

Guidelines regarding saliva sampling (English)

Sampling of saliva is permitted to assess concentrations of:

- Stress hormones: cortisol, adrenal function test (DHEA-S)
- Sex hormones: Estradiol (E2), Progesterone (Pg), Testosterone (T), Estriol (E3), Estrone (E1)
- Oxytocine, beta-amylase and alpha-amylase

The assessment of DNA from saliva is permitted for polymorphisms such as COMT, DAT1, DBH, BDNF etc., which are related to basal levels of neurotransmitters (dopamine, acetylcholine, etc.).

Assessment of polymorphisms to assess vulnerability or risk, for example for depression (FKBP5 polymorphism), dementia (APOE and CYP2D6) and other psychiatric disorders is **not permitted** without permission of the Medical Ethical Committee of the LUMC.

Saliva samples need to be **destroyed** when a participant has not given permission to use his or her saliva sample for assessments.