

# Fear of Heights

POWERED BY 23ANDME RESEARCH



Jamie, based on your genetics and other factors, you are **more likely** than average to be afraid of heights.

Fear of heights is not a common trait. The average 23andMe research participant has a 29% chance of reporting a fear of heights. Based on your genetics and other factors, you have a 34% chance of being afraid of heights.

## Heights and balance

While standing upright, the brain uses visual input from nearby objects to make tiny postural adjustments that help maintain balance. However, when standing at a high elevation relative to their surroundings — like at the edge of a tall building — most people feel somewhat off balance. This is because visual input from nearby objects is lacking, and the objects in view are too far away for the brain to use for balance control.

## Fear of heights

Some scientists believe that people with an extreme fear of heights may depend more heavily on visual input for balance control than other people who can use physical sensations as well as visual input to keep their balance. As a result, they may feel especially unstable when standing at an elevation, triggering a fear response.

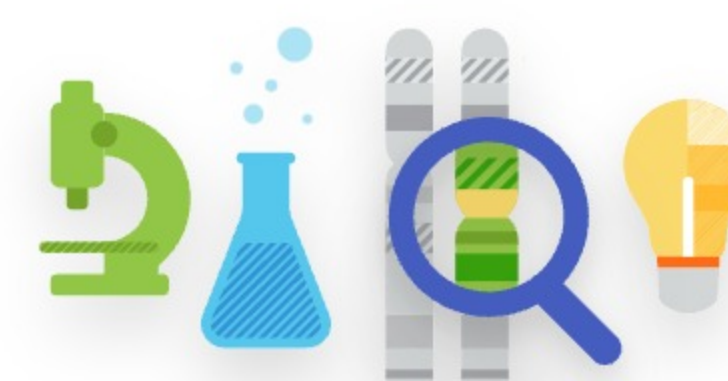


## How we got your result

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