


Fear of Public Speaking

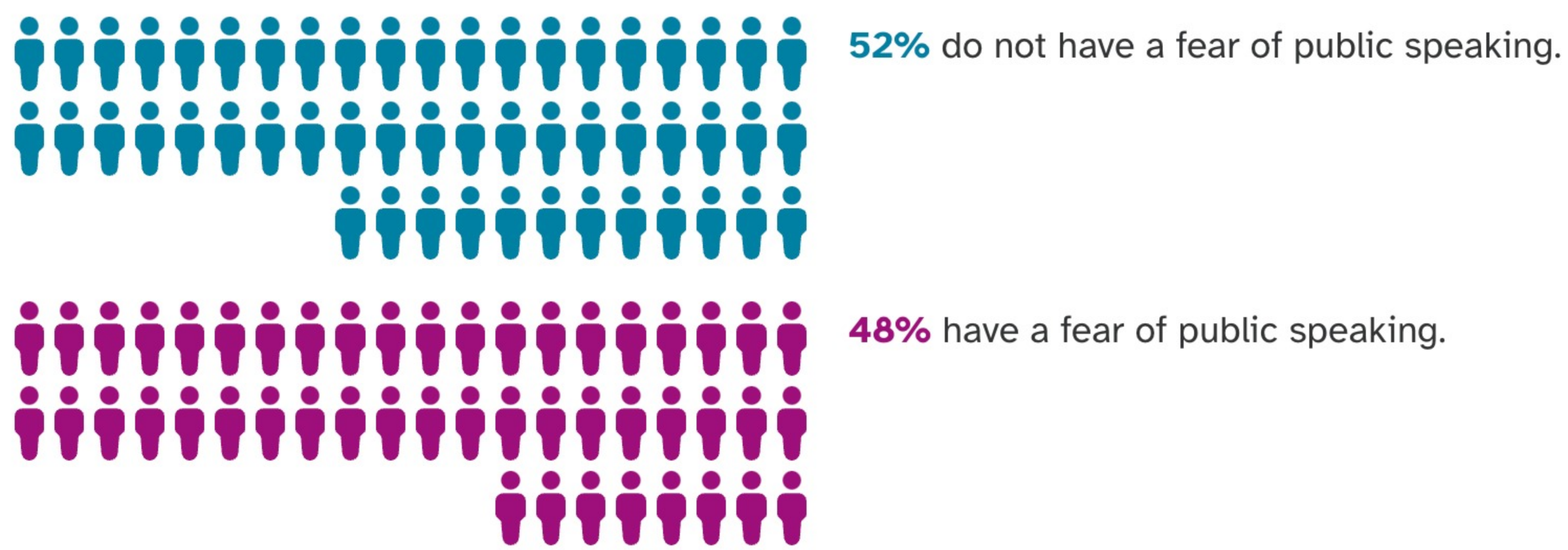
POWERED BY 23ANDME RESEARCH

 Jamie, based on your genetics and other factors, you have **about equal chances** of having or not having a fear of public speaking.

Many factors can influence your chances of having a fear of public speaking.

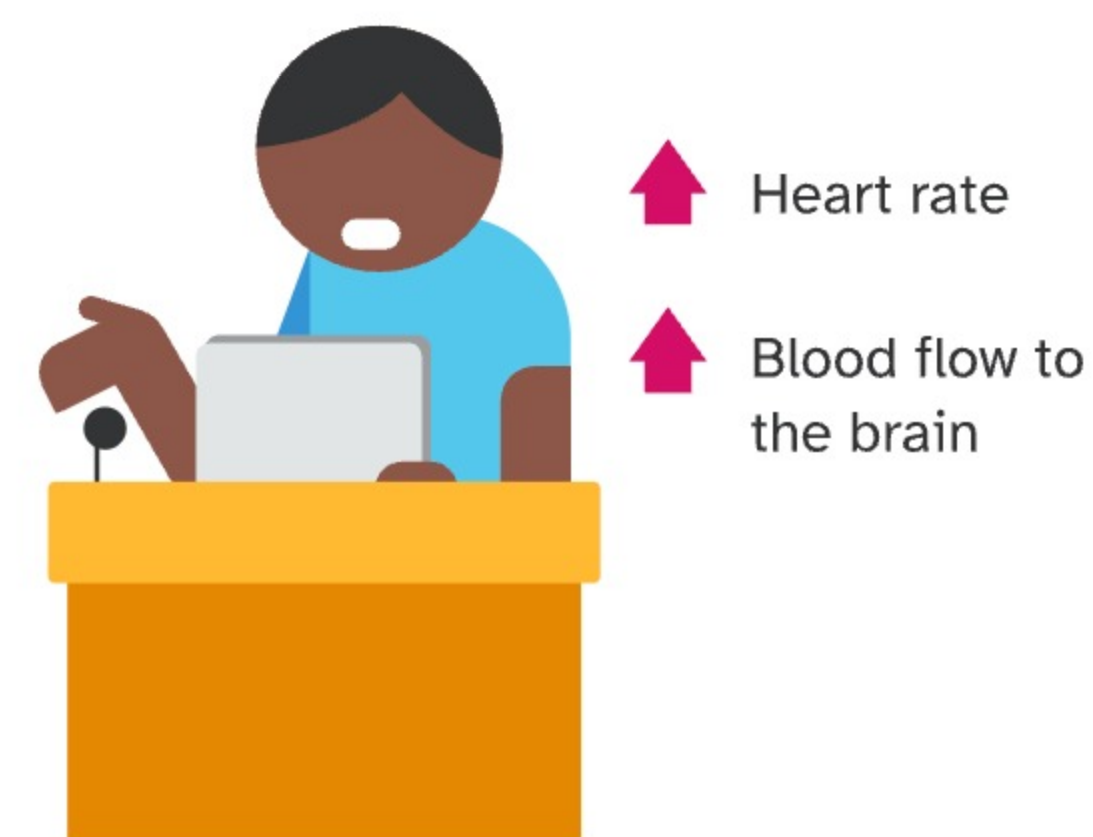
Scientists at 23andMe identified 802 genetic markers that are associated with a fear of public speaking. In addition to genetics, other factors like age, sex, and ancestry can also influence your chances.

Of people with genetics and other factors like yours, we predict:



Speaking of public speaking

When the brain senses a threat in the environment, a part of the brain called the amygdala responds by activating the "fight or flight" response. This response includes many biological changes, like a faster heart rate and increased blood flow to the brain. Studies have found that when speaking in front of others, people with a fear of public speaking may have more active amygdalas. For those with a fear of public speaking, preparation and practice can help. Some people may benefit from talking to a healthcare professional.

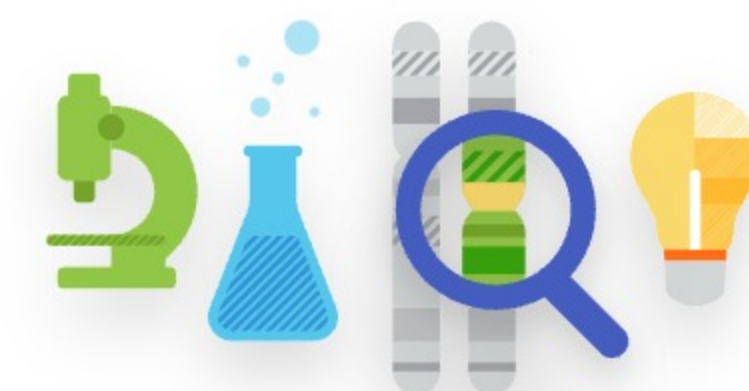


How we got your result

Keep in mind that these results, powered by 23andMe research, are preliminary and meant for informational purposes only.

Contribute to new discoveries by participating in research.

Help us develop more reports like this one by answering questions.



Take Survey

Help us improve this report! Answer a few quick questions



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

ANCESTRY

- Ancestry Overview
- All Ancestry Reports
- Ancestry Composition
- DNA Relatives
- Order Your DNA Book

HEALTH & TRAITS

- Health & Traits Overview
- All Health & Traits Reports
- My Health Action Plan
- Health Predisposition
- Carrier Status
- Wellness
- Traits

RESEARCH

- Research Overview
- Surveys and Studies
- Edit Answers
- Publications

FAMILY & FRIENDS

- View all DNA Relatives
- Family Tree
- Your Connections
- GrandTree
- Advanced DNA Comparison