

ARTICLE INFO

Graphical abstract
MRI
Citation

ABSTRACT

Psychological stress is associated with changes in brain structure and function. However, the underlying mechanisms are not fully understood. In this study, we investigated the effects of acute stress on brain structure and function in a sample of 90 healthy individuals. We used structural MRI to measure gray matter volume (GMV) and functional MRI to measure blood oxygen level dependent (BOLD) signal changes in the amygdala and prefrontal cortex. Results showed that acute stress was associated with a decrease in GMV in the amygdala and an increase in BOLD signal changes in the prefrontal cortex. These findings suggest that acute stress may lead to structural and functional changes in the brain, particularly in regions involved in emotion and executive function.

1. Introduction

Graphical abstract
Psychological stress is associated with changes in brain structure and function. However, the underlying mechanisms are not fully understood. In this study, we investigated the effects of acute stress on brain structure and function in a sample of 90 healthy individuals. We used structural MRI to measure gray matter volume (GMV) and functional MRI to measure blood oxygen level dependent (BOLD) signal changes in the amygdala and prefrontal cortex. Results showed that acute stress was associated with a decrease in GMV in the amygdala and an increase in BOLD signal changes in the prefrontal cortex. These findings suggest that acute stress may lead to structural and functional changes in the brain, particularly in regions involved in emotion and executive function.

Psychological stress is associated with changes in brain structure and function. However, the underlying mechanisms are not fully understood. In this study, we investigated the effects of acute stress on brain structure and function in a sample of 90 healthy individuals. We used structural MRI to measure gray matter volume (GMV) and functional MRI to measure blood oxygen level dependent (BOLD) signal changes in the amygdala and prefrontal cortex. Results showed that acute stress was associated with a decrease in GMV in the amygdala and an increase in BOLD signal changes in the prefrontal cortex. These findings suggest that acute stress may lead to structural and functional changes in the brain, particularly in regions involved in emotion and executive function.

* Corresponding author. E-mail: 104@...

tt ; 2) tt t t -
 , t t t, t t t t
 20 (3 D) t / t 3 B
 t t t , t t t B
 t t t t t
 t t t t
 t t (K t
 A , 2003; t ., 2014). , t t t t
 B t t t t t
 A t , t t t t t , , ,
 t 9- tL t (1= t t , 9= t)
 t t t . At E t 2, t t -
 t t t t t t t t
 t t t t t
 t , t t t'
 (100 , t 15 D) t t t -
 t t t t t .

Table 2

Experiment	Condition	In-Group	Out-Group	In-Group	Out-Group	F
E t1	Commit	4.0 (.1)	3.6 (.1)	2.8 (.1)	2.1 (.1)	2.26*
	Observe	6.8 (.3)	6.6 (.4)	4.5 (.5)	3.3 (.4)	7.55*
	Commit	3.5 (.5)	3.2 (.6)	3.1 (.5)	2.2 (.3)	2.47
	Observe	3.5 (.4)	2.9 (.5)	2.8 (.4)	2.4 (.4)	0.10
	Commit	13.5 (.2)	13 (.2)	12.3 (.2)	11.2 (.2)	2.14*
E t2	Commit	6.9 (.3)	6.7 (.3)	4.4 (.4)	3.3 (.4)	5.41*
	Observe	6.5 (.3)	5.9 (.4)	4.1 (.4)	3.2 (.4)	1.05
	Commit	3.6 (.3)	2.7 (.4)	3.3 (.3)	2.6 (.3)	0.16
	Observe	3.1 (.4)	2.7 (.4)	3.0 (.3)	2.6 (.3)	0.11

... (E) ... E O ... E t1 E t2 ... * < .05.

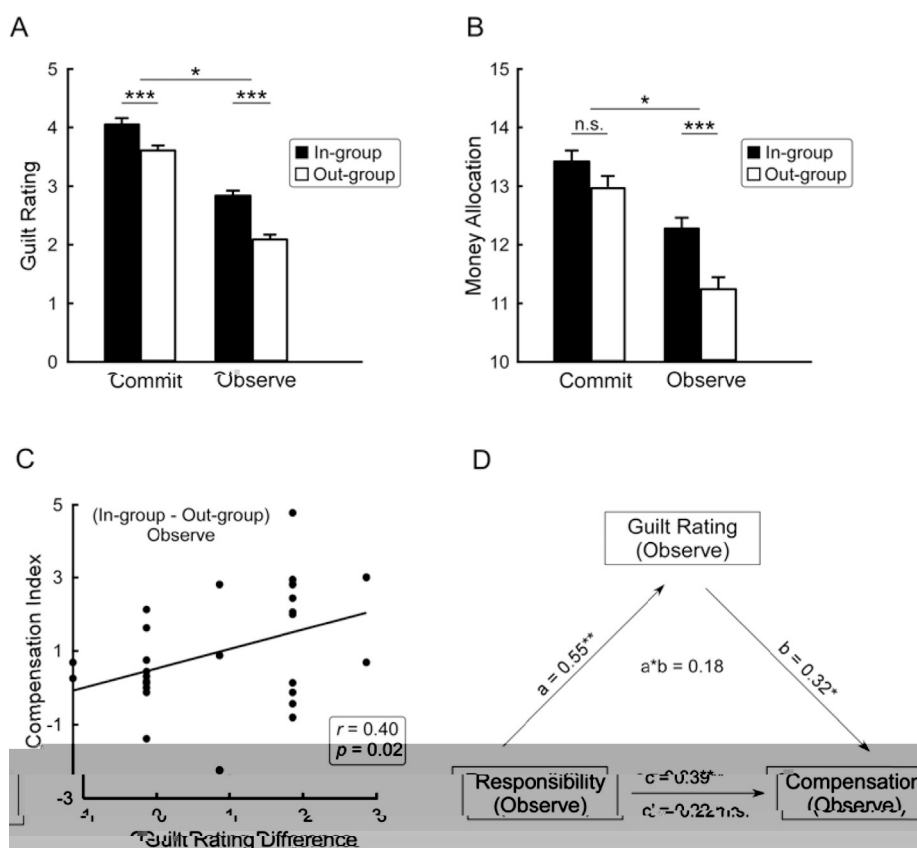


Fig. 3. Behavioral results of Experiment 1 (A) and Experiment 2 (B). ... (C) I ... (D)01, * < .05.

MCC t AI ... (C ... 2011; ... 2014) ... (AI; MNI ... = 6, 26, 28 ; = 85) ... (= 0.45, = ...) (F .4A).

B t , C., H , B.J., D , C.G., M , J., t t , ., 2016. F t t t t t . N . B . R . 71, 455-471. t t : / 10.1016 / r . 2016.09.019.

B , R.H., D , D.J., B t , D.M., 2008. M - t t . J.M .L . 59, 390-412. t t : / 10.1016 / r . 2007.12.005.

B , M., 1988. R t t t . M t t . P . 13, 259-281. t t : / 10.1111 / r . 1475-4975.1988.00126.

B , D.J., L , R., C., H.J., 2013. R t t t . J.M .L . 68, 255-278. t t : / 10.1016 / r . 2012.11.001.

B t , D., M , M., B , B., , 2014. F t t t . J. t t . 67, 1-48. t t : / 10.18637 / r . 067.01.

B t , R.F., t , A.M., H t t , F., 1994. G t t . P . 115, 243-267. t t : / 10.1037 / 0033-2909.115.2.243.

B t , R.F., t , A.M., H t t , F., 1995. P t t t t . B A . . P . 17, 173-198. t t : / 10.1207 / 15324834 . 1701.

B , N.R., , B., K , D.M., 2004. C t G t t t I . N t . C t P . C . R., G , R., H., M , J., , 2008. N t : J.P . . P . 94, 75-90. t t : / 10.1037 / 0022-3514.94.1.75.

B t , J., ., 2015. C R R O P I N B E H A C I 3, 122-129. t t : / 10.1016 / r . 2015.03.004.

B , J., C t t , M.J., 2019. H t t ? C . . 23, 79-80. t t : / 10.1016 / r . 2018.11.004.

C , E., D t , C., B , M., 2015. A t N . 11, 357-366. t t : / 10.1093 / / 120.

C t , E., G , R., 2006. N t t : J.P . . P . 90, 804-818. t t : / 10.1037 / 0022-3514.90.5.804.

C , F., A , A.R., K , C., G ., ., 2015. R t t t . N 114, 371-378. t t : / 10.1016 / r . 2015.03.034.

C r - C , E , D.A., H , E., L , R., L.D., 2011. A t t , J.P . . P . 101, 256-270. t t : / 10.1037 / 0023936.

C , L.J., G , P.J., M , B., K , A., , D., 2015. A t t t t . P L B . 13, 1002180. t t : / 10.1371 / r . 1002180.

C , L.J., t , A., D , M., , A.G., 2011. t t t , . 70, 560-572. t t : / 10.1016 / r . 2011.02.056.

C t t , M.J., 2017. M t t t . N t . H . B . 1, 769-771. t t : / 10.1038 / 41562-017-0213-3.

C t t , M.J., J., K t - N , D , P., D , R.J., 2017. M t t t . N t . N . 20, 879-885. t t : / 10.1038 / .4557.

C - D ' A , C., , A., , P., , ., 2016. C - t t t t . N t . C . 7, 10904. t t : / 10.1038 / . 10904.

C t , M.N., 2013. D t t - t t t t : , t t t t ? C O G N A F F E C B E H A N E 13, 667-673. t t : / 10.3758 / 13415-013-0186-2.

D , J.M., R , E.M., 2003. A t t t . P . J. A . P . 88, 284-294. t t : / 10.1037 / 0021-9010.88.2.284.

D r , B., B , N.R., , R., M t , A., ., 1998. G t t t : t t . J.P . . P . 75, 872-886. t t : / 10.1037 / 0022-3514.75.4.872.

D r , B., B , N.R., , R., M t , A., ., 2004. C t t t t t t . I : B , N.B., B , N.R., D r , B. (E .), C t G t I t t P t . C t P . C , . 95-111. D , ., 2018. M . C . . 22, 780-793. t t : / 10.1016 / r . 2018.06.004.

D , J., 1999. A K G t L P , . 18, . 313-325. t t : / 10.1023 / A : 1006380226393.

E t , H., C , L.J., , D., 2016. M t t t t t t t t t . J. N . 36, 11987-11998. t t : / 10.1523 / J N E R O C I 3672-15.2016.

E t , P.C., t , C.A., 1988. F t t t : t . M t . E t 12, 271-302. t t : / t . . / 1669.

F C.F., H , J., , K., 2014. C t t t t t t t . J. C t P . . 45, 265-281. t t : / 10.1177 / 0022022113492892. t t : / ? = C t + t + + t + +

F , J., B , D., t , J., E , H.L., 2007. t t t . I : J.L., R , R., , J.P. (E .), C E t : . G P . N . 330-348.

F , M.A., B , N.R., 2014. t t t t I : , M., , C. (E .), C t E t : P t t P , . O P. O . 251-265.

F r , N.H., 1993. t . C t E t 7, 357-387.

F , J., H t , ., , R., 2001. E t t t t L . t t t t , N . F t , K.J., P , .D., G , D.E., 2005. C r t t . N 25, 661-667. t t : / 10.1016 / r . 2005.01.013.

F , N., K.I., , R., M , ., 2019. G t t t t t t . P . 1-11 t t : / 10.1007 / 12144-019-0144-4.

G t , P.E., 2004. E t t t t t . P . . 71, 901-911. t t : / 10.1086 / 425944.

G , C., 2007. F : A P E t . C t P , C . G , , H., , L., B , P.R., , L., H , M., ., 2018. D t t t t t t t t t t t . P . N t . A . . 115, E7680-E7689. t t : / 10.1073 / .1802523115.

G , P.R., M R , K., R , ., G , J.J., 2008. t t t t . B . P t 63, 577-586. t t : / 10.1016 / r . 2007.05.031.

H t , E., C , J., R , R.L., 1993. E t t t . C . D . P . 2, 96-100. t t : / 10.1111 % 2 F 1467-8721. 10770953.

H , E., E , N., 2019. M E t t P t D M . O t P , O . H , M.L., 2001. E t M D t I t t C J t . C t P , C . I - , M.H., M C , A., D , H., D , A., 2009. N t t . P . N t . A . . 106, 8021-8026. t t : / 10.1073 / .0810363106.

I , A., L . C . , P , A., 2004. R t t t t t : t t t O t : R - P , P , R t . R t , L , A. (E .), . 345-361.

I , C.E., 1991. P E t . P , N I , K., .D., Q , ., , H , M., K , R., 2002. P - t t t t t t t t t . C . N . 113, 298-304. t t : / 10.1016 / 1388-2457(01)00734-9.

J , D., J , F.P., 1991. J t : G G . P t H , E C , N.J. K'

