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★ Depression (Power, 2017)

Robert A. Power, et al.
Biological Psychiatry

Mind

STUDY SUMMARY

A genetic variant near genes commonly expressed in the brain may influence the development of depression.

STUDY DESCRIPTION

Depression, also known as major depressive disorder, is a mood disorder that causes feelings of sadness and loss of interest in activities. It is known to have a strong genetic component. The study also identified a novel genetic variant associated with adult-onset depression by examining 165,907 individuals of European ancestry. This variant is *intergenic*, meaning it is located in the regions in-between genes that do not code for a protein. However, the genes around this variant have been shown to be expressed in the brain areas that may play a role in the development of depression.

DID YOU KNOW?

There are ways to try to limit or avoid bouts of depression. In addition to taking medication, avoiding stress, exercising, and having a healthy diet may help manage depression.

YOUR DETAILED RESULTS

The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to depression. The variants highlighted in blue have **negative effects sizes** and decrease your genetic predisposition to depression. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to depression. However, please note that genetic predispositions do not account for important non-genetic factors like lifestyle. Furthermore, the genetics of most traits has not been fully understood yet and many associations between traits and genetic variants remain unknown. For additional explanations, click on the column titles in the table below and visit our [Nebula Library tutorial](#).

VARIANT [ⓘ]	YOUR GENOTYPE [ⓘ]	EFFECT SIZE [ⓘ]	VARIANT FREQUENCY [ⓘ]	SIGNIFICANCE [ⓘ]
rs7647854_G 	A / A	0.15 [-]	16%	5.20 x 10 ⁻¹¹