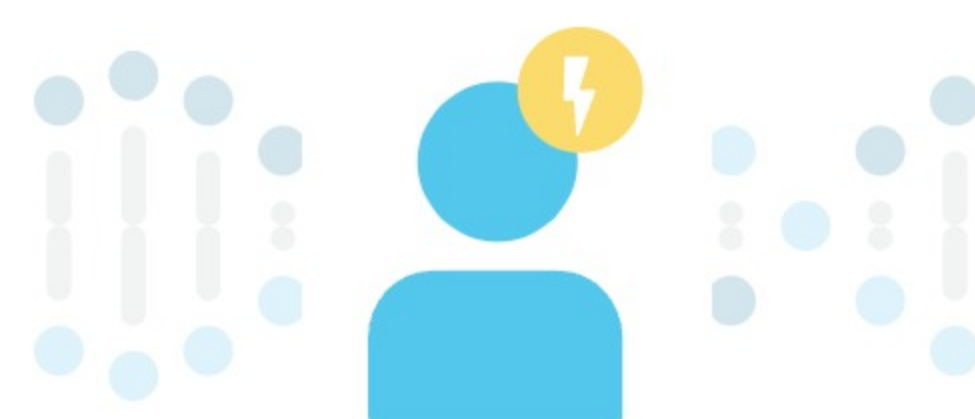


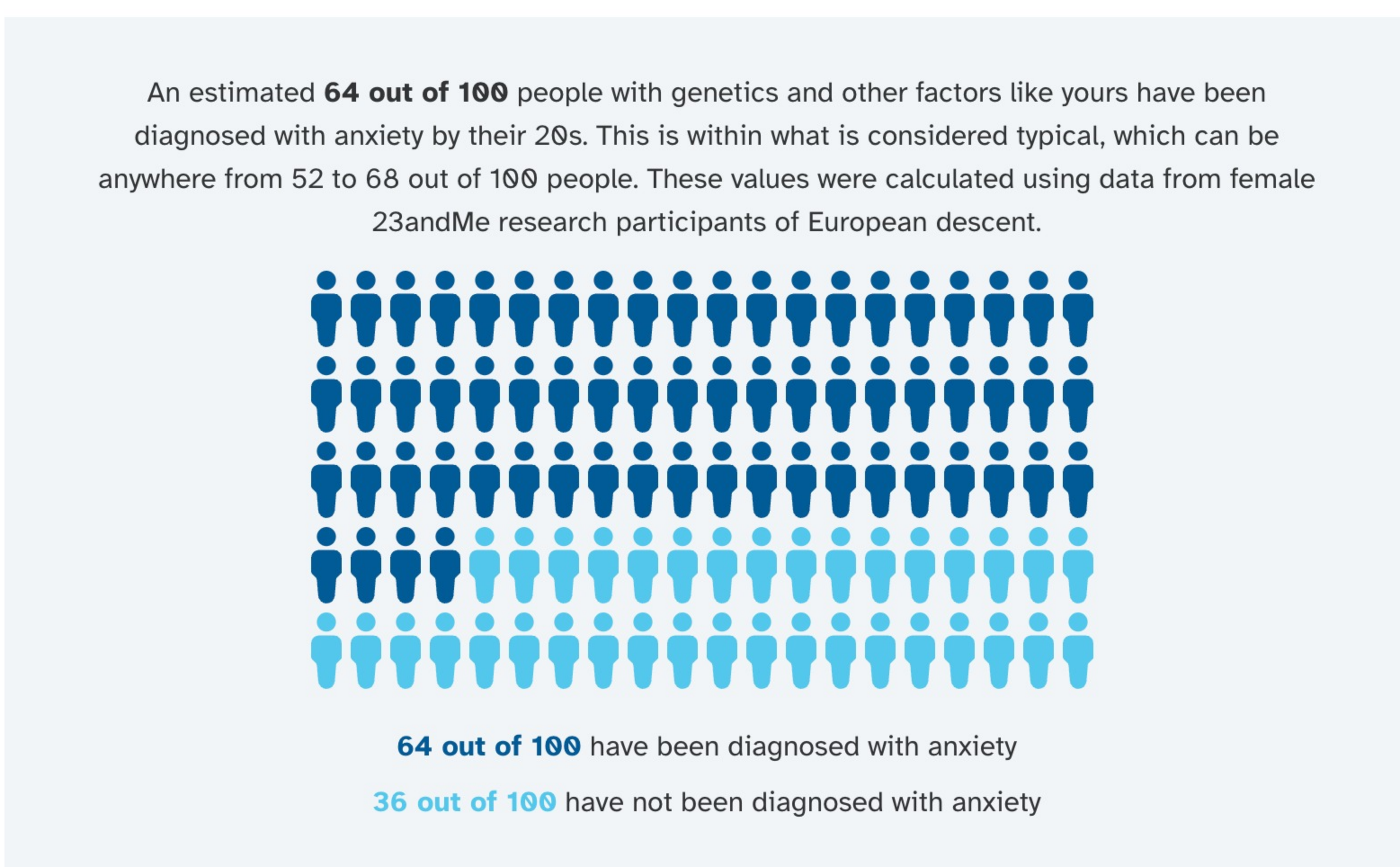
# Anxiety

POWERED BY 23ANDME RESEARCH

Anxiety is a normal emotion of unease or fear that everyone can experience in stressful situations. But when anxiety doesn't go away over time and becomes overwhelming to the point of interfering with everyday life, it may be considered an anxiety disorder.



Jamie, your genetic result is associated with a **typical likelihood** of being diagnosed with anxiety.



This estimate is based on currently available data and may be updated over time.

## Genetics is only one part of your story

Genetic factors can help explain the likelihood of developing an anxiety disorder. But this genetic result doesn't mean that you definitely will or will not experience an anxiety disorder. This is because most of a person's overall likelihood of developing an anxiety disorder is explained by factors not accounted for in this result, including other genetic factors and non-genetic factors like stressful life experiences.

That's also why, **if you have already been diagnosed** with anxiety by a healthcare professional, this genetic result does not change that. It is important to work with your healthcare provider and continue any management plan that is recommended.

## Factors that impact overall likelihood



- Factors included in this result (certain genetic factors, birth sex, and ethnicity)
- Other factors

## Ways to take action

While anxiety is impacted by some factors that can't be changed—like genetics—it's also impacted by some things that can. Research suggests that a healthy lifestyle can help manage anxiety levels.

- Seek social support from family, friends, and/or a counselor or other mental health professional, especially during times of stress, such as major life changes or losses.
- Exercise regularly. Exercise can improve mood and reduce anxiety.
- Try to get enough sleep. Sleep deprivation can make anxiety worse.
- Explore stress-reduction and/or mindfulness techniques like meditation or yoga.
- Cut down on caffeine. Caffeine can worsen anxiety.
- Avoid using tobacco, alcohol, or other substances, and get help to quit if needed.



Talk to a healthcare professional such as a doctor, clinical psychologist, or counselor if you have any concerns. Anxiety that interferes with everyday life can be treated with counseling, medication, or a combination of the two.

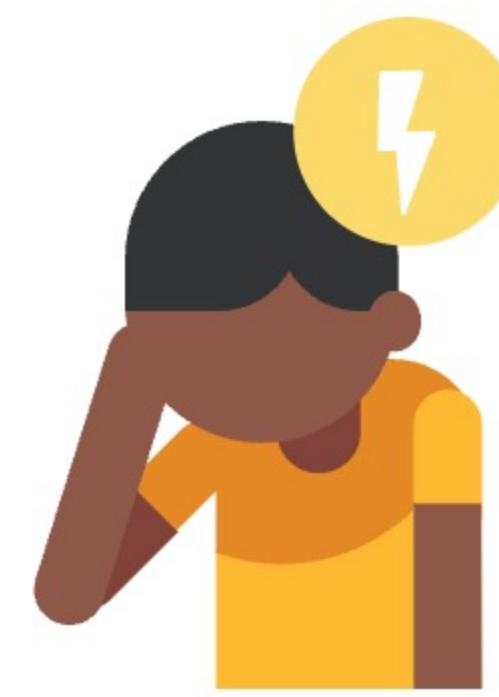
If you or someone you know needs support, contact the [National Alliance on Mental Illness \(NAMI\) help line.](#)

[Learn more from NAMI](#)

## About anxiety disorders

### What are anxiety disorders?

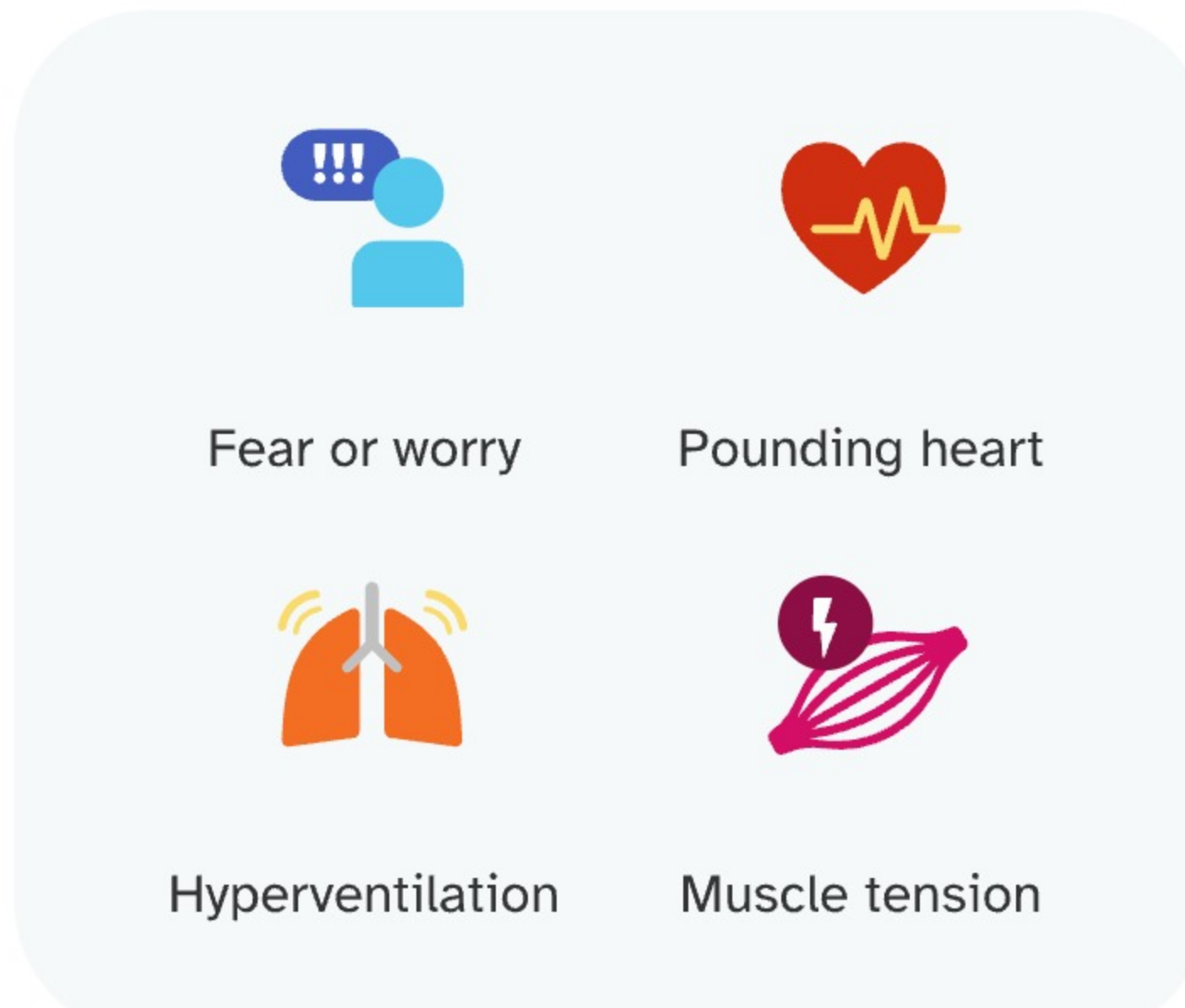
Everyone can sometimes experience anxiety in response to stressful events and situations. But anxiety disorders are a group of conditions where anxiety is overwhelming, doesn't go away over time, and begins to interfere with daily life. Examples of anxiety disorders include generalized anxiety disorder, panic disorder, social anxiety disorder, and phobias.



### What are symptoms of anxiety disorders?

While each anxiety disorder has unique symptoms, they share in common the experience of fear or worry that is difficult to manage, along with physical signs of anxiety. Symptoms can include things like:

- A pounding heart
- Hyperventilation (rapid breathing that can cause feelings of breathlessness)
- Muscle tension
- Sweating
- Nausea
- Nightmares
- Having trouble sleeping



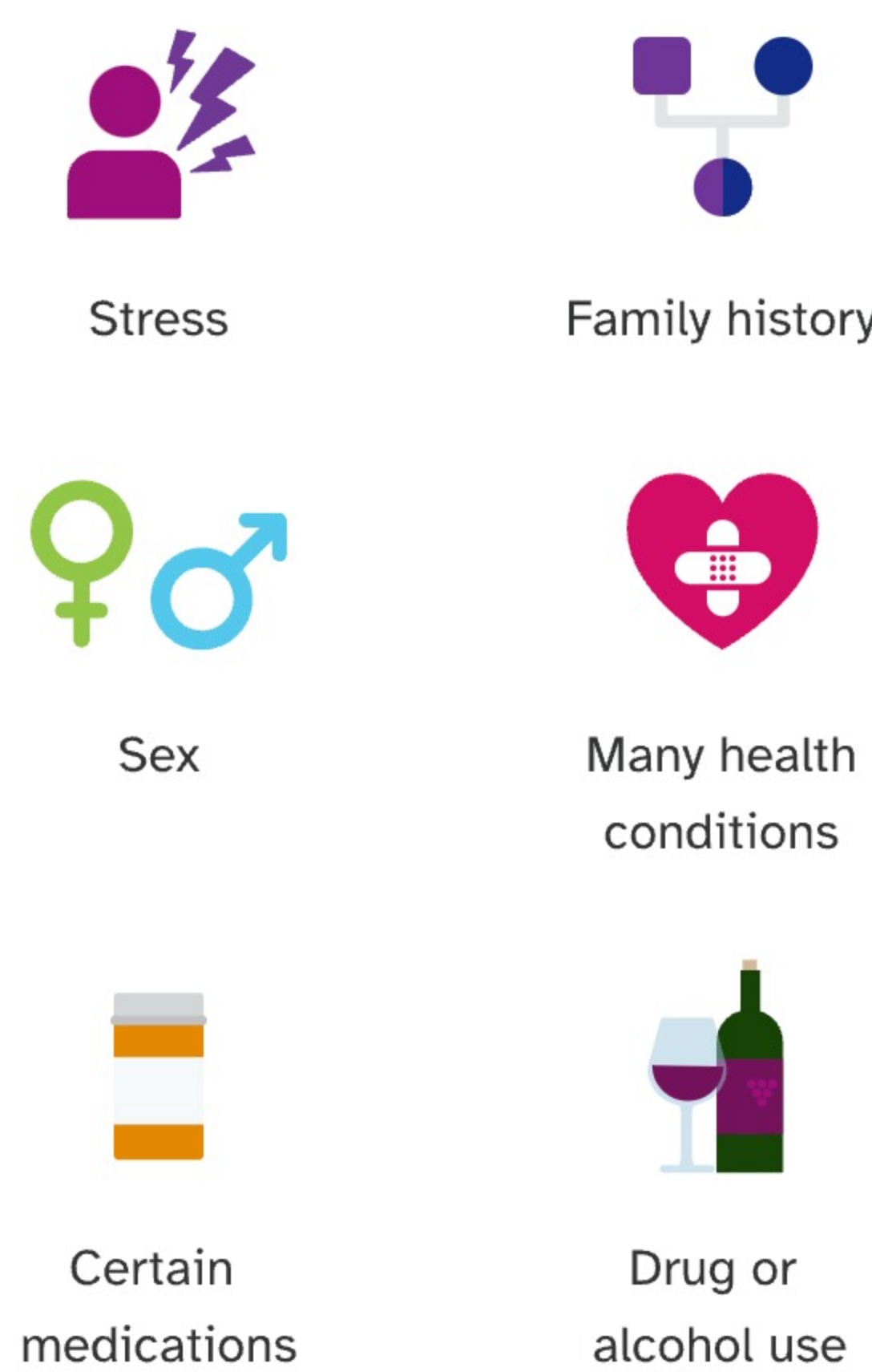
These symptoms can be triggered by certain situations or can be more constant.

### Factors that impact the likelihood of experiencing an anxiety disorder

If you have been diagnosed with an anxiety disorder, know that you're not alone. Anxiety disorders are very common. Up to 3 in 10 people in the U.S. will be diagnosed with one during their lifetime.

Researchers believe that genetics combine with other factors to influence how likely an individual is to develop an anxiety disorder. Non-genetic factors that can increase the likelihood of experiencing an anxiety disorder include:

- A history of severe stress, trauma, or abuse, including in early life
- Having a family history of anxiety
- Sex: More females than males have anxiety disorders
- Many health conditions, including other mental health conditions
- Experiencing discrimination due to race, sexual orientation, gender, or other factors
- Currently taking certain medications
- Problems with alcohol, tobacco, or drug use



If you have any concerns about these potential factors, talk to a healthcare professional like a doctor, clinical psychologist, mental health counselor, or genetic counselor.

## Keep in mind

This report **does not diagnose** anxiety disorders. **Consult with a healthcare professional** if you are concerned about your likelihood of developing an anxiety disorder, have a personal or family history of anxiety disorders, or before making any major lifestyle changes.

**If you have already been diagnosed** with an anxiety disorder by a healthcare professional, it is **important to continue any treatment plans** that they prescribe, including medications and lifestyle modifications.

The likelihood of developing an anxiety disorder also depends on **other factors**, including life experiences and family history.

This report **does not account for every possible genetic variant** that could affect your likelihood of developing an anxiety disorder.

This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

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