

Psychological effects of genetic testing for risk of weight gain

Obesity gene testing does not put people off weight loss and may help to reduce self-blame, according to a new study by researchers from the Health Behaviour Research Centre at UCL.

Regardless of gene status or weight, all the volunteers recognised that both genes and behaviour are important for weight control. The results indicate that people are unlikely to believe that genes are destiny and stop engaging with weight control once they know their FTO status.

Read the full, original story here: [Psychological effects of genetic testing for risk of weight gain](#)