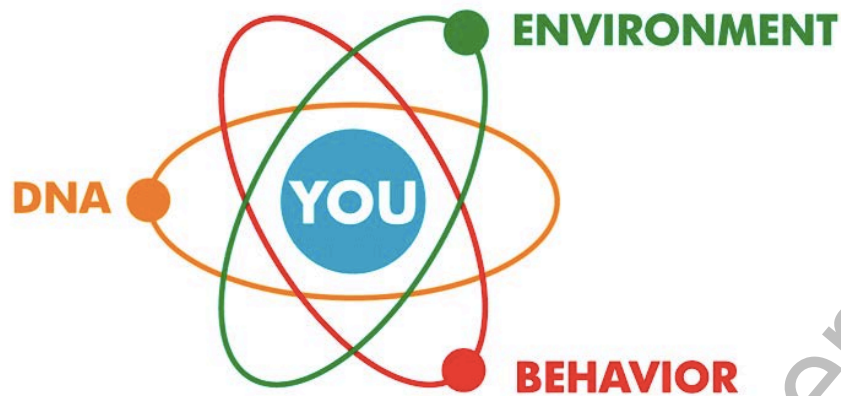




Meet Yourself



Welcome to your Karmagenes report



Using a combination of widely recognised methodologies in both Genetics and Psychology research, Karmagenes presents you with, a combined Nature and Nurture analysis of elements that have shaped your current behaviour.

In doing so, a unique approach combining the following has been employed:

- DNA analysis of specific genetic modifications proven to affect human behaviour, as evidenced by a range of more than 20.000 internationally recognized scientific studies in the field of Human Behavioural Genetics.
- Custom Psychometric analysis developed on the Big Five Model of Personality Traits framework, widely accepted as the gold standard in the field of personality research.

The 14 behavioural traits studied are portrayed on the five OCEAN factors of the Big5 model, namely;

- Openness,
- Conscientiousness,
- Extraversion,
- Agreeableness
- Neuroticism

Each of the 14 traits, is individually presented with its corresponding DNA and Psychology score, plus brief personal improvement tips, in the following section. More extensive insights and feedback based on your own results, is to be found after the individual scores presentation. These are presented as overall commentary, plus additional dedicated advise on Career, Well-Being and Relationship.

This report aims to provide you with uniquely insightful perspectives to help you realise your full potential, and actionable points to develop personal aspects that are important to your life.

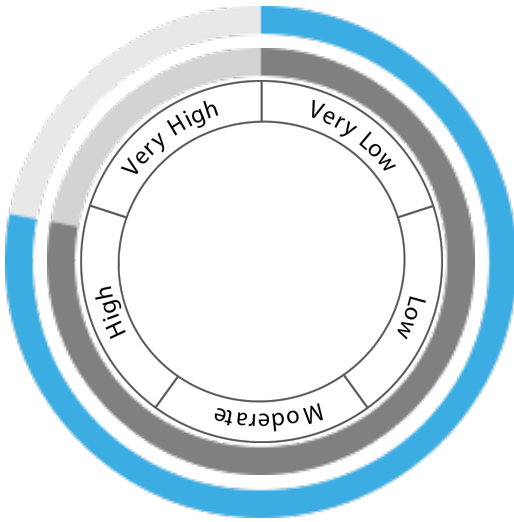
Human behaviour is beyond doubt a composite matter, consisting of various elements. The present analysis takes a close and detailed look into the two most widely accepted factors of Nature and Nurture, for which a well researched evidence and measurement methodologies exist. It should therefore be kept in mind that the information contained herewith, does not in any way restrict or define what you are going to do in a given circumstance. Hence, the results are not definitive and should only be used as an indicator.

Individual personality traits' scores.

How do we represent your scores:

The Karmagenes circle represents the level of each personality trait that is linked either with your DNA (outer circle) or your Environment (inner circle)



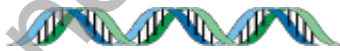


Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

High on DNA and high on Psychology:

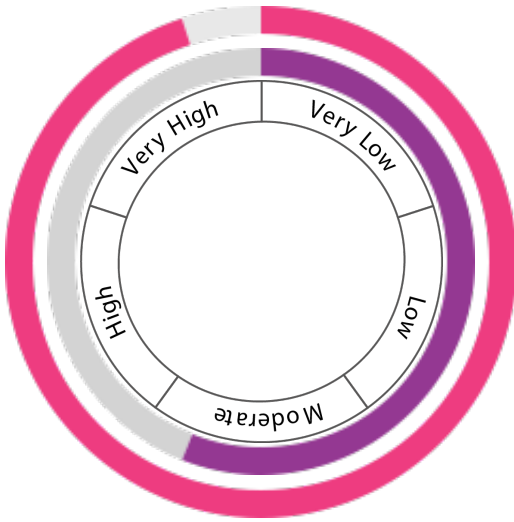
You can identify, process, and store information about yourself. You know all the details and can easily state how you would react to certain issues. You are not just self aware; you have great skills at reading those around you as well.

Tip/Improvement: Mentally take note of your interactions and commitments on a regular basis to stay in touch with yourself.



Definition:

Self-awareness is commonly seen as something that is separate from the thoughts that emerge to our mind. It has also been considered as the area where we are aware of our existence.

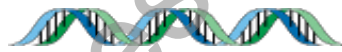


Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

High on DNA and Medium on Psychology:

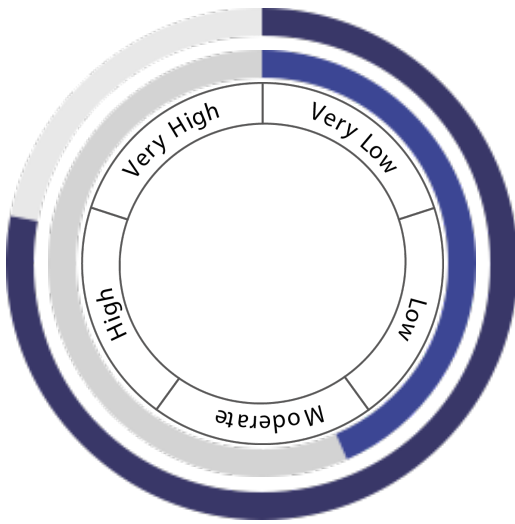
You brace yourself to face challenges in different circumstances, your mind works and schemes ahead of the present situation for the best way forward.

Tip/Improvement: You should examine more thoroughly your alternative plans and work on their perceived shortcomings.



Definition:

Strategiy refers to a method or plan chosen to bring about the desired future, such as achievement of a goal or solution to a problem. Decisions or plans designed to impact favorably the key factors on which the outcome you want to an organization, game, system, venture, or war.



Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

High on DNA and Medium on Psychology:

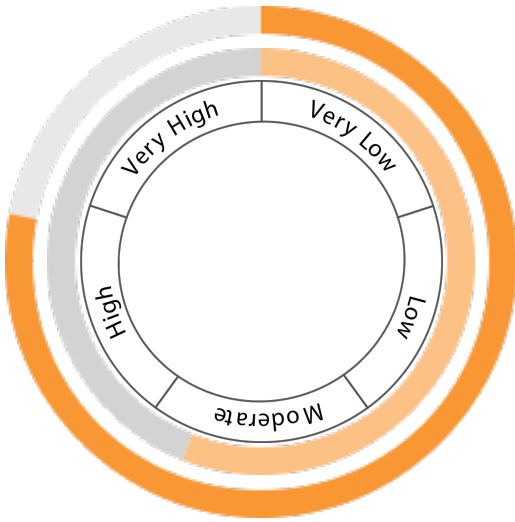
You display good social skills, and you always screen the people around you and interact with them with ease and comfort. You go out on a regular basis for leisure or fun, and it's typical for you to incorporate your social life into your weekly routines.

Tip/Improvement: Expand your horizons by joining a club or charity foundation as a volunteer. Pick up a new and fascinating hobby that will increase your social circle.



Definition:

The definition of a social person is someone who enjoys being with others. Having to do with human beings living together as a group when their dealings with one another affect their common welfare.



Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

High on DNA and Medium on Psychology:

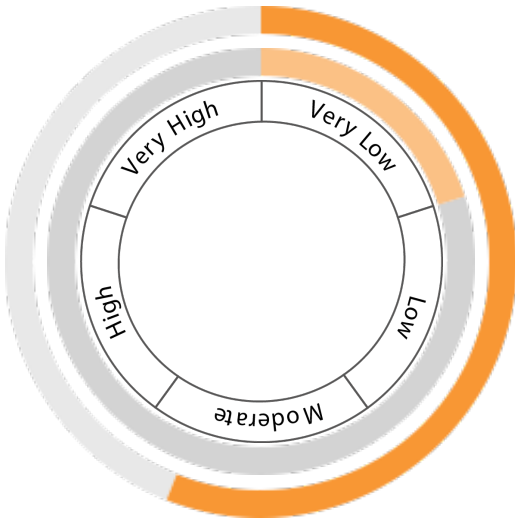
You are decisive from time to time. You are ready to make decisions when the occasion calls for it, albeit after going through the due process. Making fast decisions is not your style.

Tip/Improvement: Seek the opinion of others in a good position to advice if you still have any lingering doubts or concerns about an issue. It will enable you to quickly make up your mind and decide on the next steps to take. You have all the potential to be decisive.



Definition:

Settling an issue; producing a definite result. Having or showing the ability to make decisions quickly and more efficiently. A person who can make choices quickly and confidently.

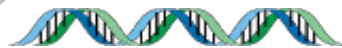


Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

Medium on DNA and low on Psychology:

You can take advantage of some additional drive, as your genetic profile shows higher potential. This difference could be due to misleading emotions, cognitions or environmental obstacles. Your genetically supplied drive is so to speak held back by your mindset, and this could cause you to experience various phenomena such as feeling moody, frustration, discomfort.

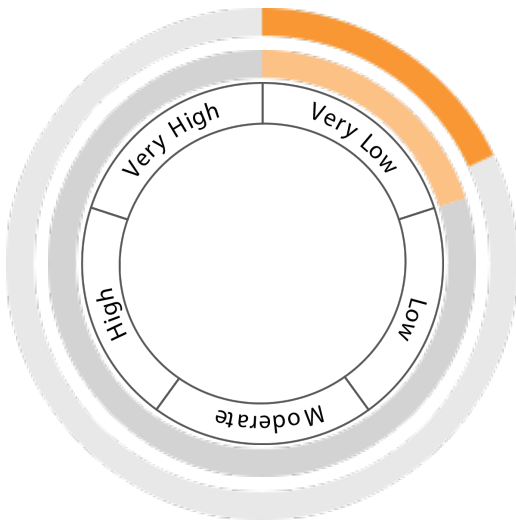
Tip/Improvement: Make use of your drive and take care that you check your targets. Time to redefine your goals and achievement plans.



Definition:

A driven person demonstrates the inner energy resources to fuel his/her motivation associated with a variety of personal targets.





Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

Low on DNA and Low on Psychology:

Your score is low on both profiles. You avoid to take any risks or bear the consequences when things don't go as planned. You shield yourself from losing even if you know that there is a higher probability to be rewarded by the outcome.

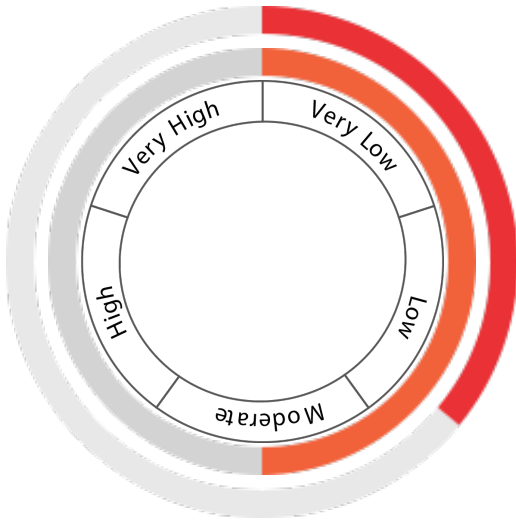
Tip/Improvement: Everything you desire has some level of risks involved. You should take some calculated risks, the rewards might be more beneficial than expected.



Definition:

Someone who collects the facts and knowledge concerning his idea and accurately assesses if the value of its success is worth the price it requires. "Undertaking a task involving a challenge for achievement or a desirable goal in which there is a lack of certainty or a fear of failure."



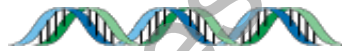


Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

Low on DNA and Medium on Psychology:

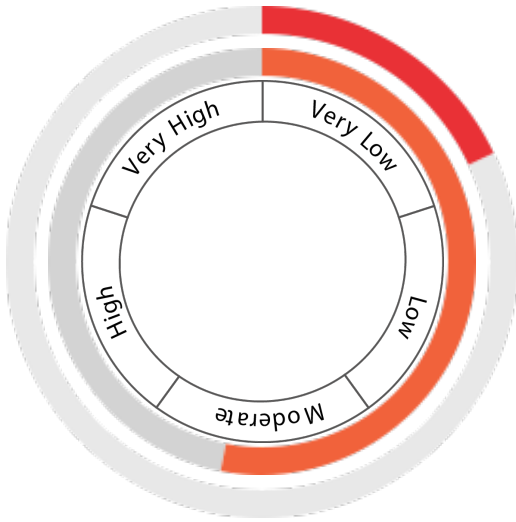
Your DNA has low traits for being spontaneous with the tendency to be cautious in your interpersonal relationships with others. However, your behavior is occasionally impromptu depending on what ignited your interest at the time.

Tip/Improvement: You need to come out of your occasional inhibitions more regularly.



Definition:

Taking a risk, living life to the fullest, no strict plans, "don't think just do." To be spontaneous is to be the most relaxed to go with the flow and have fun with person. You would never get mad if plans changed you would get excited because then it would become spontaneous.

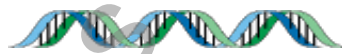


Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

Low on DNA and Medium on Psychology:

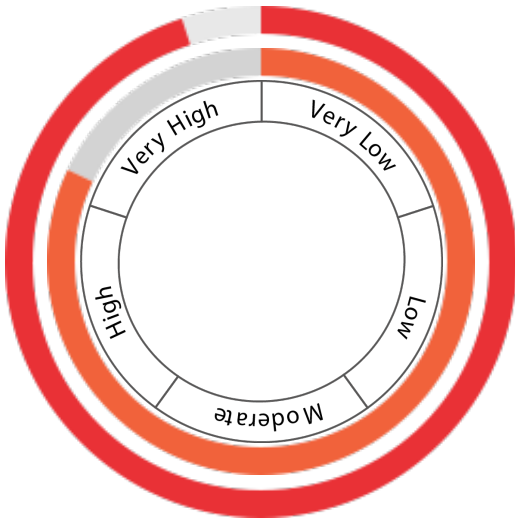
You occasionally come up with suggestions on how to accomplish different tasks. You introduce new ideas and allow others to help you execute them.

Tip/Improvement: Try to be analytical in your thinking as it will inspire you to be versatile in your approach to issues.



Definition:

The set of actions required to create new ideas, processes or products which when implemented lead to positive, productive change. Innovation also implies a value system which seeks to derive a positive outcome from the creative act.



Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

High on DNA and high on Psychology:

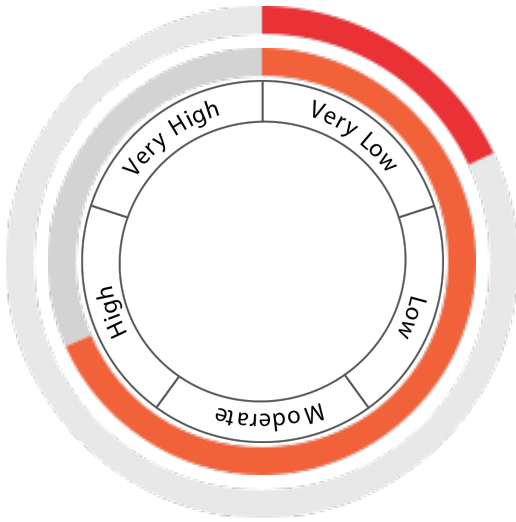
You have the same score on both profiles. You are highly emotional, and you love it! Your sense of reasoning is awake to feel everything around you. You are not scared to feel or be felt. You are highly driven by your emotions because they are ruling life, decisions, and assessment of things.

Tip/Improvement: People may take you for granted and end up playing with your emotions and that can hurt your feelings.



Definition:

Your ability to recognize and understand emotions, and your skill at using this awareness to manage yourself and your relationships with others.



Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

Low on DNA and high on Psychology:

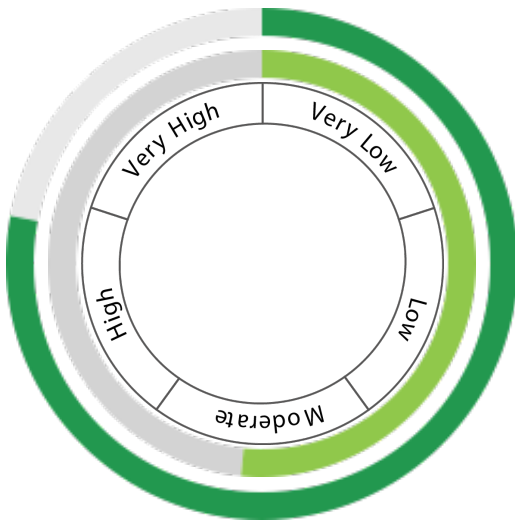
You developed a refined taste for luxurious things by conducting research and adapting to the things in vogue.

Tip/Improvement: Fashion magazines and television shows will bring you up to speed on new trends as they evolve in the elite world.



Definition:

Demonstrating essentially pleasure seeking behaviour, a Bon Vivant is able of staying motivated to meet own needs and, compensate well his/her own self for the efforts made.



Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

High on DNA and Medium on Psychology:

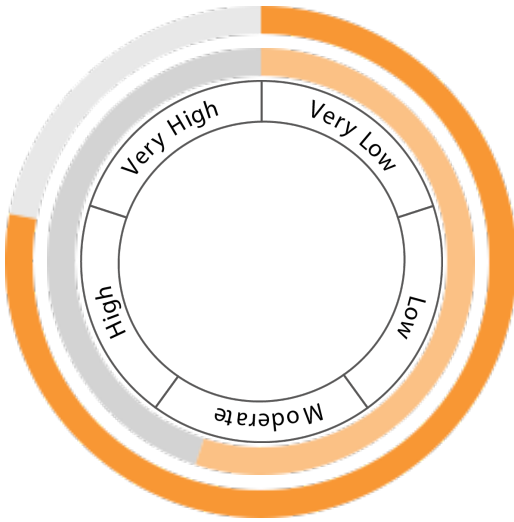
You have a realistic approach in assessing your abilities and skills. Moreover, you rarely overestimate yourself, keeping your feet on the ground.

Tip/Improvement: You need to be at the top of your game to exude confidence. Equip yourself with information and skills that are utilized on a regular basis; then you will never be caught off guard when your attention or assistance is needed.



Definition:

Possessing consciousness, faith and reliance in one's own abilities and powers when applied towards achieving a set goal. Self-confident people tend to see their lives in a positive light, are admired by others, and in their turn inspire confidence in others.

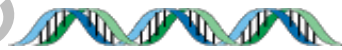


Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

High on DNA and Medium on Psychology:

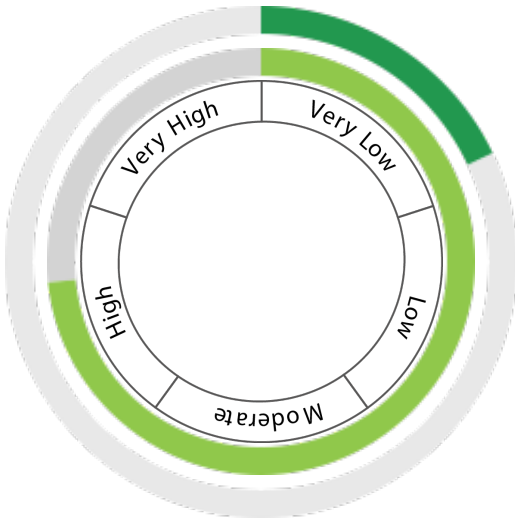
You know how to manage your equilibrium and make good use of your resources. However, you may lose concentration if the pressure rises, and let things cool down without stressing out much. This is an asset for you to keep a balance between your emotions and your tasks.

Tip/Improvement: Apply caution when consenting to any pressing task without adequate teamwork to support you.



Definition:

Maintaining adequate performance under pressure or adversity; handling stress in a manner that is consistent with care's core values. Stress Tolerance is all about maintaining an unhindered and efficient performance under pressure or adversity.



Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

Low on DNA and high on Psychology:

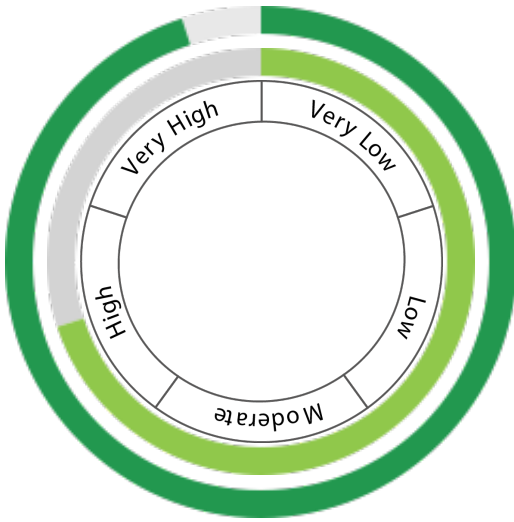
You are in the deep ocean where the water is not affected by the storms lying on the surface. This usually comes with experience in life situations and also based on your understanding of how to effectively manage situations around you.

Tip/Improvement: Constantly think thoroughly on issues of concern and immediately seek for solutions to any challenge before it becomes aggravated.



Definition:

The ability to keep in a peaceful state, quiet and without worry; or put more colloquially "keeping your cool". By staying calm and controlling stress, one can achieve more, enhance prioritization and decision making, while positively affecting the mood of people around.



Outer circle = DNA score, Inner circle = psychological assessment score. Results start from "very low" in a clockwise direction.

High on DNA and high on Psychology:

You are a very optimistic person, and regardless of the odds, realism, or even presented facts, you always expect the positive outcome. Your glass is not just half-full; it's overflowing!

Tip/Improvement: Keep it up but don't lose touch with reality, as failures and disappointments are sometimes path of life.



Definition:

A disposition or tendency to look on the most favorable side of events or conditions and to expect the most favorable outcome. An optimistic person thinks the best possible thing will happen and hopes for it even if it's not likely.

© Karmagenes Sample Report

Selected Literature

1. The effects of catechol O-methyltransferase genotype on brain activation elicited by affective stimuli and cognitive tasks. Heinz A, Smolka MN. *Rev Neurosci*. 2006;17(3):359-67.
2. COMT Val(158) Met genotype is associated with reward learning: a replication study and meta-analysis. Corral-Frías NS, Pizzagalli DA, Carré JM, Michalski LJ, Nikolova YS, Perlis RH, Fagerness J, Lee MR, Conley ED, Lancaster TM, Haddad S, Wolf A, Smoller JW, Hariri AR, Bogdan R. *Genes Brain Behav*. 2016;15(5):503-13. doi: 10.1111/gbb.12296.
3. The association between oxytocin receptor gene polymorphism (OXTR) and trait empathy. Wu N, Li Z, Su Y. *J Affect Disord*. 2012;138(3):468-72. doi: 10.1016/j.jad.2012.01.009.
4. Oxytocin and social perception: oxytocin increases perceived facial trustworthiness and attractiveness. Theodoridou A, Rowe AC, Penton-Voak IS, Rogers PJ. *Horm Behav*. 2009 Jun;56(1):128-32. doi: 10.1016/j.yhbeh.2009.03.019.
5. Tryptophan hydroxylase-2 gene variation influences personality traits and disorders related to emotional dysregulation. Gutknecht L, Jacob C, Strobel A, Kriegebaum C, Müller J, Zeng Y, Markert C, Escher A, Wendland J, Reif A, Mössner R, Gross C, Brocke B, Lesch KP. *Int J Neuropsychopharmacol*. 2007;10(3):309-20.
6. Polymorphisms in the dopamine D4 receptor gene (DRD4) contribute to individual differences in human sexual behavior: desire, arousal and sexual function. Ben Zion IZ, Tessler R, Cohen L, Lerer E, Raz Y, Bachner-Melman R, Gritsenko I, Nemanov L, Zohar AH, Belmaker RH, Benjamin J, Ebstein RP. *Mol Psychiatry*. 2006;11(8):782-6.
7. Oxytocin increases willingness to socially share one's emotions. Lane A, Luminet O, Rimé B, Gross JJ, de Timary P, Mikolajczak M. *Int J Psychol*. 2013;48(4):676-81. doi: 10.1080/00207594.2012.677540.
8. Looking on the bright side: biased attention and the human serotonin transporter gene. Elaine Fox E, Ridgewell A, Ashwin C. *Proc Biol Sci*. 2009 Feb;276: 1747-1751. doi: 10.1098/rspb.2008.1788.
9. 5-HTTLPR genotype and anxiety-related personality traits: a meta-analysis and new data. Munafò MR, Freimer NB, Ng W, Ophoff R, Veijola J, Miettunen J, Järvelin MR, Taanila A, Flint J. *Am J Med Genet B Neuropsychiatr Genet*. 2009;150B(2):271-81. doi: 10.1002/ajmg.b.30808.
10. Genetic variation in the vasopressin receptor 1a gene (AVPR1A) associates with pair-bonding behavior in humans. Walum H, Westberg L, Henningsson S, Neiderhiser JM, Reiss D, Igl W, Ganiban JM, Spotts EL, Pedersen NL, Eriksson E, Lichtenstein P. *Proc Natl Acad Sci U S A*. 2008 Sep 16;105(37):14153-6. doi: 10.1073/pnas.0803081105.
11. Vasopressin and pair-bond formation: genes to brain to behavior. Nair HP, Young LJ. *Physiology*. 2006;21:146-52.
12. Classical twin studies and beyond. Boomsma D, Busjahn A, Peltonen L. *Nat Rev Genet*. 2002;3(11):872-82.
13. Genome-wide analyses for personality traits identify six genomic loci and show correlations with psychiatric disorders. Min-Tzu Lo, David A. Hinds, Joyce Y. Tung,2 Carol Franz,3 Chun-Chieh Fan,1,4 Yunpeng Wang,5,6 Olav B. Smeland,6 Andrew Schork,1,4 Dominic Holland,5 Karolína Kauppi,1,7 Nilotpal Sanyal,1 Valentina Escott-Price,8 Daniel J. Smith,9 Michael O'Donovan, Hreinn Stefansson, Gyda Bjornsdottir, Thorgeir E. Thorgeirsson, Kari Stefansson, Linda K. McEvoy, Anders M. Dale, Ole A. Andreassen, and Chi-Hua Chen. *Nat Genet*. 2017; 49(1): 152–156.
14. The nature and structure of correlations among Big Five ratings: the halo-alpha-beta model. Anusic I, Schimmack U, Pinkus RT, Lockwood P. *J Pers Soc Psychol*. 2009;97(6):1142-56. doi: 10.1037/a0017159.
15. The relationship between nature connectedness and happiness: a meta-analysis. Colin A. Capaldi, Raelyne L. Dopko, and John M. Zelenski. *Front Psychol*. 2014; 5: 976. doi: 10.3389/fpsyg.2014.00976.

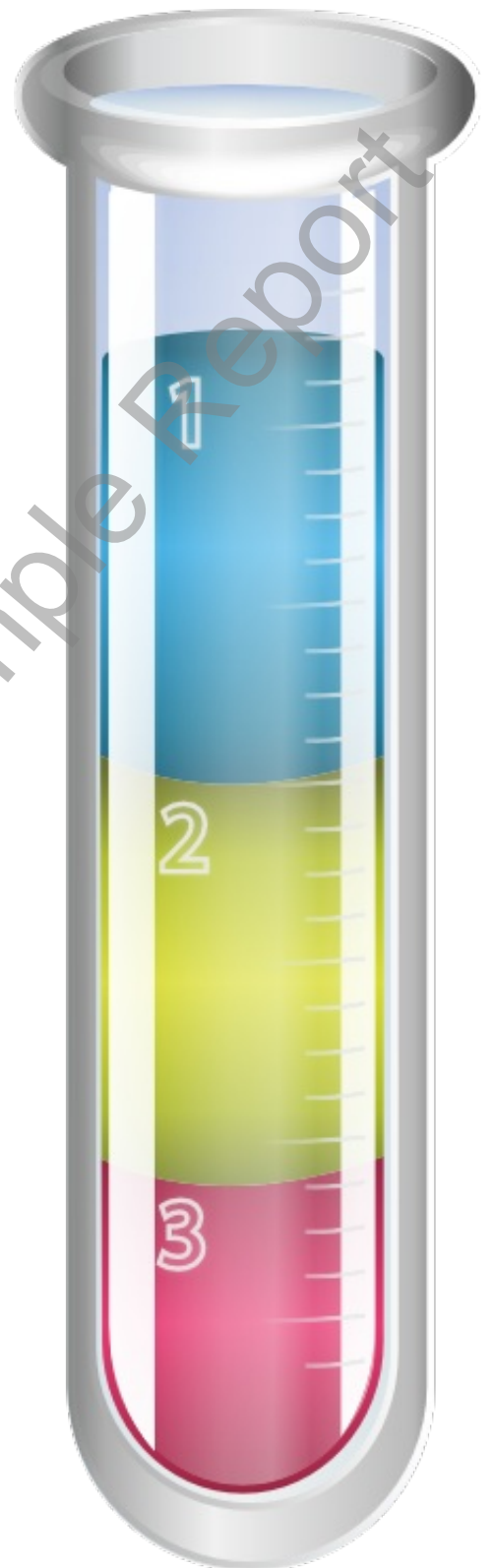
Additional background information on Human Behavioural Genetics, may be found on the Scientific Background document, that accompanies this report.

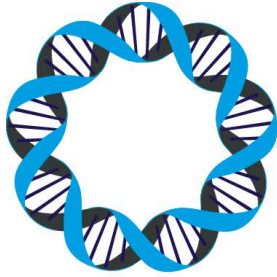
Thank you and keep in mind:

We apply the highest Swiss standards when it comes to data privacy. We employ high standards measures for privacy and security. DNA samples are processed anonymously in ISO certified Swiss laboratories and no one else other than you have access to your report results unless you decide to share it.

The results of the test should by no means be viewed as a definitive assessment of your behavioral characteristics. Your characteristics are the result of the long interplay of your DNA (Nature) with your Environment (Nurture), such as your social and cultural background as well as your way of life style. In other words, a healthy mixture of nature and nurture.

Karmagenes test is a non health related test and we ONLY use your DNA to link specific genetic regions to personality traits.





KARMAGENES

meet yourself

Karmagenes SA

Rte de l'Ile-au-Bois 1A

1870 Monthey 1

Switzerland

<http://karmagenes.co>

contact@karmagenes.co

©2017. Karmagenes SA. All Rights Reserved.