



Fear of Heights

 POWERED BY 23ANDME RESEARCH



Edwin, based on your genetics and other factors, you are **less likely** than average to be afraid of heights.

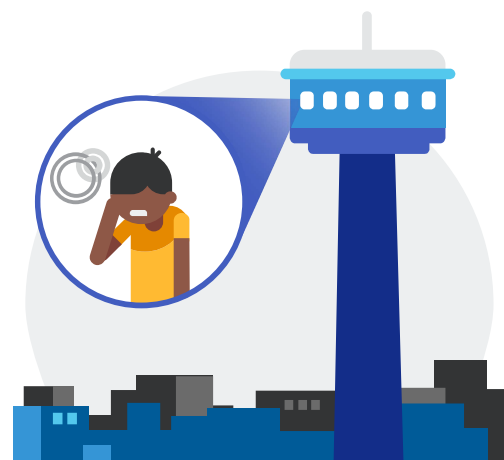
Fear of heights is not a common trait. The average 23andMe research participant has a 29% chance of reporting a fear of heights. Based on your genetics and other factors, you have a 23% chance of being afraid of heights.

Heights and balance

While standing upright, the brain uses visual input from nearby objects to make tiny postural adjustments that help maintain balance. However, when standing at a high elevation relative to their surroundings – like at the edge of a tall building – most people feel somewhat off balance. This is because visual input from nearby objects is lacking, and the objects in view are too far away for the brain to use for balance control.

Fear of heights

Some scientists believe that people with an extreme fear of heights may depend more heavily on visual input for balance control than other people who can use physical sensations as well as visual input to keep their balance. As a result, they may feel especially unstable when standing at an elevation, triggering a fear response.



How we got your result

For this analysis, more than 750,000 23andMe research participants of European descent contributed their genetic data and survey responses on fear of heights.

We identified 392 genetic markers that were associated with being afraid of heights. We used these markers together with non-genetic factors, specifically age and sex, to create a statistical model that predicts the chances of having the trait. The full statistical model has an AUC value of 0.61.

We used the model to predict your chance of being afraid of heights. To get your result, we compared this prediction to that of the average 23andMe research participant to determine if you are more or less likely than average to be afraid of heights.

The statistical model predicts the chance of being afraid of heights to be between 15% and 44%, depending on your genetics, age, and sex. The average 23andMe research participant has a 29% chance.

Read more:

Coelho CM et al. (2015). "Visuo-vestibular contributions to anxiety and fear." *Neurosci Biobehav Rev.* 48:148-59.

Furlotte NA et al. (2015). "23andMe White Paper 23-12: Estimating complex phenotype prevalence using predictive models." 23andMe White Paper 23-12. [https://permalinks.23andme.com/pdf/23-12_predictivemodel_methodology_02oct2015.pdf]

Salassa JR et al. (2009). "Love and fear of heights: the pathophysiology and psychology of height imbalance." *Wilderness Environ Med.* 20(4):378-82.

Change log:

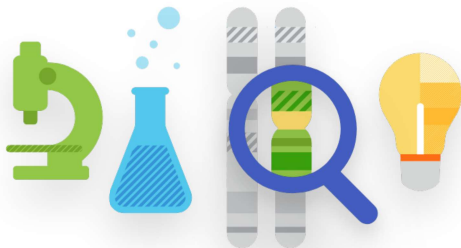
- *October 2018.* Fear of Heights report updated with revised design.
- *July 2018.* Fear of Heights report created.

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

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Take Survey



Edwin Jones's Report, printed on 2021-09-09 UTC

