

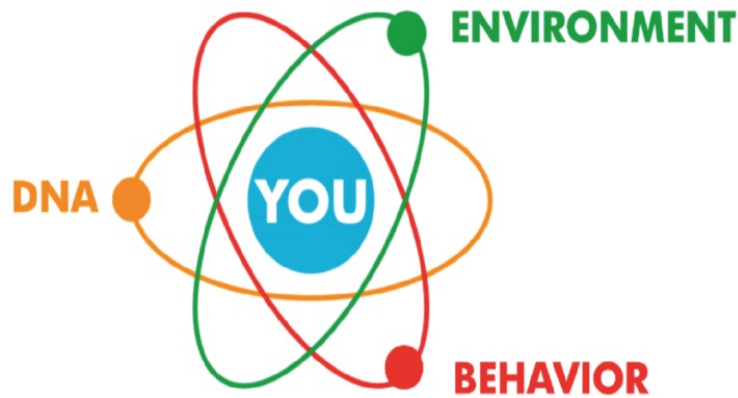
Username - ../../..



*Meet Yourself*



# Welcome to your Karmagenes personal 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 recognised 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:

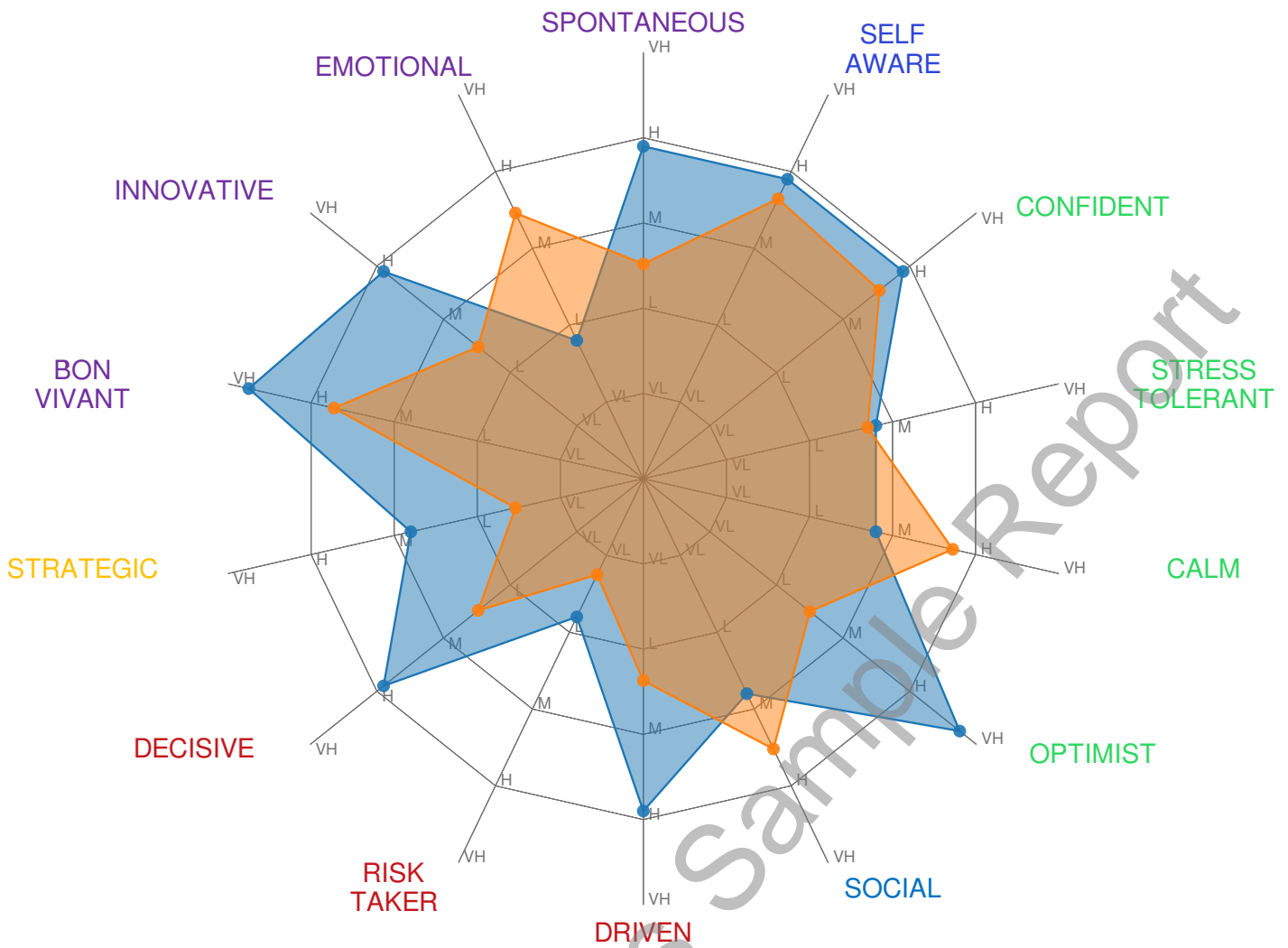
- Openness,
- Conscientiousness,
- Extraversion,
- Agreeableness,
- Neuroticism

Each of the 14 traits, is individually presented with its corresponding DNA and Psychology score, plus brief personal improvement tips, in the following section.

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.

# Your Summary Graph



VH - Very High, H - High, M - Medium, L - Low, VL - Very Low

Blue Your inborn potential (DNA results) Orange Your acquired potential (Psychometric results)

Category	Definition	Related Traits Analysed
Openness	Refers to the category of personality facets associated with seeking new experiences and intellectual pursuits.	Spontaneous, Emotional, Innovative, Bon Vivant.
Conscientiousness	Refers to personality facets associated with the control of impulses.	Strategic.
Extraversion	Refers to seeking fulfillment outside one's self and in community with others. It is characterised by the degree of energy created through outgoing interactions.	Driven, Risk Taker, Decisive.
Agreeableness	Refers primarily to the dimension of interpersonal tendencies, reflecting how much individuals adjust their behaviours to suit others.	Social.
Neuroticism	Refers to the general tendency to experience negative effects, such as fear, sadness, embarrassment, anger, guilt, and disgust.	Stress Tolerant, Optimist, Confident, Calm.

**Self Awareness** is an overall composite trait. Though not specifically belonging to any of the above categories, it is most closely linked to Openness and Conscientiousness.

# Individual Personality Traits' Scores.

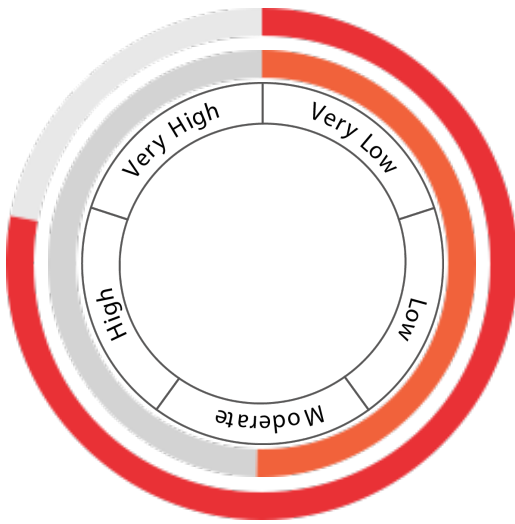
How do we represent your scores:

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





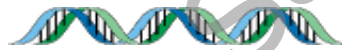
Category: Openness



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

## Definition of Spontaneous:

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.



## Your score - High on DNA, Medium on Psychology:

You have a high DNA score, and if you put your mind to it, you could work on developing a more impulsive streak, especially when surrounded by your significant others -family and friends alike.

**Tip/Improvement:** Try to regularly keep company with your loved ones as it will help to engender and enhance the spontaneous streak in you.

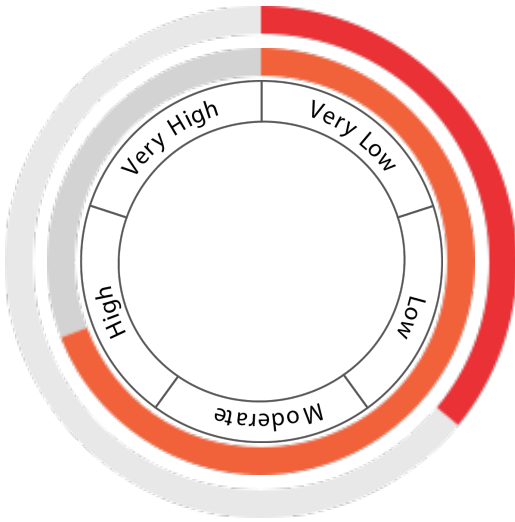


Notes



© Karmageheres Sample Report

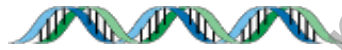
## Category: Openness



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

## Definition of Emotional:

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



## Your score - Low on DNA, high on Psychology:

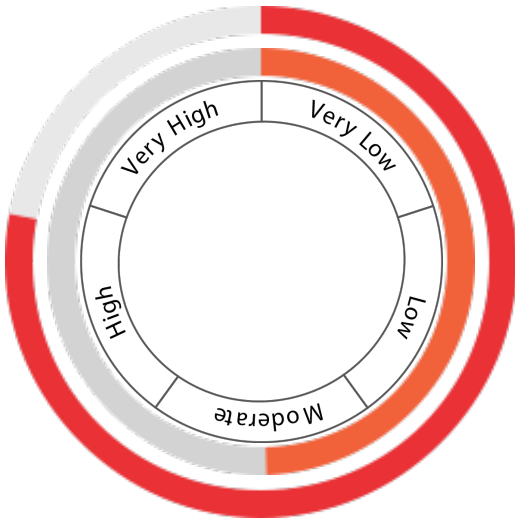
People usually anticipate the unexpected from you since they find it hard to read your emotions. But when you get involved emotionally in any given circumstance, everything changes.

**Tip/Improvement:** Sometimes you may have to control your emotions, to avoid falling out of line while dealing with people.



*Notes*

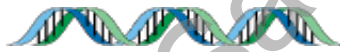
Category: Openness



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

## Definition of Innovative:

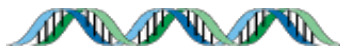
The set of actions required to create new ideas, processes or products which when implemented lead to positive, productive change. Innovation also implies a value system which seeks to derive a positive outcome from the creative act.



## Your score - High on DNA, Medium on Psychology:

You demonstrate your work with a sense of orientation because you know what outcome you want. You might not be in a conducive environment where your creativity can easily find full expression.

**Tip/Improvement:** Don't allow anything to distract you from the objective of getting solutions to a situation or problem. It's in your DNA.



Notes




---



---



---

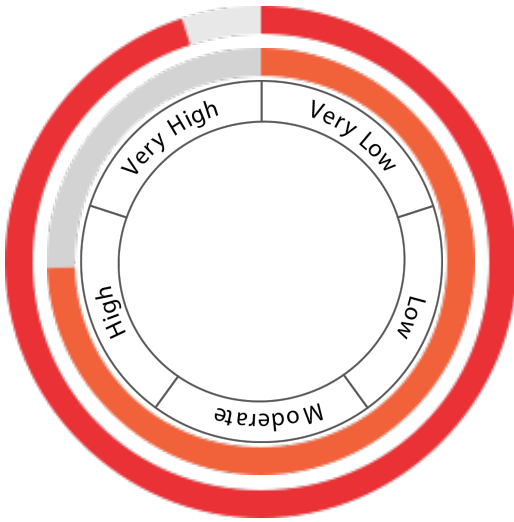


---



---

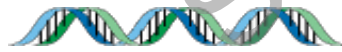
Category: Openness



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

## Definition of Bon Vivant:

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.



## Your score - High on DNA, high on Psychology:

You find pleasure in amusing yourself. You know how to organize and enjoy a great meal with fine drinks in a unique way.

**Tip/Improvement:** Ensure you keep up with the trends!



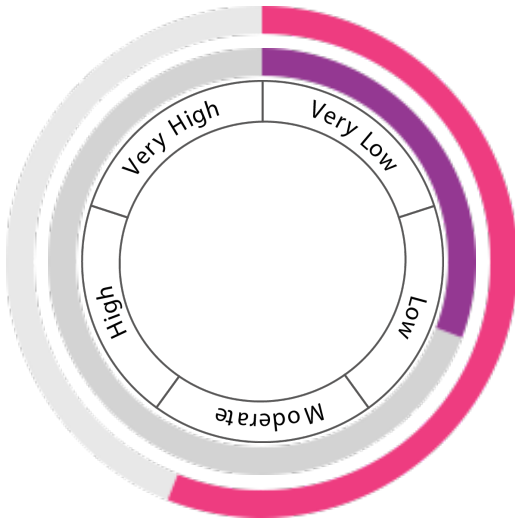
*Notes*



© Karmajones Sample Report



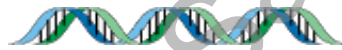
## Category: Conscientiousness



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

## Definition of Strategic:

Strategy 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.



## Your score - Medium on DNA, low on Psychology:

You need to acquaint yourself with some skills in planning and coordination for success. You have no long term goals and it seems you do not strive to meet things with accuracy.

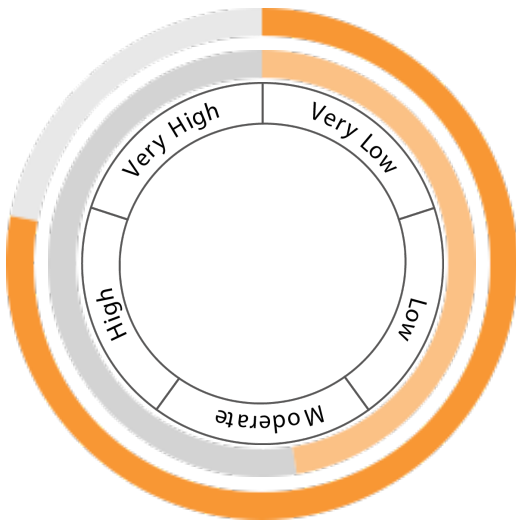
**Tip/Improvement:** Think about the situations surrounding an assignment or challenge and the best way to resolve it before you take any action.



Notes



© Karmajyoti's Sample Report



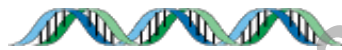
# Driven

Category: Extraversion

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

## Definition of Driven:

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



## Your score - High on DNA, Medium on Psychology:

It seems that you have lost part of your drive, but you still remain within the comfort zone. This 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:** Check whether you experience these emotions often. Make use of your drive and take care that you check your targets. Time to redefine your goals and achievement plans.

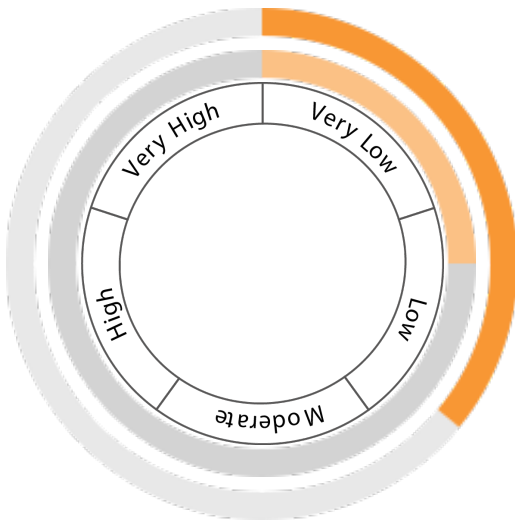


Notes



Karmageder's Sample Report

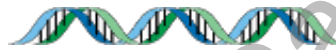
Category: Extraversion



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

## Definition of Risk Taker:

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."



## Your score - Low on DNA, 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.

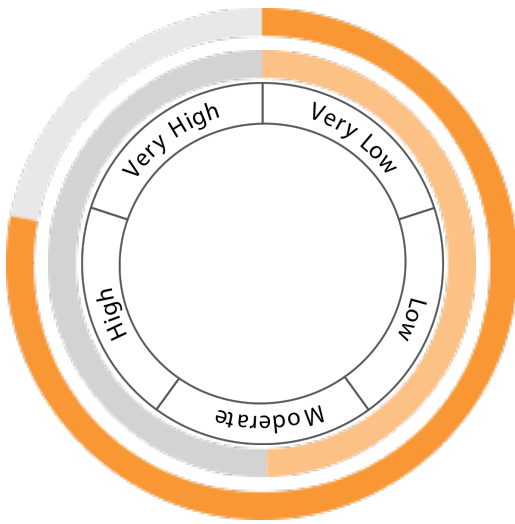
**Tip/Improvement:** Everything you desire has some level of risks involved. You should take some calculated risks, the rewards might be more beneficial than expected.



Notes



© Karmaseries Sample Report

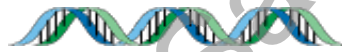


Category: Extraversion

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

## Definition of Decisive:

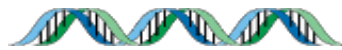
Settling an issue; producing a definite result. Having or showing the ability to make decisions quickly and more efficiently. A person who can make choices quickly and confidently.



## Your score - High on DNA, 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.



Notes




---



---



---

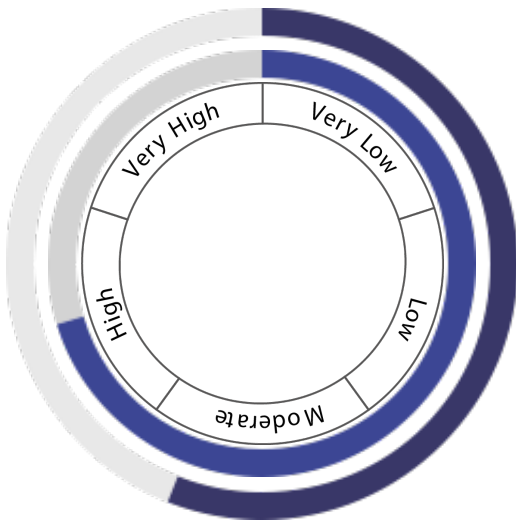


---



---

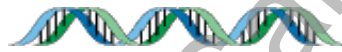
## Category: Agreeableness



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

## Definition of Social:

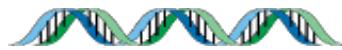
The definition of a social person is someone who enjoys being with others. Having to do with human beings living together as a group when their dealings with one another affect their common welfare.



## Your score - Medium on DNA, high on Psychology:

You are genuinely interested in other people's wellbeing. You have lots of friends, and they all enjoy your lively company. Sometimes, you are willing to and you do hide your own needs to serve others.

**Tip/Improvement:** Keep in mind that sometime you may overwhelm other people that do not share the same social personality as yours.



Notes



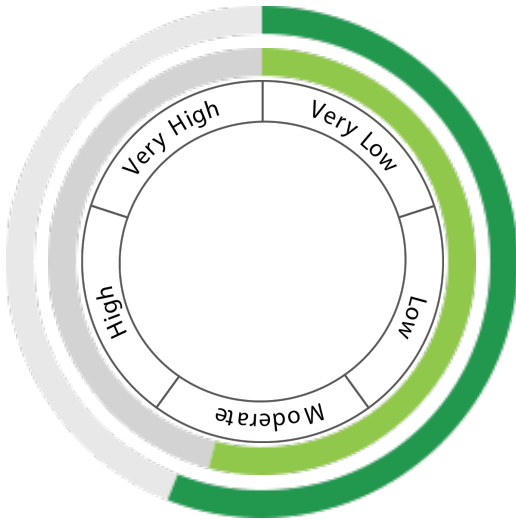
© Karmager's Sample Report



# Stress Tolerant

# 10

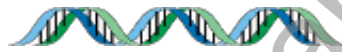
## Category: Neuroticism



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

### Definition of Stress Tolerant:

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.



### Your score - Medium on DNA, Medium on Psychology:

You can manage a stressful situation, and you do not get deterred or easily discouraged by the amount of work involved to get your desired results.

**Tip/Improvement:** Remember to take some break at intervals while working on a task or project.



*Notes*

---

---

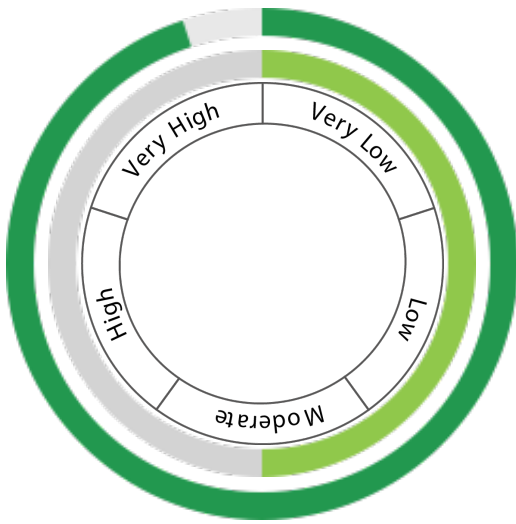
---

---

---

---

© Karmagenes Sample Report



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

### Definition of Optimist:

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.



### Your score - High on DNA, Medium on Psychology:

You know the obvious benefits of being open-minded and confident. It would make you unbiased when it comes to your view of the world.

**Tip/Improvement:** Be prepared to face any negative situation or consequences from your actions, and understand the reasons behind any issue that you experience. Your DNA supports you to expect positive outcomes.



### Notes

---

---

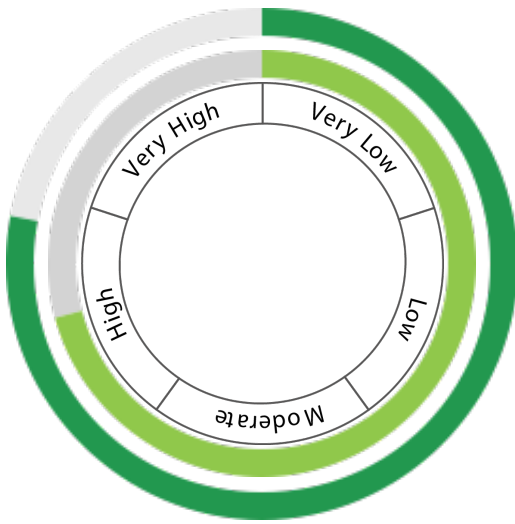
---

---

---

---

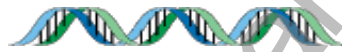
© Karmacharya's Sample Report



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

## Definition of Confident:

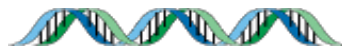
Possessing consciousness, faith and reliance in one's own abilities and powers when applied towards achieving a set goal. Self-confident people tend to see their lives in a positive light, are admired by others, and in their turn inspire confidence in others.



## Your score - High on DNA, high on Psychology:

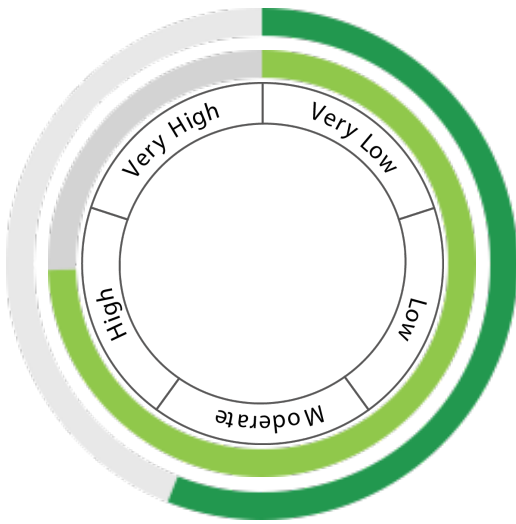
You are highly confident and sure of yourself. You always exude an air of extra confidence. You ensure your appearance is top-notch and you take the pain to be well-groomed. You have no uncertainty about your own abilities.

**Tip/Improvement:** Be proud of who you are and your achievements. Don't hang around negative people that may undermine your confidence skills.



Notes





# Calm

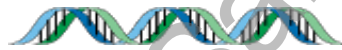
13

Category: Neuroticism

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

## Definition of Calm:

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.



## Your score - Medium on DNA, high on Psychology:

You try to take care of your wellbeing by being relaxed and going easy on things. That's why the score on your psychological profile is high, though you have a medium DNA score.

**Tip/Improvement:** Try to maintain control over your emotions no matter the level of provocation.



Notes

---



---



---



---

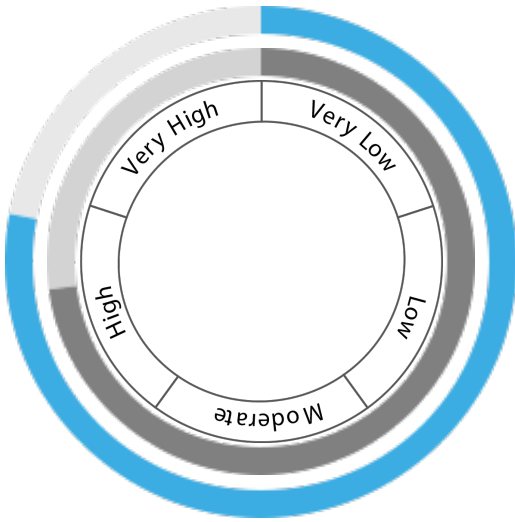


---

© Karmageres

Sample Report

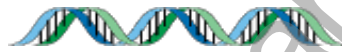
Category: Miscellaneous



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

## Definition of Self Aware:

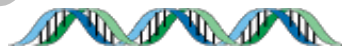
Self-awareness is commonly seen as something that is separate from the thoughts that emerge to our mind. It has also been considered as the area where we are aware of our existence.



## Your score - 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.



Notes

© Karmadev

Sample Report



# Selected Literature (1/2)

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):368-72. 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;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](#). Fox E, Ridgewell A, Ashwin C. *Proc Biol Sci*. 2009;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. [Refining genome-wide linkage intervals using a meta-analysis of genome-wide association studies identifies loci influencing personality dimensions](#). Amin N, Hottenga JJ, Hansell NK, Janssens AC, de Moor MH, Madden PA, Zorkoltseva IV, Penninx BW, Terracciano A, Uda M, Tanaka T, Esko T, Realo A, Ferrucci L, Luciano M, Davies G, Metspalu A, Abecasis GR, Deary IJ, Raikonen K, Bierut LJ, Costa PT, Saviouk V, Zhu G, Kirichenko AV, Isaacs A, Aulchenko YS, Willemsen G, Heath AC, Pergadia ML, Medland SE, Axenovich TI, de Geus E, Montgomery GW, Wright MJ, Oostra BA, Martin NG, Boomsma DI, van Duijn CM. *Eur J Hum Genet*. 2013; (8):876-82. doi: 10.1083/ejhg.2012.263.

# Selected Literature (2/2)

11. [The association between romantic relationship status and 5-HT1A gene in young adults.](#) Liu J, Gong P, Zhou X. *Sci Rep.* 2014;4:7049 doi: 10.1038/srep07049.
12. [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;105(37):14153-6. doi: 10.1073/pnas.0803081105.
13. [Vasopressin and pair-bond formation: genes to brain to behavior.](#) Nair HP, Young LJ. *Physiology.* 2006;21:146-52.
14. [Classical twin studies and beyond.](#) Boomsma D, Busjahn A, Peltonen L. *Nat Rev Genet.* 2002;3(11):872-82.
15. [The General Factor of Personality: A meta-analysis of Big Five intercorrelations and a criterion-related validity study.](#) Dimitrivan der Linden, Jan te Nijenhuis, Arnold B. Bakker. *Journal of Research in Personality.* 2010; doi.org/10.1016/j.jrp.2010.03.003.
16. [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, Carol Franz, Chun-Chieh Fan, Yunpeng Wang, Olav B. Smeland, Andrew Schork, Dominic Holland, Karolina Kauppi, Nilotpal Sanyal, Valentina Escott-Price, Daniel J. Smith, 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.* 2017.09.020.
17. [Oxytocin modulates female sociosexual behavior through a specific class of prefrontal cortical interneurons.](#) Nakajima M, Görlich A, Heintz N. *Cell.* 2014;159(2):295-305. doi: 10.1016/j.cell.2014.09.020.
18. [The nature and structure of correlations among Big Five ratings: The halo-alpha-beta model.](#) Anusic I, Schimmac U, Pinkus RT, Lockwood P.J *Pers Soc Psychol.* 2009;97(6):1142-56. doi: 10.1037/a0017159.
19. [Common Kibra alleles are associated with human memory performance.](#) Papassotiropoulos A, Stephan DA, Huentelman MJ, Hoerndli FJ, Craig DW, Pearson JV, Huynh KD, Brunner F, Corneveaux J, Osborne D, Wollmer MA, Aerni A, Coluccia D, Hänggi J, Mondadori CR, Buchmann A, Reiman EM, Caselli RJ, Henke K, de Quervain DJ. *Science.* 2006;314(5798):475-8.
20. [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.

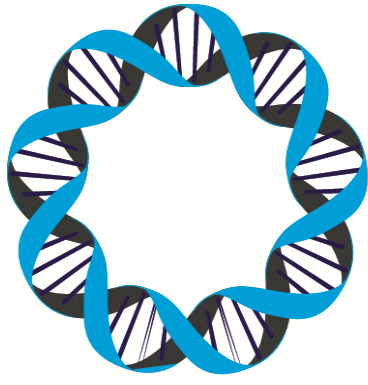
# Thank you and keep in mind:

We apply the highest Swiss standards when it comes to data privacy and we employ high standards measures for privacy and security. We are committed to retain those measures to protect against the loss, misuse or alteration of your personal information under our control. DNA samples are processed anonymously in ISO certified ( ISO 9001:2008S and 17025:2005 (STS429) ) 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. We are continuously updating our algorithm for DNA analysis, to incorporate the latest scientific advances in DNA analysis. This is important so as to ensure accuracy, robustness and keeping up to date. However, due to this update, if you re-take the test at a later stage, you might get a result with a different score of up to 10%, (including a statistical error), when compared to your initial score.

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





# KARMA GENES

meet yourself

Karmagenes SA  
Rte de l'Île-au-Bois 1A  
1870 Monthey 1  
Switzerland

<http://karmagenes.co>  
[contact@karmagenes.co](mailto:contact@karmagenes.co)

©2018. Karmagenes Inc. All Rights Reserved.

© Karmagenes Sample Report