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☆ Post-traumatic stress disorder (Logue, 2014)

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Mind

STUDY SUMMARY

Variants in the RORA gene are linked to posttraumatic stress disorder (PTSD).

STUDY DESCRIPTION

Post-traumatic stress disorder (PTSD) is defined by disturbances in cognitive, emotional, and behavioral functioning that occurs in response to a traumatic event. To identify genetic variants significantly associated with PTSD, this study examined the genetic data of 761 Caucasian and African-American veterans. The most significant variant that they found was in the RORA gene, which has been identified in other studies as having a role in behavior-relevant processes and psychiatric disorders. In addition, RORA plays a role in regulation of *circadian rhythm*, hormones, and brain development. Most importantly, the RORA gene may function in neuroprotection - preserving *neurons*' structure and function.

DID YOU KNOW?

Learning to cope with PTSD is a different process for every person. However, there may be some general tips that can help you deal with this disorder. Helping others in need, exercising, having a support group, eating a healthy diet, and getting professional help may lessen the symptoms of PTSD.

YOUR DETAILED RESULTS

The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to PTSD. The variants highlighted in blue have **negative effects sizes** and decrease your genetic predisposition to PTSD. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to PTSD. 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 [Ⓞ]
rs8042149_G	T / T	0.74 [-]	56%	2.50×10^{-8}