

☆ Anorexia (Watson, 2019)

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Behavior Mind

STUDY SUMMARY

Identification of genetic variants associated with anorexia nervosa are also linked to a low body-mass index.

YOUR RESULT



STUDY DESCRIPTION

Anorexia nervosa is a common eating disorder characterized by weight loss or the inability to maintain a healthy body weight. Many individuals with this condition have a distorted body image of themselves. Few genetic variants correlated with a predisposition to anorexia nervosa have been identified. This study examined 72,517 individuals of European ancestry from 17 countries in order to find genetic variants associated with anorexia nervosa. Most of the identified variants were also found to be linked to a low body-mass index, sensitivity to insulin, and high-density lipoprotein *cholesterol* (the "good" form of *cholesterol*).

DID YOU KNOW?

Minimizing social pressures to be thin and developing ways to cope with low self-esteem or perfectionism may prevent an eating disorder from occurring. If an eating disorder like anorexia nervosa has already developed, early detection and intervention are crucial to reduce its severity.

YOUR DETAILED RESULTS

To calculate your genetic predisposition to anorexia we summed up the effects of genetic variants that were linked to anorexia in the [study that this report is based on](#). These variants can be found in the table below. The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to anorexia. The variants highlighted in blue have **negative effects sizes** and decrease your genetic predisposition to anorexia. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to anorexia. By adding up the effect sizes of the highlighted variants **we calculated your polygenic score for anorexia to be 1.01**. To determine whether your score is high or low, we compared it to the scores of 5,000 other Nebula Genomics users. We found that your polygenic score for anorexia is in the **100th percentile**. This means that it is higher than the polygenic scores 100% of people. We consider this to be a **very high genetic predisposition to anorexia**. 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 [Ⓞ]
rs9821797_A	A / A	0.16 (↑)	12%	6.99×10^{-15}
rs6589488_A	A / T	0.13 (↑)	13%	6.31×10^{-11}
rs2287348_T	C / T	0.10 (↑)	16%	5.62×10^{-9}
rs2008387_A	G / A	0.08 (↑)	33%	1.73×10^{-8}
rs9874207_C	T / C	0.08 (↑)	49%	2.05×10^{-8}
rs10747478_T	T / G	0.08 (↑)	41%	3.13×10^{-8}
rs370838138_G	G / G	0.08 (↑)	56%	3.17×10^{-8}
rs13100344_T	T / A	0.08 (↑)	54%	4.21×10^{-8}