#### Description

You'll see your error for as far as the first shock and anguish concerning it lasts. However, interpret your error as a chance to improve, and you will encourage yourself to be more competent and strong.

After you've admitted your error, ponder what you'd do to avoid it from repeating anymore. Your mentality influences how you see your errors and, more crucially, how you respond to them.

If you have a "growing" mentality, you are more likely to perceive mistakes as a chance to develop rather than something you are bound to recur as your mindset is "stuck" on the notion that you cannot progress.

[Learn more](#)



### Automobile Speeding Propensity

This result is based on 42 genetic variants associated with "Automobile speeding propensity" analyzed in the scientific paper [\(2019 Feb - Karlsson Linnér R\)](#)



Behavior

#### Your results

**Slightly higher genetic predisposition**



#### Description

Sensation seekers generally include persons possessing "a trait defined by the seeking of varied, novel, complex, and intense sensations and experiences, and a willingness to take physical, social, legal, and financial risks for the sake of such experience". In the area of road safety, the sensation seeking propensity of drivers has been extensively researched and found to be highly correlated to many risky driving behaviours such as drink-driving and speeding

[Learn more](#)

## Cannabis Use

This result is based on **8 genetic variants** associated with "Cannabis use" analyzed in the scientific paper [\(2018 Sep - Pasman JA\)](#)



### Your results

**Slightly higher genetic predisposition**



### Description

Cannabis (also known as marijuana, weed, pot, dope or grass) is the most widely used illegal drug in the UK.

The effects of cannabis can vary a lot from person to person. It can also vary depending on how much or how often it's taken and what it contains.

Some examples include:

- Feeling chilled out, relaxed and happy
- Laughing more or become more talkative
- Feeling hunger pangs ("the munchies")
- Feeling drowsy, tired or lethargic

It's possible to get addicted to cannabis, especially people who are considered regular or heavy users.

If regular users stop taking cannabis, they may get withdrawal symptoms, such as feeling moody and irritable, feeling sick, difficulty sleeping, difficulty eating, sweating, shaking and diarrhoea.

Regularly smoking cannabis with tobacco also increases the risk of becoming addicted to nicotine and experiencing withdrawal symptoms from nicotine as well as cannabis if you cut down or give up.

[Learn more](#)

## Cocaine Dependence

This result is based on **21 genetic variants** associated with "Cocaine dependence" analyzed in the scientific paper [\(08/30/2019 - Cabana-Domínguez J\)](#)



### Your results

**Slightly lower genetic predisposition**



### Description

Cocaine dependence is a terrible illness that is linked to a slew of medical and behavioral concerns. This complicated illness is comprised of multiple clinical aspects that are intertwined in an addiction cycle. Cocaine triggers ancient pleasure areas in our brains that control our ideas, behaviors, and objectives, resulting in an enjoyable drive to take the substance. Prolonged usage disrupts the brain's happiness regions, paving the door for addiction via desire and poor hedonic function. 1 Bliss and passion, respectively, promote the addiction cycle through positive and negative rewards, and they serve as targets for pharmaceutical therapies. Other side effects of cocaine include:

- Creativeness
- Enthusiasm
- Awareness
- Nervousness
- Overconfidence

[Learn more](#)

## Drug Abuse

This result is based on **3 genetic variants** associated with "Drug abuse" analyzed in the scientific paper [\(2006 Nov - Flanagan JJ\)](#)



## Your results

### Higher risk of drugs and substance abuse



#### Description

Drug misuse or chemical addiction refers to certain chemicals to have a pleasurable effect on the mind. Addiction is a neurological and behavioral problem. If you're hooked to drugs for once, you can't stop yourself from using them, regardless of how dangerous they are. The sooner you seek therapy for drug addiction, the more probable you are to prevent a few of the disease's more severe repercussions.

Addiction doesn't limit to heroin, cocaine, or other illegal narcotics. Alcohol, nicotine, sleep and anti-anxiety medications, and other medicines can all lead to addiction.

There are approximately 190 million drug addicts worldwide, and the issue is growing at an astonishing speed, mainly among individuals under the age of 30.

[Learn more](#)



## Falling Risk In Older Age (Higher Risk)

This result is based on **16 genetic variants** associated with "Falling risk in older age (higher risk)" analyzed in the scientific paper [\(09/30/2020 - Trajanoska K\)](#)



Behavior

## Your results

### Higher genetic predisposition



#### Description

Falls are a marker of frailty, immobility, and acute and chronic health impairment in older persons. Falls in turn diminish function by causing injury, activity limitations, fear of falling, and loss of mobility. Most injuries in the elderly are the result of falls; fractures of the hip, forearm, humerus, and pelvis usually result from the combined effect of falls and osteoporosis.

Prevention of falls must span the spectrum of ages and health states within the older population and address the diversity of causes of falls without unnecessarily compromising quality of life and independence. Intrinsic risk factors for falls have been found in controlled studies, which allow the identification of those at risk and suggest potential preventive interventions. Elderly individuals with multiple health impairments are at greatest risk, but many healthy older persons also fall each year. Current understanding of the etiology of postural instability and falling is limited, and there is little information about the effectiveness of interventions to prevent falls.

[Learn more](#)



## Food Addiction

This result is based on **7 genetic variants** associated with "Food Addiction" analyzed in the scientific paper [\(2016 Jun - Cornelis MC\)](#)



Behavior

## Your results

### Slightly higher genetic predisposition



#### Description

A food addiction or eating addiction is a behavioral addiction that is characterized by the compulsive consumption of palatable (e.g., high fat and high sugar) foods which markedly activate the reward system in humans and other animals despite adverse consequences. Psychological dependence has also been observed with the occurrence of withdrawal symptoms when consumption of these foods stops by replacement with foods low in sugar and fat. Because this addictive behavior is not biological, one cannot develop a trait that codes for an eating disorder, so professionals address this by providing behavior therapy and by asking a series of questions called the YFAS questionnaire, a diagnostic criteria of substance dependence.

[Learn more](#)



## Gait Speed In Older Age (Faster Speed)

This result is based on **19 genetic variants** associated with "Gait speed in older age (faster speed)" analyzed in the scientific paper (01/10/2017 - Ben-Avraham D)



Behavior

### Your results

Average genetic predisposition



### Description

Gait speed – a measure of how quickly one can walk within a quantified distance – begins to decline after the age of 65. This is also true for other measures in how we walk and move through our daily lives. Our steps become less coordinated and not quite as stable as they once were.

This is important because walking is a key physical performance indicator, predicting overall health and life expectancy for people of all ages – but especially for older adults.

[Learn more](#)



## Gambling Tendency

This result is based on **5 genetic variants** associated with "Gambling tendency" analyzed in the scientific paper (2013 May - Lind PA)



Behavior

### Your results

Slightly higher genetic predisposition



### Description

Gambling behavior is defined as the uncontrollable need to gamble regardless of the implications to one's life. Gambling indicates that you are willing to risk what you treasure in the hope of earning something even more precious.

Like opioids or alcohol, gambling has the potential to activate the brain's reward system, leading to addiction. If you have a gambling problem, you may place wagers that lead to losses, conceal your behavior, deplete cash, accumulate debt, or even resort to theft or fraud to feed your addiction.

Gambling is a dangerous problem that may ruin people's life. Although curing gambling addiction can be complex, many individuals who have struggled with gambling have received relief via professional therapy.

[Learn more](#)



## Heroin Addiction

This result is based on **3 genetic variants** associated with "Heroin addiction" analyzed in the scientific paper (2008 Mar - Nielsen DA)



Behavior

### Your results

Slightly higher risk for heroin addiction



### Description

Heroin addiction, also known as opioid addiction, is characterized by disturbances in the brain and behavior due to heroin consumption.

Heroin is highly addicting. Many individuals who consume it develop a dependence on it. This implies that it creates health issues, impairments, and troubles at home, work, or school.

When you use heroin frequently, your body develops a tolerance to it. However, this does not imply it will not hurt you. It means that you'll have to take even more to achieve the same high. Your body becomes reliant on it.

About one in every four people who use heroin for the first time get addicted.

[Learn more](#)





## Itch Intensity From Mosquito Bite

This result is based on **98 genetic variants** associated with "Itch intensity from mosquito bite" analyzed in the scientific paper  
(04/01/2017 - Jones AV)



Behavior

### Your results

**Slightly lower genetic predisposition**



### Description

Mosquito bites are the most common cause of acute itch in humans. The pathophysiology of itch in mosquito bites is not well understood, but 3 mechanisms have been hypothesized. These mechanisms are based on the assumption that mosquito salivary components are somehow implicated in the pruritus that results after a bite. In the first mechanism, salivary components such as histamine are said to directly induce itch via classic pruritic pathways. The second mechanism involves an IgE-dependent hypersensitivity response to salivary components. Finally, in the third mechanism, salivary components modulate an IgE-independent inflammatory response. Individuals' susceptibility to being bitten relies on factors that may be altered by genetics, as certain immune-related loci have been associated with mosquito bite trait characteristics. Furthermore, certain disease states such as hematologic cancers and HIV may exaggerate the response to mosquito bites. Several preventative measures such as mosquito repellants should be used to prevent the bite of a mosquito, and in cases where bites cannot be avoided, most treatment options serve to relieve symptoms.

[Learn more](#)



## Left-Handedness

This result is based on **38 genetic variants** associated with "Left-handedness" analyzed in the scientific paper  
(2021 Jan - Cuellar-Partida G)



Behavior

### Your results

**Average genetic predisposition**



### Description

In human biology, handedness is an individual's preferential use of one hand, known as the dominant hand, due to it being stronger, faster or better in dexterity. The other hand, comparatively often the weaker, less dextrous or simply less subjectively preferred, is called the non-dominant hand. Right-handedness is by far more common; about 90% of the human population are right hand dominant. Handedness is often defined by one's writing hand, as it is fairly common for people to prefer to do some tasks with each hand. There are examples of true ambidexterity (equal preference of either hand), but it is rare — most people prefer using one hand for most purposes.

Most of the current research suggests that left-handedness has an epigenetic marker — a combination of genetics, biology and the environment.

Because the vast majority of the population is right-handed, many devices are designed for use by right-handed people, making their use by left-handed people more difficult. In many countries, left-handed people are or were required to write with their right hands. Left-handed people are also more prone to certain health problems. However, left-handed people have an advantage in sports that involves aiming at a target in an area of an opponent's control, as their opponents are more accustomed to the right-handed majority. As a result, they are over-represented in baseball, tennis, fencing, cricket, boxing and mixed martial arts (MMA).

[Learn more](#)



## Motion Sickness

This result is based on **34 genetic variants** associated with "Motion sickness" analyzed in the scientific paper  
(05/01/2015 - Hromatka BS)



Behavior

### Your results

**Average genetic predisposition**



### Description

Motion sickness occurs when your brain can't make sense of information sent from your eyes, ears and body. Lots of motion — in a car

Motion sickness occurs when your brain can't make sense of information sent from your eyes, ears and body. Lots of motion — in a car, airplane, boat, or even an amusement park ride — can make you feel queasy, clammy or sick to your stomach. Some people vomit. Being carsick, seasick or airsick is motion sickness.

[Learn more](#)



## Narcolepsy

This result is based on **8 genetic variants** associated with "Narcolepsy" analyzed in the scientific paper [\(2013 - Faraco J\)](#)



**Your results**  
**Lower genetic predisposition**



### Description

Narcolepsy is a chronic sleep disorder characterized by overwhelming daytime drowsiness and sudden attacks of sleep. People with narcolepsy often find it difficult to stay awake for long periods of time, regardless of the circumstances. Narcolepsy can cause serious disruptions in your daily routine.

[Learn more](#)



## Obsessions With Washing/Cleaning

This result is based on **15 genetic variants** associated with "Obsessions with Washing/Cleaning" analyzed in the scientific paper [\(2015 Jan - Yu D\)](#)



**Your results**  
**Lower genetic predisposition**



### Description

Washing and cleaning rituals are the most well-known and widely recognized symptom of OCD. People with this type of OCD can be described as perpetually engaged in compulsive acts of decontamination.

[Learn more](#)



## Regular Attendance At A Gym Or Sports Club

This result is based on **8 genetic variants** associated with "Regular attendance at a gym or sports club" analyzed in the scientific paper [\(07/03/2018 - Day FR\)](#)



**Your results**  
**Slightly lower genetic predisposition**



### Study description

The negative impacts of social isolation and loneliness on health are well documented. However, little is known about their possible biological determinants. In up to 452,302 UK Biobank study participants, we perform genome-wide association study analyses for loneliness and regular participation in social activities. We identify 15 genomic loci ( $P < 5 \times 10^{-8}$ ) for loneliness, and demonstrate a likely causal association between adiposity and increased susceptibility to loneliness and depressive symptoms. Further loci were identified for regular attendance at a sports club or gym ( $N = 6$  loci), pub or social club ( $N = 13$ ) or religious group ( $N = 18$ ). Across these traits there was strong enrichment for genes expressed in brain regions that control emotional expression and behaviour. We demonstrate aetiological mechanisms specific to each trait, in addition to identifying loci that are pleiotropic across multiple complex traits. Further study of these traits may identify novel modifiable risk factors associated with social withdrawal and isolation.

[Learn more](#)



## Regular Attendance At A Pub Or Social Club

This result is based on **13 genetic variants** associated with "Regular attendance at a pub or social club" analyzed in the scientific paper ([07/03/2018 - Day FR](#))



### Your results

**Lower genetic predisposition**



### Study description

The negative impacts of social isolation and loneliness on health are well documented. However, little is known about their possible biological determinants. In up to 452,302 UK Biobank study participants, we perform genome-wide association study analyses for loneliness and regular participation in social activities. We identify 15 genomic loci ( $P < 5 \times 10^{-8}$ ) for loneliness, and demonstrate a likely causal association between adiposity and increased susceptibility to loneliness and depressive symptoms. Further loci were identified for regular attendance at a sports club or gym ( $N = 6$  loci), pub or social club ( $N = 13$ ) or religious group ( $N = 18$ ). Across these traits there was strong enrichment for genes expressed in brain regions that control emotional expression and behaviour. We demonstrate aetiological mechanisms specific to each trait, in addition to identifying loci that are pleiotropic across multiple complex traits. Further study of these traits may identify novel modifiable risk factors associated with social withdrawal and isolation.

[Learn more](#)



## Regular Attendance At A Religious Group

This result is based on **19 genetic variants** associated with "Regular attendance at a religious group" analyzed in the scientific paper ([07/03/2018 - Day FR](#))



### Your results

**Slightly lower genetic predisposition**



### Description

There is accumulating evidence that being an active member of a social community predicts health, wellbeing and even survival. I use data from an online survey to determine whether religious behavior has the same effect. The results suggest that religiosity and attendance at religious services most strongly affect engagement with the local community and through that the numbers of friends someone has, as well as the level of trust in the local community and bondedness with friends and family. However, they seem to have little direct impact on happiness or life satisfaction. Frequency of attendance at religious services (but not private prayer) is associated with a larger sympathy group and a greater sense of bonding to congregation members. I suggest that regular attendees may feel they can count on the emotional support of congregation members more readily than they can conventional friends and family because they interact with them more often.

[Learn more](#)



## Restless Legs Syndrome

This result is based on **20 genetic variants** associated with "Restless legs syndrome" analyzed in the scientific paper ([2017 Nov - Schormair B](#))



### Your results

**Slightly lower genetic predisposition**



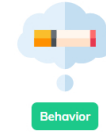
### Description

Restless legs syndrome (RLS) is a condition that causes an uncontrollable urge to move your legs, usually because of an uncomfortable sensation. It typically happens in the evening or nighttime hours when you're sitting or lying down. Moving eases the unpleasant feeling temporarily.

[Learn more](#)

## Smoking Addiction

This result is based on **3 genetic variants** associated with "Smoking Addiction" analyzed in the scientific paper [\(2012 - Kumasaka N\)](#)



### Your results

Average genetic predisposition



### Description

Nicotine dependence is a state of dependence upon nicotine. Nicotine dependence is a chronic, relapsing disease defined as a compulsive craving to use the drug, despite social consequences, loss of control over drug intake, and emergence of withdrawal symptoms. Tolerance is another component of drug dependence. Nicotine dependence develops over time as a person continues to use nicotine. The most commonly used tobacco product is cigarettes, but all forms of tobacco use and e-cigarette use can cause dependence. Nicotine dependence is a serious public health problem because it leads to continued tobacco use, which is one of the leading preventable causes of death worldwide, causing more than 8 million deaths per year.

[Learn more](#)

## Snacking Behaviour

This result is based on **3 genetic variants** associated with "Snacking behaviour" analyzed in the scientific paper [\(2007 Jan - de Krom M\)](#)



### Your results

Average eating of snacks



### Description

A common dietary practice for people of all ages and stages of life is consuming food between meals, known as snacking. The quality and frequency of snacking may have a long-term influence on one's health. No one knows whether or not teenage snacking impacts other dietary behaviours like meal skipping or being overweight or obese. Still, snacking is probably a significant factor in forming these bad habits. Researchers are interested in determining whether the environments where teenagers snack are linked to their demographic traits and their tendency to miss meals.

[Learn more](#)