Personal Genomics Report

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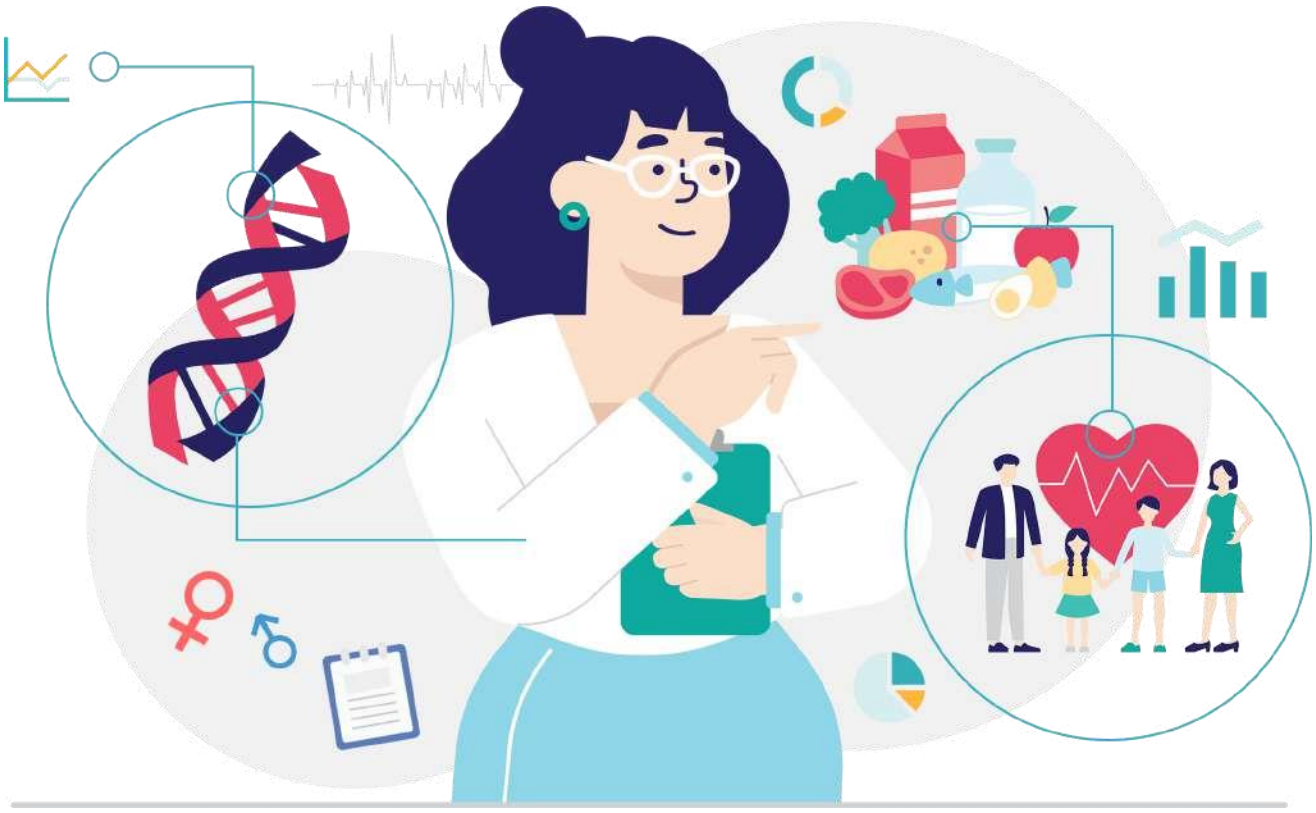

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Let us introduce you to the world of DNA

DNA, namely deoxyribonucleic acid, is a complex molecule that is present deep inside cells through all over your body. DNA contains all of the information necessary to build and define you. DNA is written in code to form genes, making you one-of-a-kind on this planet.

The DNA molecule consists of two strands that wind around one another to form a shape known as a double helix. Each strand has a sugar-phosphate backbone loaded with four bases: Adenine (A), Cytosine (C), Guanine (G) and Thymine (T). The two strands spiral about one another by base-pairing: an A with a T, and a C with a G. DNA strands are so long that they must be packed, in the form of chromosome, in order to fit in the nucleus of every cell.

Explore your DNA, know yourself better.

"Genes are like the story, and DNA is the language that the story is written in."

Our service can help you understand your "*stories*" better by exploring through your DNA. You can make a better living with food your body may prefer, or even know what exercise options are safer and effective for you.

Ginekalix laboratory

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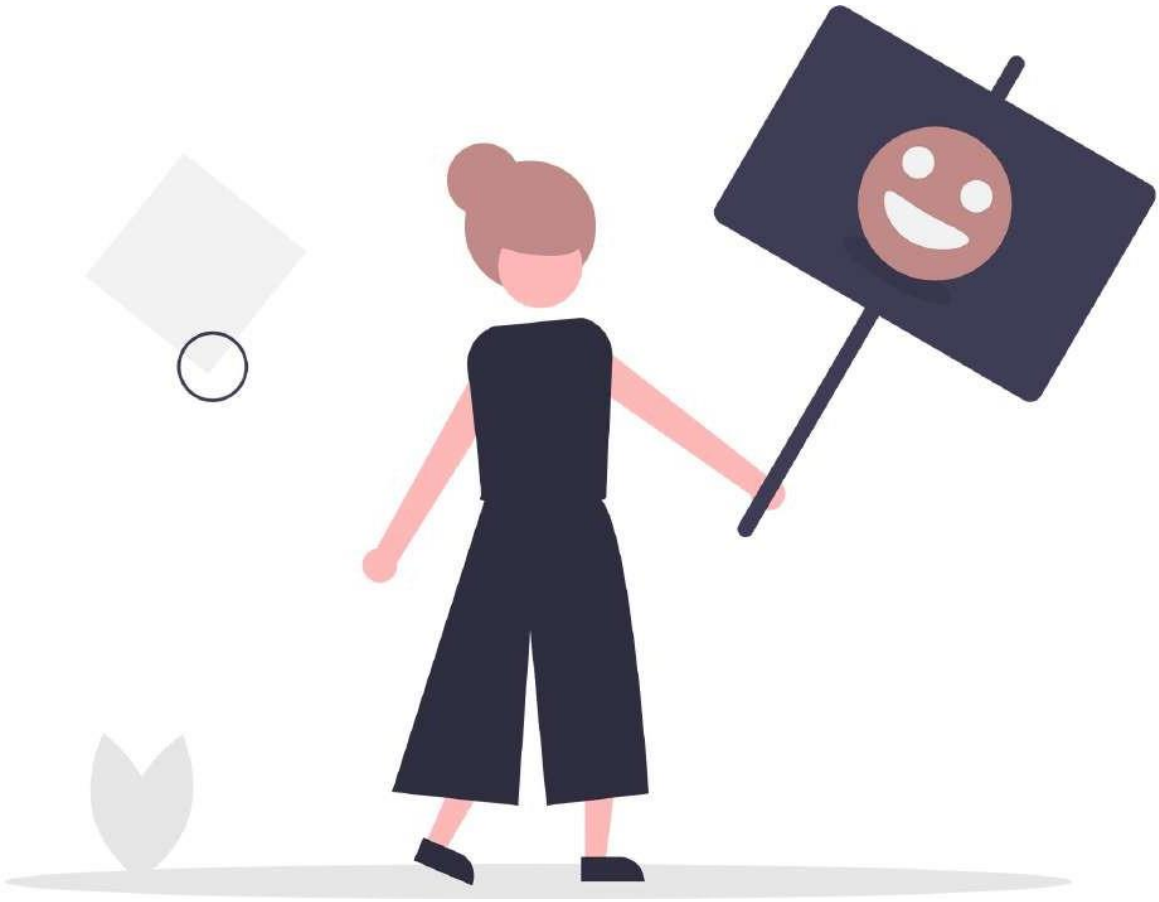
Decision Making

Genetic testing can also tell what your true personality is. Your own DNA plays an unexpected role in the way you think, in the emotion you express, or even in your decision-making and action-taking. Explore the deep mystery in your body and discover more!



Decision Making

13 Reports

Risk Tolerance	 Moderate
Delayed Gratification	 Moderate
Anti-Emotional Eating Ability	 Moderate
Anti-Compulsive Hoarding	 Weak
Executive Capacity	 Moderate
Cognitive Ability	 Moderate
Digit Memory Ability	 Weak
Spatial Memory Ability	 Moderate

Episodic Memory Ability	 Strong
Verbal Memory Ability	 Weak
Empathy	 Strong
Social Communication Ability	 Moderate
Nonconformity	 Weak

Contents

Risk Tolerance

Willingness to take risk refers to an individual's attitude towards risk and risk-taking tendency in the face of uncertainty of choice. Willingness to take risks will affect social behaviors such as investment and career choice (whether to start a business or not), as well as habits related to physical health such as diet, smoking, drinking and exercise.

My Risk Tolerance

Moderate

38.5% of DNAset users are similar to me

Knowledge

Risk-taking willingness affecting Factors

1. Inheritance: In twin studies, it is found that risk-taking willingness has a moderate degree of heritability, about 20%-60%, that is, 20-60% of risk-taking willingness variation is determined by genetic factors.

2. Age: The willingness to take risks decreases with age, and this trend is non-linear. The general explanation is that young people have more time to recover from potential losses (such as investment failures) behind their choices and tend to take more risks. Studies have also found that with age, biological changes such as enzyme activity may also be the underlying reasons.

3. Gender: Generally men have a higher willingness to take risks than women. In a European survey of 86,000 people, 33.6% of men considered themselves "adventurous", while the proportion of women was only 18.3%.

4. Education level: Education can improve a person's ability to assess risks, so that they have a higher willingness to take risks.

5. Income level: Income level has a positive effect on the willingness to take risks.

6. Wealth level: Wealth level is related to risk-taking willingness, but the way of influence is uncertain. On the one hand, people with wealth can easily bear the losses caused by risky behaviors (such as investment), and the level of wealth may also be a manifestation of

their willingness to take risks to obtain greater benefits; on the other hand, wealthy people may be relatively more likely to have more wealth. Conservative, and the poor regard risk as a speculative behavior, hoping to bring high returns through high risk.

The relationship between risk-taking willingness and disease

1. Risky behavior is an important factor in evaluating many mental illnesses (such as attention deficit hyperactivity disorder, bipolar disorder, schizophrenia, etc.) or problem behaviors (such as smoking, drug abuse, alcohol abuse).

2. Obesity and other physical health problems are also considered to be related to the increase in risk-taking, involving abnormal reward processes, response inhibition and psychological mechanisms related to decision-making processes. Studies have also found genetic associations between obesity and willingness to take risks.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS1051920	ZBTB10	CT	moderate risk tolerance
RS1438026	intergenic	TT	strong risk tolerance
RS2409095	intergenic	AA	strong risk tolerance
RS2357023	intergenic	CC	weak risk tolerance
RS2325036	CADM2	CC	weak risk tolerance

Test details

Applicable situation

The risk-taking willingness item uses 92 polymorphic loci in and between EPHA5, including rs13084531 and rs9379971.

Notification

1. The basis of the test is mainly from the research of Caucasian populations, other populations are for reference only.

2. This test may not cover all genes or sites that related to risk-taking willingness.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your willingness to take risks at the genetic level, and does not represent your true situation because it does not involve consideration of other factors.

Study population

The basis of the test is mainly from the research of Caucasian.

Limit of detection

Limited by the current technology and the level of scientific cognition, this test may not cover all genes or loci related to risk-taking willingness.

Delayed Gratification

Delayed gratification refers to the tendency to give up the current short-term satisfaction for longer-term and more valuable goals, as well as the ability to self- control in the waiting period.

My Delayed Gratification

Moderate

24.9% of DNAset users are similar to me

Knowledge

What is delayed gratification

In psychological research, it is found that when people evaluate the long-term value of things, people tend to underestimate future benefits (or losses) compared with current or near-term gains (or losses). The delayed gratification is the ability to resist this tendency, to be willing to achieve greater long-term goals, and to suppress temporary short-term impulses and needs, and to be able to control itself in the process of achieving the goals. This ability includes analysis of the status quo, prediction of the future, and self-control.

Delayed gratification performance

People with high delayed egratification will appear "long-sighted" in daily life, and often have better achievements in career, family, health, finance, etc. For example, in the famous "Marshmallow Experiment" hosted by psychologist Walter Mischel, children with low delayed gratification chose to eat marshmallows immediately, while children with high delayed gratification chose to wait 15 minutes before eating. Obtained an extra second piece of marshmallow according to the rules.

People with low delayed gratification often only value immediate enjoyment and convenience, while ignoring long-term benefits. For example, the cost of preventive medical treatment is often lower than the cost of remedial medical treatment after illness. For example, weight loss can reduce the risk of many diseases. However, due to the current pain of losing weight, people with low delayed gratification often delay and delay, but it causes higher medical costs.

Factors affecting delayed gratification

1. Inheritance: The delayed gratification is highly influenced by heredity, and some studies have speculated that its heritability rate is 57%.

2. Age: In early childhood, ordinary children do not have the delayed gratification. Delayed gratification begins to appear after about 5 years old, and will increase to a certain extent with age.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS324420	FAAH	AC	moderate delayed gratification
RS3756450	intergenic	AA	weak delayed gratification
RS3773678	DRD3	AG	moderate delayed gratification
RS464049	SLC6A3	GG	strong delayed gratification
RS4680	COMT	GG	weak delayed gratification

Test details

Applicable situation

The delayed gratification item uses 10 polymorphic loci on genes and between genes, including the COMT gene, such as rs4680 and rs324420.

Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect delayed gratification.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

- Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. The test result only predicts your delayed gratification from the genetic level.

Because it does not involve consideration of other factors, it does not represent your true situation.

- Population samples

The basis of the test is mainly from the research of Caucasian.

- Limit of detection

Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that related to resistance to delayed gratification.

Anti-Emotional Eating Ability

Anti-emotional eating ability refers to the ability to resist overeating due to emotional reasons.

My Anti-Emotional Eating Ability

Moderate

35.4% of DNAset users are similar to me

Suggestions

- Find the cause of emotional eating: If you want to stop emotional eating, you have to face it, and analyze the incentives for your to start eating. If this pattern is relatively clear, it is relatively easy to correct it.
- Distract: Take your mind off eating. When you want to eat, try a 10-minute distraction, such as getting up and doing something else immediately (cleaning the house/exercising/washing your face and applying a face mask) or talking to a friend on the phone, to distract your mind from eating.
- Prepare healthy food: prepare healthy food at hand, such as instant oatmeal, instant tomato soup, unsweetened whole wheat bread and other relatively healthy and full-feeling foods. When you want to eat something out of psychological need, take healthy food to meet the urgent need for emotional eating.
- Cultivate the habit of coping with emotional problems: you can try some ways to substitute foods, such as taking a hot bath or getting a massage when you are stressed; if you feel depressed and lonely, try getting a pet or meeting with friends or online regularly; or develop a certain sport into your hobby, such as yoga.
- Develop healthy living habits: go to bed early and wake up early and do not stay up late. Only when the quality of sleep is high, the body and mind are relaxed and the rest is adequate, can we better deal with the difficulties in life and cope with the changing environment; regular and moderate exercise. Regular stress reduction, relaxation, and active social activities at the same time can help improve emotional eatings

Knowledge

What is emotional eating?

Emotional eating is to satisfy emotions, not physical hunger. Stress will increase the level of cortisol in the human body, and high-carb, high-sugar and high-fat foods can reduce stress hormones. Eating high-calorie foods in times of depression and anxiety will reduce psychological stress and negative emotions. However, the pleasure of food intake can only last for 1 minute, and then the feelings of regret, shame, and self-blame occur and obesity will also produce. Therefore, emotional eating cannot solve the problems and emotions in people's real life, but will increase the emotional instability of people. If it is not controlled, emotional eating may develop into bulimia or bulimia nervosa.

Are you an emotional eater?

- Do you eat more when you are nervous?
- Do you eat when you are not hungry or already full?
- When you feel sad, angry, bored, or anxious, do you use food to soothe yourself, restore peace, and eat to make yourself feel better?
- Do you reward yourself with food? Have you ever eaten it too much?
- Do you feel powerless or out of control with food?

The difference between emotional hunger and physical hunger

1. Emotional hunger comes suddenly: Emotional hunger comes suddenly, it makes you feel irresistible and very urgent in an instant; physical hunger comes gradually, the desire to eat is not very urgent, and it does not require immediate satisfaction (Unless you haven't eaten for a long time).

2. Emotional hunger craves for specific foods for comfort: Emotional hunger craves for specific foods for comfort; when you are physically hungry, almost all foods sound delicious-including healthy foods such as vegetables.

3. Emotional hunger often leads to overeating: before you realize it, you have eaten a large bag of potato chips or a whole box of ice cream, but haven't really noticed anything or fully enjoyed the food. And when you eat because of physical hunger, you are often more aware of what you are doing.

4. Emotional hunger is not satisfied by eating full: you just want to eat more and more, often not stopping until you feel uncomfortable. On the other hand, physical hunger does not cause you to eat, and when your stomach is full, you feel satisfied.

5. Emotional hunger often leads to regret, guilt and shame: Emotional hunger often leads to regret, guilt and shame. When you eat something because of physical hunger, you are unlikely to feel guilty or ashamed, because you are just giving the body what is necessary.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS1514175	FPGT-TNNI3K	AG	moderate anti-emotional eating ability
RS1558902	FTO	AT	moderate anti-emotional eating ability
RS2287019	QPCTL	CT	moderate anti-emotional eating ability
RS3810291	ZC3H4	AG	moderate anti-emotional eating ability
RS3817334	MTCH2	CC	strong anti-emotional eating ability

Test details

Applicable situation

The anti-emotional eating ability item uses the 5 polymorphic loci in genes such as FPGT-TNNI3K: rs1514175, rs1558902, rs2287019, rs3810291, rs3817334.

Notification

1. The basis of the test is mainly from the research of Caucasians, other populations are for reference only.

2. The test may not cover all genes or loci that affect anti-emotional eating ability.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. The test result only predicts your anti-anxiety ability from the genetic level. Because it does not involve consideration of other factors, it does not represent your true situation.

Study population

The basis of the test is mainly from the research of Caucasians.

Limit of detection

Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that related to anti-emotional eating ability.

Anti-Compulsive Hoarding

Compulsive hoarding refers to the behavior of over-obtaining and not being able to discard items that are useless or valueless. People with strong ability to anti- compulsive hoarding are not easily to have this behavior tendency.

My Anti-Compulsive Hoarding

Weak

20.1% of DNAset users are similar to me

Suggestions

How to improve compulsive hoarding?

1. Record the consumption cycle of daily consumables: You can make a table, such as how long it takes to use up a bottle of shampoo. Generally you can only store items for three months or half a year. In this way, you have an overall grasp of the cycle of consumption of daily necessities in your own home.

2. Fix the storage location of spare supplies: Blind shopping is one of the reasons why it is easy to hoard. Before going to the supermarket, you can check your own stocks and make a list and only buy the goods on the list to avoid excessive hoarding of items.

3. Determine whether it is a must-buy item before shopping: you can ask before shopping and then decide whether to buy it. First, is this item useful to me? Second, is there a place to store it? Three, are there alternatives?

4. Decline unneeded gifts and gifts: Direct refusal is the best way to solve the problem. You can politely refuse the gifts given by others if they are not your heart's desire. It is forbidden to take these items home from the source.

5. Use shared resources: Instead of buying a treadmill or exercise machine, go to a fitness center when you need to exercise. Instead of buying books, borrow books from the library or read e- books when you need them.

Knowledge

What is hoarding

Hoarding, the repetitive collection of excessive quantities of poorly useable items of little or no value with failure to discard these items over time. Severe hoarding behavior will be regarded as a hoarding disorder, affecting the lives of oneself and others, and even impairing normal social functions.

Performance of hoarding

- Difficulty in discarding these items, no matter what other people think of their value.
- There is a strong desire to store items, and it is painful to discard them. -The accumulation of a large number of items makes the life or workplace messy and even makes it impossible for people to live and work in it.
- Severe hoarding behavior may affect and interfere with the oneself and other's daily life and work, and even cause major misfortune, such as causing fires and falls.

Influencing factors of hoarding

- Gender: Relevant epidemiological surveys have found that men's hoarding is more common than women's (this may be due to that female are more willing to participate in such research voluntarily). From the characteristics of hoarding behavior, female hoarders have more frequent over-purchasing behaviors than male hoarders, but male hoarders have more behaviors of over- acquiring free items than female hoarders.
- Age: Older people have more serious hoarding behavior problems than younger people and children. Other studies have shown that hoarding behavior's severity increases with age if it starts at an early age which usually manifests in childhood or adolescence.
- Traumatic events: Compared with patients with obsessive-compulsive disorder and normal subjects, people with hoarding report more traumatic events, and hoarding behaviors occur at the same time as the stressful life events they experience. This means that traumatic or stressful life events may be closely related to the appearance and development of hoarding behavior.

The difference between hoarding and collecting

Collectors are usually proud of their collections and are happy to show them to others. Hoarders often feel embarrassed about their hoardings and do not want others to see them. -Collectors organize and categorize their collections reasonably; however, people with hoarding disorders often fail to effectively classify the hoardings and mess up their homes. -Collectors will make a reasonable budget for their collections; and those with severe hoarding may buy them in debt.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS2388436	intergenic	GG	weak anti-compulsive hoarding
RS3747767	intergenic	AC	moderate anti-compulsive hoarding

Test details

Applicable situation

The anti-compulsive hoarding item uses the 2 polymorphic loci in genes such as rs2388436.

Notification

1. 1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect anti-compulsive hoarding.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your positive emotion at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

Study population

The basis of the test is mainly from the research of Caucasian.

Limit of detection

Limited by the current technology and the level of scientific cognition, the testmay not cover all genes or loci that related to anti-compulsive hoarding.

Executive Capacity

Execution ability refers to some advanced cognitive functions and processes that need to be used to complete a specific goal or task, such as concentration, working memory, control, and cognitive flexibility. Its essence is the ability to control and regulate the cognitive process, which is generally called executive function.

My Executive Capacity

Moderate

24.9% of DNAset users are similar to me

Suggestions

How to improve executive capacity?

1. Studies have shown that professional targeted behavior training can improve executive capacity, including task switching training, memory update training, reaction inhibition training, etc.

2. Actively participate in aerobic exercise. Participating in aerobic exercise can effectively improve the function of the prefrontal cortex of the brain; at the same time, the human body secretes endorphins during aerobic exercise, which can increase the degree of pleasure. Aerobic exercise involving multiple people can also increase social connections, and negative emotions such as sadness and loneliness will reduce the executive capacity.

Knowledge

- What is executive capacity

Executive capability, or executive function, is the conscious mental control ability that people need to perform tasks and complete specific goals. It is a very comprehensive and advanced cognitive function. Executive capability is mainly reflected in the following aspects:

Planning and decision-making capability: Be able to analyze the steps needed to complete the task, and build a complete plan.

Management capability: Be able to make reasonable arrangements for time and resources.

Working memory capability: When completing complex tasks, be able to remember the key information and use this information to formulate a problem-solving plan.

Control: It can restrain the instinctive impulse during action, take the completion of tasks as the goal, do not delay, control its own behavior and manage its own emotions in the process of completion, and do not be distracted by other things.

Adaptive capacity: In the face of new changes, obstacles, and mistakes, the plan can be revised in time, and the environment can be adequately adapted.

Development process of executive capability

Executive capability is one of the latest psychological functions of maturity. It is in continuous development and change at all stages of life.

Early childhood: Attention, working memory and other abilities appear in early childhood. During the kindergarten period (3 to 5 years old), adaptability, planning and other abilities will also begin to form rapidly. Of course, in this period, there is no mature and complete executive capability, so mistakes are often made in early childhood. This is not caused by insufficient ability, but because the brain's decision-making ability and executive capability are not mature enough in this period.

Before puberty: During this period, executive ability will once again improve rapidly, especially language working memory, purposeful behavior, attention, control and other abilities will be significantly improved. However, similar to the early childhood, the overall executive ability is still in a relatively limited state.

Puberty: The abilities that appeared before puberty continue to grow at this stage, and the system is integrated. The ability to concentrate may have an explosive growth at this stage.

Adulthood: The most important change in adulthood is the continuous myelination of the prefrontal cortex. The age of 20-29 is the strongest period of execution, allowing most people to participate in very challenging tasks during this period. As the age gradually increases, the execution ability will gradually decline accordingly.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS3748348	RNASE13	GG	weak executive capacity
RS17518584	CADM2	TT	strong executive capacity
RS10771511	intergenic	CC	weak executive capacity
RS16987794	intergenic	TT	weak executive capacity
RS68179743	MLH3	CC	weak executive capacity

Test details

Applicable situation

The executive capability item uses 5 polymorphic loci on and between genes in CADM2 and RNASE13, including rs17518584 and rs3748348, etc.

Notification

1. The basis of the test is mainly from the research of Caucasian and African American, other populations are for reference only.

2. The test may not cover all genes or loci that affect executive capacity.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. The test result only predicts your emotional stability from the genetic level. Because it does not involve consideration of other factors, it does not represent your true situation.

Study population

The basis of the test is mainly from the research of Caucasian.

Limit of detection

Limited by the current technology and the level of scientific cognition. The test may not cover all genes or loci that related to executive capacity.

Cognitive Ability

Cognitive ability refers to the comprehensive ability of the brain to process and process information from the outside world, and to use this information to solve problems.

My Cognitive Ability

Moderate

37.4% of DNAset users are similar to me

Suggestions

How to improve cognitive ability?

1. Keep reading: reading is an activity that stimulates the brain, can stimulate our imagination and critical thinking, helps us perceive the world in new ways, and improve our cognitive ability.

2. Stress management: living and working in a high-pressure environment for a long time will reduce cognitive ability. Regular exercise, listening to music, meditation, etc. will help reduce stress.

3. Reasonable diet: many foods contain more DHA, vitamins, anthocyanins and other substances that help improve cognitive ability, such as green tea, salmon, nuts, cabbage and so on.

4. Pay attention to a good rest: Getting at least seven hours of sleep not only improves memory, but also improves your ability to focus on tasks the next day, all of which contribute to improve cognitive ability.

5. Keep exercising: exercise can improve the ability of oxygen supply to the brain, improve memory and reduce the possibility of dementia. At the same time, exercise can also relieve stress, release growth factors and promote brain function.

6. Good living habits: quitting smoking and drinking, including staying away from second-hand smoke, can avoid environmental factors harmful to cognitive ability

Knowledge

What is cognitive ability?

Cognitive ability refers to the comprehensive ability of the brain to process external information and use this information to solve problems. Cognitive ability does not refer to our knowledge reserve, but to more basic learning, memory, concentration and problem-solving ability. From the simplest to the most complex affairs in daily life, cognitive ability is needed. For example, when completing the topic of "reading pictures and telling stories" in the primary school examination, It requires perception (identifying objects in graphics), decision-making (deciding what topic to write), language ability (converting ideas into text information), and motion control ability (control hands to complete writing) and other complex cognitive abilities. People with strong cognitive ability have good learning ability and academic performance at school; they are good at communication and cooperation at work, are more competent for difficult work, do not give up easily, and can focus on completing complex tasks.

Cognitive ability is supported by the functions of multiple specific brain regions. For example, memory skills mainly depend on parts of the temporal lobe and hippocampus. Although the function of the brain has not been fully defined, cognitive ability is the most basic ability of biology and the greatest advantage of human beings over other species.

Factors affecting cognitive ability

1. Living habits: long term alcoholism will damage the brain and reduce cognitive ability; Smoking or second-hand smoke can lead to brain hypoxia and damage brain cells, as well as cognitive decline.
2. Pressure: long term exposure to high pressure will promote the release of cortisol. Cortisol is also known as "stress hormone". A small amount of cortisol can temporarily increase concentration ability and improve learning ability, but a large amount of cortisol secretion over a long period of time will reduce cognitive ability, and lead to emotional instability, metabolic disorder, decreased immune ability and other problems.
3. Learning atmosphere: good family atmosphere, correct guidance from teachers and mutual promotion among peers can help us learn better, focus on effective exercise and improve cognitive ability.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS10119	TOMM40	GG	strong cognitive ability
RS2352974	intergenic	CT	moderate cognitive ability
RS62181012	intergenic	TT	strong cognitive ability
RS62198803	intergenic	GG	weak cognitive ability
RS7573001	intergenic	CG	moderate cognitive ability

Test details

Applicable situation

The cognitive ability item uses 195 polymorphic loci on and between genes such as TOMM40, etc., including rs4731365, etc.

Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.
2. The test may not cover all genes or loci that affect the cognitive ability.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your cognitive ability at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

Population samples

The basis of the test is mainly from the research of Caucasian.

Limit of detection

Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that related to cognitive ability.

Digit Memory Ability

Digital memory ability refers to the ability to remember various forms of numbers.

My Digit Memory Ability

Weak

18.7% of DNAset users are similar to me

Suggestions

How to improve digit Memory ability?

1. Adopt reasonable memory strategies: there are many training methods and skills in digital memory. Through targeted practice, the efficiency of digital memory can be significantly improved.

2. Pay attention to sleep: in the sleep stage, the brain will process and consolidate the memory content, so timely sleep is conducive to memory. At the same time, adequate sleep can improve the concentration and efficiency of memory.

3. Use other levels of memory: for example, our ability to remember images is stronger than simple numbers. Therefore, it is easier to abstract information into graphics and images in the process of memory than to memorize numbers directly.

4. In daily life, you can use doggerel to help you to remember: for example, you can use "a temple and a pot of wine on the top of the mountain" to correspond to 3.14159 of PI.

Knowledge

What is digit Memory ability?

Digital memory refers to the ability to remember numbers in different forms, whether heard or seen. People with strong digital memory ability generally have a deep memory of digital content in their study and work, it is easy to remember various scientific constants (such as pi, natural logarithm, etc.) and various digital related contents such as telephone, certificate number and memorial day. It will be more advantageous to engage in statistics, accounting and

other digital related industries, and may also perform better in digital related games such as poker, chess and cards.

Factors affecting digit Memory ability

1. Language environment: some studies have shown that under the same conditions, Chinese speakers have stronger digital memory capacity than English speakers. It is speculated that the Chinese digital monosyllabic pronunciation method is more suitable for digital memory.
2. Disease: damage to the brain, especially the left side of the brain, can lead to a decline in digital memory capacity, and other mental disorders can also negatively affect digital memory capacity.
3. Dietary habits: a variety of Vitamins and trace elements in the diet can affect brain function, and the unsaturated fatty acids in fish also have a corresponding promotion effect on memory. Long- term intake of too much saturated fatty acid will reduce the digital memory capacity to a certain extent.
4. Living habits: long term alcoholism will damage the brain and further affect the digit Memory ability.
5. Education level: studies have shown that the longer you receive education, the slower the decline of the digit Memory ability with age.
6. Gender: the digit memory ability of men is slightly higher than that of women.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS6265	BDNF	TT	weak digit memory ability
RS34087853	CAMK2A	AG	moderate digit memory ability

Test details

Applicable situation

The digit Memory ability item uses two polymorphic loci on and between CAMK2A gene and BDNF gene, including rs34087853, rs6265.

Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci affecting the digit Memory ability.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your digit Memory ability at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

Population samples

The basis of the test is mainly from the research of Caucasian.

Limit of detection

Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that related to digit Memory ability.

Spatial Memory Ability

Spatial memory ability refers to the ability to process and remember information about the surrounding environment and the relative position of objects.

My Spatial Memory Ability

Moderate

30.7% of DNAset users are similar to me

Suggestions

How to improve spatial Memory ability?

1. Adopt a reasonable memory strategy: After the information enters the brain, it begins to be forgotten. According to the research of Ebbinghaus et al., the forgetting speed changes with time. Targeted recall based on the "forgetting curve" can improve our memory efficiency of verbal content. For example, the content that needs to be remembered can be improved by recalling the content one hour, one day and three days after memory.

2. Pay attention to sleep: The brain processes and consolidates memory content during sleep, so timely sleep is conducive to memory. At the same time, adequate sleep can improve the concentration and efficiency of memory.

3. Reduce dependence on navigation equipment: Establishing a complete spatial cognitive map through more observation of the surrounding environment is conducive to the improvement of spatial Memory ability and route planning ability.

4. Pay attention to developing good living habits: regular exercise, adequate nutrition, and higher blood glucose levels are conducive to improving spatial Memory ability. Intake of anti-aging foods with strong antioxidant capacity can also contribute to the improvement of spatial Memory ability.

5. Carry out targeted memory training: In daily life, consciously memorizing the relative relationship of things, or playing some games that depend on spatial Memory ability, will help improve spatial Memory ability.

Knowledge

What is spatial Memory ability?

Spatial memory refers to the ability to process and remember information about the surrounding environment and the relative position of objects. Such abilities mainly include the cognition and memory of the space and relative position of things, as well as the ability to plan different routes in a familiar environment. People with strong spatial memory ability and a general sense of direction are not easy to get lost, and it is unlikely that they can't remember where to put things in life. Specific occupations such as drivers, tour guides and architectural designers have relatively high requirements for spatial memory ability.

Spatial memory ability is related to the functions of hippocampus and medial entorhinal cortex. The hippocampus can store external spatial map information. At the same time, the grid cells found in the medial entorhinal cortex play a role in processing and integrating geometric relationships in the environment.

Factors affecting spatial memory ability

1. Diseases: The damage of the brain, especially the hippocampus, can lead to a decline in spatial memory ability. Other diseases such as Alzheimer's disease will lead to the atrophy of brain, including hippocampus, so getting lost is one of the typical symptoms of Alzheimer's disease. Others such as schizophrenia, strabismus, attention hyperactivity disorder and hypertension also increase the risk of decline in spatial memory ability.
2. Living habits: Studies have shown that people who regularly rely on GPS and other navigation devices will have a certain degree of decline in spatial memory ability. Long-term alcohol abuse can cause damage to the brain and further affect the ability of spatial memory ability.
3. Living environment: Hypoxia conditions will reduce the ability of spatial memory, so it is easy for ordinary people to go to high-altitude areas.
4. Education level: Some studies have shown that the longer you receive education, the slower the decline of spatial memory ability with age.
5. Gender: The spatial memory ability of men is slightly higher than that of women.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS1799990	PRNP	AA	strong spatial memory ability
RS3824968	SORL1	AT	moderate spatial memory ability
RS6265	BDNF	TT	weak spatial memory ability
RS4941573	HTR2A	GG	strong spatial memory ability

Test details

Applicable situation

The spatial Memory ability item uses 4 polymorphic loci on and between genes such as PRNP and SORL1, including rs1799990, rs3824968, etc.

Notification

1. The basis of the test is mainly from the research of Caucasian and Chinese, other populations are for reference only.

2. The test may not cover all genes or loci that affect the spatial Memory ability

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your spatial Memory ability at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

- Study population

The basis of the test is mainly from the research of Caucasian and Chinese.

- Limit of detection

Limited by the current technology and the level of scientific cognition, the testmay not cover all genes or loci that related to the spatial Memory ability.

Episodic Memory Ability

Episodic memory ability refers to the ability to form unique memories of specific experienced by oneself.

My Episodic Memory Ability

Strong

42.5% of DNAset users are similar to me

Suggestions

How to improve episodic Memory ability?

1. Adopt a reasonable memory strategy: For specific scene memory, you can try a camera-like principle to help memory by taking snapshots in your mind. Regular review, such as writing a diary, can also help improve episodic memory.

2. Pay attention to sleep: The brain processes and consolidates memory content during sleep, so timely sleep is conducive to memory. At the same time, adequate sleep can improve the concentration of memory and improve memory efficiency.

3. Exercise your brain regularly: such as often trying to remember someone's clothes, the surrounding environment, etc. when meeting him.

4. Develop good living habits: Both abstinence from alcohol and exercise can improve episodic memory. Higher intensity exercise will stimulate the hippocampus, which is an important area related to episodic Memory ability

Knowledge

What is episodic memory ability?

The episodic Memory ability refers to the ability to form a unique memory of a specific event that one has experienced, so even for the same event, different people have different episodic

memories. The scene of going to the playground for the first time, the scene of a birthday party, the feeling of the first confession, etc., are all episodic memories. It should be noted that episodic memory is slightly different from another concept of autobiographical memory, and the former is a part of the latter. Autobiographical memory can include parts of non-episodic memory, such as the date and place of birth, which have no episodic memory.

Characteristics of episodic memory ability

The formation of episodic memory includes different steps. First, it is necessary to collect and process the information of the experienced scene, and then consolidate the information in the brain, which is to transform these events into stable long-term memory. The hippocampus plays an important role in this process. Finally these memories can be recalled when needed. Our episodic memory is often triggered by something, for example, an image, a sentence or even a smell can evoke specific episodic memory content.

Factors affecting episodic memory ability

1. Disease: Brain trauma, hydrocephalus, and certain diseases such as Alzheimer's disease can reduce episodic Memory ability.
2. Living habits: Long-term alcohol abuse can cause damage to the brain and further affect episodic Memory ability.
3. Dietary habits: Metabolic state such as vitamin B1 deficiency will lead to a decline in episodic memory.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS17070145	WWC1	TT	strong episodic memory ability
RS7594645	FASTKD2	AA	weak episodic memory ability

Test details

Applicable situation

The episodic Memory ability item uses the 2 polymorphic loci in genes such as WWC1: rs17070145, rs7594645.

Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect episodic Memory ability.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

- Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This study only evaluates your conscientiousness at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

- Population samples

The basis of the test is mainly from the research of Caucasian.

- Limit of detection

Limited by the current technology and the level of scientific cognition. The test may not cover all genes or loci that related to episodic Memory ability.

Verbal Memory Ability

Verbal memory ability refers to the ability to remember various forms of language, such as the ability to remember words or sentences that they are heard or seen.

My Verbal Memory Ability

Weak

19.9% of DNAset users are similar to me

Suggestions

How to improve verbal Memory ability?

1. Adopt a reasonable memory strategy: after the information enters the brain, it begins to be forgotten. According to the research of Ebbinghaus et al., the forgetting speed changes with time. Targeted recall based on the "forgetting curve" can improve our memory efficiency of verbal content. For example, recall the content that needs to be memorized in one hour, one day, and three days after the memory can improve the memorized content.

2. Memorizing on the basis of understanding: Memorizing meaningless words requires more repetitions than memorizing complete poems. We will be more efficient to memorize on the basis of understanding. At the same time, for knowledge content, you can also ask yourself to answer, or explain to others and other ways to improve the understanding of the content, in order to facilitate memory.

3. Pay attention to sleep: The brain processes and consolidates memory content during sleep, so timely sleep is conducive to memory. At the same time, adequate sleep can improve the concentration of memory and improve memory efficiency.

4. Use other levels of memory: For example, our ability to remember images is stronger than words. Therefore, it is easier to abstract information into graphics and images in the memory process than to memorize words directly.

5. Use music memory: Studies have shown that lyrics combined with music are easier to remember than other textual content. For example, people often reduce the difficulty of memory by compiling the content into ballads and mantras, such as alphabet songs when learning English, and multiplication mantras when learning mathematics.

6. Develop good living habits: Both abstinence from alcohol and exercise can improve speech and memory skills.

Knowledge

What is verbal memory ability?

Verbal memory refers to the ability to remember different forms of words, short sentences, paragraphs, etc. It is all related to verbal memory in learning foreign languages, reciting texts, and recalling other people's speeches. People with strong verbal memory skills generally have a deep memory of text content in their studies and work, and can easily recall the content of the teacher's lectures or the details of discussions with colleagues. For most people, the verbal memory ability is controlled by the left brain. Diseases and trauma of the left brain may cause the decline of verbal memory ability. At the same time, some mental illnesses will also affect verbal memory to a certain extent, such as attention deficit hyperactivity disorder, depression and post-traumatic stress disorder.

Characteristics of verbal memory ability

Verbal memory ability mainly includes the content of the memory, the duration of the memory and the memory on the basis of understanding. Generally speaking, as time goes by, we will lose more and more memory of specific speech content, but if we have a deeper understanding of the content, we can remember more and longer content. On the other hand, memorizing on the basis of understanding sometimes makes us have a wrong memory of paired words. For example, if the word "house" appears in a memory test, people often think of the word "building". In addition, we will have better memories of words that represent actual concepts, such as "moon", "water", "stone", etc., than abstract words such as "evil", "deception", and "sacred"

Factors affecting verbal memory ability

1. Diseases: Damage to the brain, especially the left brain, can lead to a decline in verbal memory, and other mental illnesses can also have a negative impact on verbal memory.

2. Living habits: Long-term alcoholism can cause damage to the brain and further affect verbal memory.

3. Music: Music training can stimulate the development of the auditory cortex and related brain regions. Studies have shown that the earlier and longer you start to receive music training, the greater the improvement of verbal memory.

4. Hormone levels: Whether for men or women, the hormone levels in the body will have a certain impact on verbal memory. At the same time, women are generally slightly better than men in verbal Memory ability.

5. Education level: Studies have shown that the longer you receive education, the slower your verbal Memory ability declines with age.

My Genetic Result Detail

Gene locus	Gene name	My genotype	Description
RS17070145	WWC1	TT	strong verbal memory ability
RS4420638	APOC1	AA	weak verbal memory ability
RS6265	BDNF	TT	weak verbal memory ability
RS6439886	CLSTN2	AA	weak verbal memory ability
RS7594645	FASTKD2	AA	weak verbal memory ability

Test details

Applicable situation

The verbal Memory ability item uses the 7 polymorphic loci on and between WWC1 gene and BDNF gene, including rs17070145, rs283815.

Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect verbal Memory abilitys.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This study only evaluates your verbal Memory ability at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

Population samples

The basis of the test is mainly from the research of Caucasian.

Limit of detection

Limited by the current technology and the level of scientific cognition. The test may not cover all genes or loci that related to verbal Memory ability.

Empathy

Empathy is the ability to put oneself in the position of others and understand or feel what others experience in their situation..

My Empathy

Strong

25.4% of DNAset users are similar to me

Suggestions

How to improve empathy?

1. Learn to empathize: Be able to find rationality for the other party's behavior from the other party's perspective, so as to understand the other party to the greatest extent.

2. Learn to listen: Refers to the ability to listen to each other's expressions wholeheartedly. Listening not only refers to listening to the content of their spoken expressions, but also includes observing non-verbal behaviors, such as actions, expressions, voice, pronunciation, and intonation.

3. Express respect: Respect each other's personality and abilities instead of acting on your own feelings. Accept the other's beliefs and choices or decisions made instead of commenting or trying to make decisions for them

Knowledge

What is empathy?

It refers to being able to think from the position of the other person, to experience the emotions and thoughts of others in the process of interpersonal communication, to understand the positions and feelings of others, and to think and deal with problems from the perspective of others. It is mainly reflected in aspects related to emotional intelligence, such as emotional self-control, empathy, listening ability, and expression of respect.

Empathy is the basis of altruistic behavior because people with empathy characteristics can feel the needs and distress of others firsthand, and can provide support and help to others in a

decent and respectful manner when necessary. Therefore, it is very helpful for the establishment of healthy interpersonal relationships. In daily life, a person with empathy is less likely to have conflicts with others, because he (she) can always understand others to the maximum and get along with others in a peaceful state of mind.

The difference between empathy and compassion

Compassion is the recognition of the suffering of others, which causes compassion. Empathy is the ability to empathize with one another, put yourself in consideration for others, and actually feel the pain of others. When hearing other people's misfortune, sympathetic people will say: "I really feel sorry for you." But people with empathy will say something like this: "I have encountered something like this, and I know what it feels like." Empathy is the process of interaction between two people. It must be listened carefully and understood. , Accept the other person's feelings, this is an attitude that recognizes the experience of others. Empathy is an art of care and love, and a manifestation of high emotional intelligence.

Factors affecting empathy

1. Inheritance: Studies have shown that the influence of heredity in empathy may reach more than 30%.

2. Gender: A number of studies have confirmed that the empathy ability of women is generally higher than that of men

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS53576	OXTR	AG	moderate empathy
RS76891664	intergenic	AG	moderate empathy
RS11264567	intergenic	AG	moderate empathy
RS1141090	RASSF10	CC	strong empathy
RS10265275	intergenic	CC	strong empathy

Test details

Applicable situation

The empathy item uses 6 polymorphic loci on genes and between genes, including the OXTR gene, such as rs53576, rs76891664, and rs11264567, etc.

Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect affect empathy.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. The test result only predicts your empathy from the genetic level. Because it does not involve consideration of other factors, it does not represent your true situation.

Population samples

The basis of the test is mainly from the research of Caucasian..

Limit of detection

Limited by the current technology and the level of scientific cognition, the testmay not cover all genes or loci that related to empathy.

Social Communication Ability

Personality trait with weak emotional expression ability is also called alexithymia, which manifests as a lack of emotional awareness, difficulty in identifying and expressing feelings and emotions.

My Social Communication Ability

Moderate

26% of DNAset users are similar to me

Suggestions

How to improve the ability of social communication ability?

1. Increase your chances of emotional contact by writing diaries, reading stories, watching movies, and touching art works.

2. Use language and words to express your inner feelings.

3. Listen and empathize more, improve your understanding of others, and express your concern for them.

4. If you feel that you are greatly affected by alexithymia, you can seek help from a psychological counselor.

Knowledge

What are the manifestations of alexithymia

Alexithymia, that is, the social communication ability is weak, is characterized by a lack of sensitivity to emotions and may seem indifferent and showing a sense of distance in the eyes of others. People with alexithymia traits may be indifferent to positive emotions (such as joy and surprise) or extremely calm in the face of negative emotions (such as tension and anxiety). On the other hand, although the brain's ability to deal with emotions is weak, the body's senses

will not disappear or even become more sensitive, such as shoulder stiffness in the face of pressure.

Factors affecting alexithymia

1. Socio-cultural differences: people from different cultural backgrounds will show different levels of alexithymia. For example, the level of alexithymia of Asian Americans is higher than that of European Americans.

2. Socioeconomic status: People with low education and poverty are more likely to have hyperalexithymia because their socioeconomic status requires them to struggle for survival and discourages the processing and expression of their emotions and feelings.

3. Family environment: bad family environment may affect children's early socialization and suppress their sense of attachment, which is a risk factor for the development of alexithymia.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS2352908	intergenic	GT	moderate social communication ability
RS3761168	intergenic	CC	strong social communication ability
RS4453791	intergenic	TT	strong social communication ability
RS6295	HTR1A	GG	weak social communication ability
RS9257616	intergenic	AG	moderate social communication ability

Test details

Applicable situation

The social communication ability ability item uses five polymorphic loci on and between HTR1A gene, including rs6295, rs9257616.

Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only

2. The test may not cover all genes or loci affecting the social communication ability.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your anti-aggression at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

Study population

The basis of the test is mainly from the research of Caucasian.

Limit of detection

Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that related to social communication ability.

Nonconformity

Herd behavior refers to the phenomenon in which an individual's ideas and behaviors change in the same direction as the majority due to the influence of real or imagined group pressure. Nonconformity refers to the degree of being less susceptible to the actions of others.

My Nonconformity

Weak

27.2% of DNAset users are similar to me

Knowledge

Why do we follow the crowd

1. Behavioral reference: Unable to make a definite choice due to lack of personal knowledge and experience.

2. Fear of deviation: When deviating from the group, there will be strong group pressure (exclusion, rejection, disgust, etc.).

3. Interpersonal adaptation: Expect recognition from the group and maintain good interpersonal relationships so as to gain a sense of self-worth from social support.

Performance of social anxiety disorder

People with social anxiety disorder have a significant and persistent fear that their behavior or nervous performance will cause humiliation or embarrassment in front of strangers or in social or performance occasions that may be carefully observed by others. Even some people find it difficult to attend parties, call, shop, or ask authorities.

Factors affecting conformity tendency

1. Difficulty of tasks: difficult tasks may lead to both increased and decreased conformity. When faced with a difficult task and do not know what to do, people tend to follow the crowd; However, increasing the difficulty of the task will make it easier for people to accept various results, resulting in less conformity.

2. Individual characteristics: people with strong initiative and leadership are more difficult to follow the crowd.

3. Group size: when the group size is 3 ~ 5 people, it is easier to follow the crowd.

4. Uncertain situations: people tend to follow the crowd when facing uncertain situations.

5. Cultural factors: people from collectivist cultural areas (such as Asia, Central America, etc.) are more likely to follow the crowd.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS2619056	intergenic	AG	moderate nonconformity
RS2056708	CCDC146	CT	moderate nonconformity
RS10062113	intergenic	CT	moderate nonconformity ability
RS13170785	ARL10	AA	strong nonconformity
RS56324903	intergenic	AG	moderate nonconformity

Test details

Applicable situation

The nonconformity item uses six polymorphic loci on and between CCDC146 gene and ARL10 gene, including rs2619056, rs2056708, etc.

Notification

1. 1. The basis of the test is mainly from the research of Caucasian and Chinese, other populations are for reference only.

2. The test may not cover all genes or loci that affect the nonconformity.

Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score

of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your anti-social anxiety disorder ability at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

Study population

The basis of the test is mainly from the research of Caucasian and Chinese.

Limit of detection

Limited by the current technology and the level of scientific cognition, the testmay not cover all genes or loci that related to the nonconformity.