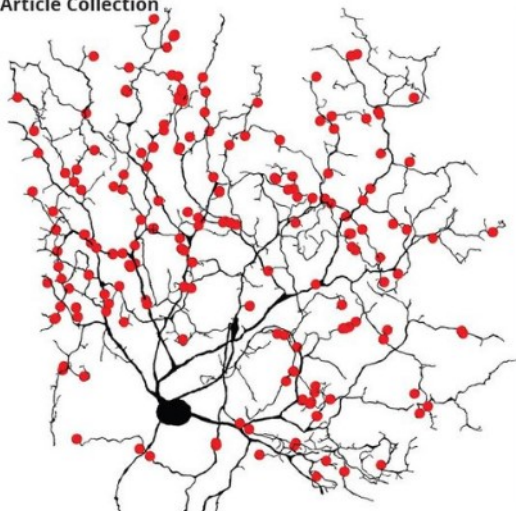




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Seeing beyond

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Prenatal maternal depressive symptoms are associated with neonatal left amygdala microstructure in a sex-dependent way

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Abstract

Exposures to prenatal maternal depressive symptoms (PMDS) may lead to neurodevelopmental changes in the offspring in a sex-dependent way. Although a connection between PMDS and infant brain development has been established by earlier studies, the relationship between PMDS exposures measured at various prenatal stages and microstructural alterations in fundamental subcortical structures such as the amygdala remains unknown. In this study, we investigated the associations between PMDS measured during

Abbreviations: 11β-HSD2, 11beta hydroxysteroid dehydrogenase 2; 3D, three-dimensional; 4D, four-dimensional; AD, axial diffusivity; BMI, body mass index; CNS, central nervous system; CRH, corticotropin-releasing hormone; DTI, diffusion tensor imaging; DWI, diffusion-weighted imaging; EPDS, Edinburgh Postnatal Depression Scale; FA, fractional anisotropy; FDR, false-discovery rate; FOV, field-of-view; FSL, FMRIB Software Library; GM, grey matter; GW, gestational week; HPA, hypothalamic–pituitary–adrenal; MD, mean diffusivity; MRI, magnetic resonance imaging; PMDS, prenatal maternal depressive symptoms; ROI, region-of-interest; SSRI, selective serotonin reuptake inhibitor; TE, echo time; TR, repetition time; WM, white matter.

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gestational weeks 14, 24 and 34 and infant amygdala microstructural properties using diffusion tensor imaging. We explored amygdala mean diffusivity (MD) alterations in response to PMDS in infants aged 11 to 54 days from birth. PMDS had no significant main effect on the amygdala MD metrics. However, there was a significant interaction effect for PMDS and infant sex in the left amygdala MD. Compared with girls, boys exposed to greater PMDS during gestational week 14 showed significantly higher left amygdala MD. These results indicate that PMDS are linked to infants' amygdala microstructure in boys. These associations may be relevant to later neuropsychiatric outcomes in the offspring. Further research is required to better understand the mechanisms underlying these associations and to develop effective interventions to counteract any potential adverse consequences.

KEYWORDS

amygdala, diffusion tensor imaging, gray matter, mean diffusivity, prenatal maternal depression

1 | INTRODUCTION

Exposures to prenatal maternal depressive symptoms (PMDS) may predict the risk of developing long-term adverse physical and mental health outcomes in children (Bennett et al., 2004; Douros et al., 2017; Goodman et al., 2011; Lupien et al., 2009; Nazzari et al., 2019; Sidebottom et al., 2021). The risk of mothers developing depressive symptoms ranges from 7.4%, 12.8% and 12% during the first, second and third trimesters of pregnancy, respectively (Bennett et al., 2004; Sidebottom et al., 2021). PMDS have been associated with various negative health outcomes, including low birth weight (Bonari et al., 2004; Davalos et al., 2012), premature birth (Diego et al., 2009; Sandman et al., 1994), neurodevelopmental disorders such as autism and an increased risk for attention deficit hyperactivity disorder later in life (Kinney et al., 2008; Ronald et al., 2011). PMDS have also been linked with negative emotional, behavioural and cognitive outcomes with impacts that may extend into adolescence and adulthood (Markham & Koenig, 2011; Nolvi et al., 2016; O'Connor et al., 2002; Sandman et al., 1994).

Studies have shown that the amygdala undergoes significant growth during the embryonic stage and continues to develop throughout infancy (Humphrey, 1968; Uematsu et al., 2012).

PMDS exposures in offspring can result in changes in the structure of the amygdala. These changes occur in offspring not only at the macrostructural level, such as volume (Acosta, Kantojärvi, et al., 2020; Favaro et al., 2015; Lehtola et al., 2020; Lugo-Candelas et al., 2018; Wen et al., 2017) but also at the microstructural level (Rifkin-Graboi et al., 2013; Wen et al., 2017). The amygdala's structural and functional changes are associated with mental health disorders and depressive symptoms (Rosso et al., 2005; Straub et al., 2017). Therefore, it is a critical structure for understanding the biological mechanisms of PMDS on mental health and brain development in the offspring (Wen et al., 2017).

Microscopic features of brain structures can be assessed using diffusion tensor imaging (DTI) (Salo et al., 2018). DTI allows the mapping of tissue architecture based on the diffusion of hydrogen molecules, which generates a three-dimensional (3D) model of each voxel

using a 3×3 matrix, called a diffusion tensor (Stebbins, 2010). In each voxel, the diffusion tensor can be used to characterize the magnitude of diffusion and its direction using three eigenvectors ($\lambda_1, \lambda_2, \lambda_3$) (Stebbins, 2010). To the best of our knowledge, the amygdala diffusivity changes in response to PMDS in infants are limited to one study (Rifkin-Graboi et al., 2013). Rifkin-Graboi et al. (2013) reported that in 6- to 14-day-old infants, elevated PMDS were associated with decreased right and left amygdala fractional anisotropy (FA) and reduced right amygdala axial diffusivity (AD). The FA metrics measure the directionality of molecular displacement of water molecules and are sensitive to axonal diameter, myelin sheath thickness, fibre density and directionality (Tao et al., 2017). The AD metrics measure the movements of water molecules parallel to the axonal tracts, representing the longest observed eigenvector (Klawiter et al., 2011). FA and AD metrics can be difficult and misleading to interpret in the analysis of grey matter (GM) structures such as the amygdala, as diffusivity in GM is isotropic, meaning that diffusion in all three directions shows similar changes (Gillespie et al., 2017; Jeurissen et al., 2013; Yroni et al., 2019). Thus, measurement of the mean diffusivity (MD) may be more accurate in providing information on the microstructure of the amygdala and other GM structures. The MD is an average of the three eigenvalues, which measures the overall amount of water diffusion regardless of its directionality (Stebbins, 2010). The MD metrics are affected by the number of barriers and restrictions to water motion in tissues, where high values indicate fewer restrictions and low values indicate more barriers in the underlying tissues (Clark et al., 2011; Tao et al., 2017). To date, the associations between PMDS and amygdala MD changes during infancy are still unknown.

PMDS at different stages of pregnancy have been shown to have a significant impact on fetal development. Investigating the effects of PMDS at different stages of pregnancy can provide valuable insights into the specific timing involved in fetal development, as well as the potential mechanisms that underlie these effects (Rifkin-Graboi et al., 2013). PMDS in early, mid or late pregnancy have been linked to amygdala development in offspring (Acosta, Kantojärvi, et al., 2020; Acosta, Tuulari, et al., 2020; Rifkin-Graboi et al., 2013). Amygdala development begins early in the embryonic period, and all the main amygdala subdivisions become evident around the first month of pregnancy (Humphrey, 1968; Müller & O'Rahilly, 2006). Amygdala neuronal migration, differentiation, axonal outgrowth and synaptogenesis continue throughout the second and third trimesters (Acosta, Tuulari, et al., 2020; Humphrey, 1968; Müller & O'Rahilly, 2006; Ulfing et al., 2006). As a result, PMDS at

different stages of pregnancy may have different effects on amygdala development.

PMDS exposures have been observed to associate with the amygdala in a sex-specific manner (Acosta, Kantojärvi, et al., 2020; Acosta, Tuulari, et al., 2020; Lehtola et al., 2020; Wen et al., 2017). PMDS have been found to be associated with the amygdala in girls more than boys at the macro- and microstructural levels (Wen et al., 2017), whereas in other studies, PMDS have been found to be significantly associated with amygdala volumes in boys more than girls (Acosta, Kantojärvi, et al., 2020; Acosta, Tuulari, et al., 2020; Lehtola et al., 2020). Although investigating sex differences would allow a better assessment of the potential effects of PMDS, to the best of our knowledge, the sex-specific effects of PMDS measured in the amygdala microstructure at different pregnancy time points have not been investigated.

In the current study, we explored the effects of PMDS, measured by the Edinburgh Postnatal Depression Scale (EPDS), during gestational weeks (GW) 14, 24 and 34 on the amygdala MD metrics in infants aged 11–54 days. We explored the sexually dimorphic associations of PMDS with amygdala MD metrics. The nature of this work was exploratory, and no specific hypotheses were established.

2 | MATERIALS AND METHODS

2.1 | Participants

Participants were mother–infant dyads from the FinnBrain Birth Cohort Study (www.finnbrain.fi) (Karlsson et al., 2018). All mothers were Caucasian and Finnish. Background information was assessed via the mothers' self-report questionnaires at GW 14 and/or 34. Obstetric data were gathered from the Finnish Medical Birth Register of the National Institute for Health and Welfare (<http://www.thl.fi>). In all, 189 infants underwent MRI scans between the ages of 11 and 54 days after birth. Inclusion criteria were birth weights > 2500 g and gestational ages ≥ 36 weeks. Exclusion criteria were previously diagnosed congenital abnormalities of the central nervous system (CNS) and abnormal findings in a prior magnetic resonance imaging (MRI) scan. Of the 189 infants, 64 were excluded due to motion artifacts in the MR images, and five were excluded due to missing EPDS questionnaires. In the final sample, DTI images with 60 diffusion directions from 84 infants were included. In our sample, 11 infants had a record of mild asphyxia, and three had CPR and respirator treatment. All parent(s) provided written informed consent. This study was conducted following the Declaration of Helsinki and was approved by the Ethics Committee of

the Hospital District of Southwest Finland (ETMK:31/180/2011).

2.2 | Maternal prenatal depressive symptoms

PMDS were measured at GW 14, 24 and 34 using the EPDS questionnaire (Cox et al., 1987). The EPDS is a self-rated 10-item questionnaire validated for the evaluation of the previous 7 days of depressive symptoms (Adouard et al., 2005; Cox et al., 1987). Each item is scored on a 4-point scale with a total score range from 0 to 30 (Cox et al., 1987).

2.3 | Diffusion-weighted imaging data acquisition and processing

MRI scans were performed using the Siemens Magnetom Verio 3T scanner (Siemens Medical Solutions, Erlangen, Germany) as described before (Lehtola et al., 2019). A 96-direction diffusion-weighted imaging (DWI) protocol was divided into three parts (composed of 31, 32 and 33 non-identical diffusion encoding directions). The diffusion encoding directions were evenly distributed across the 3D space in the full 96-direction protocol in each part (each with a duration of approximately 6 min). For this study, 60 diffusion directions using $b = 1000 \text{ s/mm}^2$ in addition to three $b = 0 \text{ s/mm}^2$ images were selected. The sequences were acquired using the Spin Echo-Echo Planar Imaging sequence at 2-mm^3 isotropic resolution [field of view (FOV) 208 mm; 64 slices; repetition time (TR) 8500 ms; echo time (TE) 90 ms]. DWI data were processed as previously described (Merisaari et al., 2019). In each of the three DWI segments, the good-quality b_0 volumes were aligned, averaged and moved to the front of the four-dimensional (4D) series. A brain mask was then created from the selected b_0 volume using FSL (FMRIB Software Library v 5.0.9) (Jenkinson et al., 2012) and FSL's Brain Extraction Tool (Smith, 2002). The qualities of each diffusion data sets were evaluated using the DTIprep software version 1.2.4 (Oguz et al., 2014). The three DWI segments that now contained only quality-controlled data were combined by co-registering and averaging the B_0 volumes of each segment and applying the transforms to the corresponding DWI data while adjusting the b -matrix correspondingly for the rotational component of the transforms. These fusion data sets contained a variable number of diffusion encoding directions (>60 directions). Directions in excess of 60 were removed while maximizing the angular resolution (Merisaari et al., 2019) and maintaining an even distribution of

encoding directions (Roalf et al., 2016). The motion and eddy currents were corrected with FSL tools (Andersson & Sotiropoulos, 2016). The correlation to minor residual motion (after DTIprep and motion correction) was deemed small (Merisaari et al., 2019). Finally, to yield MD metrics, we processed the 4D diffusion dataset with FSL's dtifit, using the brain mask to limit the modelling exclusively to brain tissue.

2.4 | Labelling the structures

The left and right amygdala were identified in each subject using label-fusion-based methods. These methods depend on achieving good registrations between the entries using library templates, based on each study subject. We constructed a population-specific base template based on the methods described in Fonov et al. (2011), warped that template to the 21 subjects that best represented the morphological variation in the sample and manually labelled the amygdala on each template as previously described (Hashempour et al., 2019) (Figure 1). We then unwrapped these 21 manual segmentations, created consensus segmentation labels on the base template via a voxel-wise majority vote and constructed a library of warped versions of the labelled template that represented the morphological variation in the sample for those structures. This library was then used to label the individual brains via label-fusion-based labelling methods. A detailed description of the methods can be found in Lewis et al. (2019) and in Acosta, Tuulari, et al. (2020).

2.5 | Extracting diffusion metrics

The diffusion data were registered with the T1-weighted data, and the DTI metrics were extracted for the structures of interest as follows: (1) The B_0 volume that contains raw T2 signal with no diffusion weighting was extracted from the diffusion datasets and registered with the nonuniformity-corrected T1-weighted data in native space; (2) the resultant transform was then concatenated with the transform from native to stereotaxic group average template space, and the result was applied to each of the DTI maps to overlay them on the T1-weighted data in stereotaxic space. For each DTI map, the mean values within the amygdala were calculated, taking into account the partial volume effects on the borders of each structure. The resolution of the diffusion data was 2 mm isotropic; thus, complete elimination of partial volume effects would have discarded a large portion of the measurements within small structures such as the amygdala. To eliminate most of the partial volume effects, while

FIGURE 1 An example of manual segmentation of the amygdala on one of the templates that was used for the majority vote segmentation of the structural MRI data. The amygdala manual segmentation in (a) coronal (b) sagittal and (c) axial planes. (d) Three-dimensional segmentation of the amygdala.

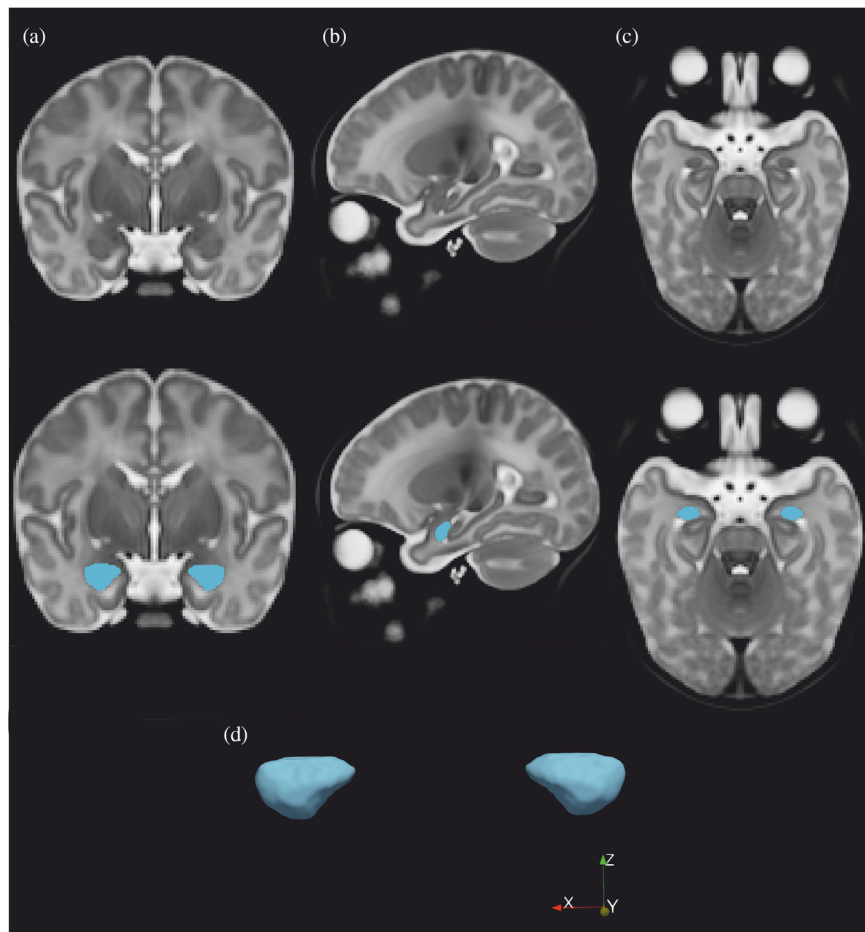
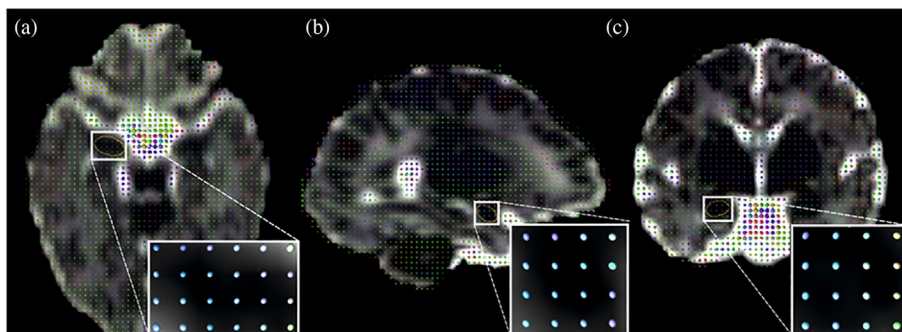


FIGURE 2 Example of the amygdala ellipsoids obtained from one of the participants in the study. The subject was a boy, exposed to a high level of prenatal maternal depressive symptoms. The amygdala ellipsoids on the (a) axial, (b) sagittal and (c) coronal planes. The MD map is the background in the figure.



also retaining a sufficient set of DTI measures for the statistical analysis, we eroded the amygdala labels by 1.5 mm before using the eroded labels as masks for the calculation of the mean of the remaining measures in each of the DTI maps. The DTI directions showing amygdala diffusion ellipsoids are shown in Figure 2.

2.6 | Statistical analyses

Statistical analyses were performed using SPSS version 25 (IBM Corp., Armonk, NY) and R version 3.6.3

(<http://www.r-project.org/>). Figures were created using ParaView, ITK-SNAP and FSLeaves software (Ayachit, 2015; Jenkinson et al., 2012; Yushkevich et al., 2006).

The MD metrics were evaluated for the normality of their distributions across subjects and were not found to deviate statistically significantly from normal distributions ($p > .05$). To report associations of maternal and infant demographics with each other and with EPDS and MD metrics, bivariate Pearson correlations between measurement variables, one-way ANOVA and two-sample *t*-test between nominal and measurement variables were

performed. Covariates were tested with both EPDS and MD, and they were selected for further analyses if they had a significant association with either EPDS scores or MD metrics. Prenatal and postnatal factors considered for inclusion in the models were maternal use of selective serotonin reuptake inhibitors (SSRIs), serotonin and norepinephrine reuptake inhibitors (SNRIs), other CNS affecting medications, maternal age at the due date, economic situation based on parent(s) perspective obtained through questionnaires, maternal pre-pregnancy body mass index (BMI), infant 5-min Apgar score and infant weight at birth. In all the analyses, infant age at scan time, infant GW at birth and infant sex were included in the models.

The associations between the right and left amygdala MD metrics and EPDS scores were analysed using multiple linear regression models. Sex-specific associations between EPDS scores and the amygdala MD metrics were investigated using models that included an interaction between sex and an EPDS score. The *p*-values were corrected for multiple comparisons using the false-discovery rate (FDR) method (Benjamini & Hochberg, 1995). FDR corrections were performed separately over the six main effects analyses (from the models: MD ~ EPDS + covariates), and over the six sex interactions analyses (the interactions in the models: MD ~ EPDS*sex + covariate). In all analyses, the level of statistical significance was set at .05 (for both non-corrected and corrected *p*-values) (Table 1).

For the statistically significant outcomes, sensitivity analyses were carried out by repeating the multiple linear regression tests by adding and removing each of the included covariates (maternal use of SSRIs, SNRIs and CNS affecting medications, maternal age at the due date, economic situation, maternal pre-pregnancy BMI, infant 5-min Apgar score, infant weight at birth, infant age at scan time, infant GW at birth and infant sex) in the model, in a leave-one-out fashion. In the sensitivity analysis, we did not apply multiple comparison corrections. An overview of the performed sensitivity analyses is shown in Table 1.

3 | RESULTS

3.1 | Maternal and infants demographics

Table 2 shows the associations between the EPDS scores and the MD metrics with the demographics. The monthly income of the mothers is reported for the purposes of describing the sample's characteristics. However, only the mother's subjective assessment of their economic

situation has been used in the analyses as it had significant associations with the EPDS scores. It has been shown that traditional objective social status does not completely represent perceived rankings of social hierarchy (Shaked et al., 2016). Additionally, research has demonstrated that a person's subjective assessment of their economic standing is more closely related to psychological outcomes like depressive symptoms than their absolute financial income (Shaked et al., 2016). Mothers with lower EPDS scores reported a better economic situation than mothers with higher EPDS scores during GW 24 and 34 ($r = -.261$, $p = .004$). Moreover, there was a negative association between EPDS scores during GW 14 and maternal age ($r = -.286$, $p = .002$). In infants, a negative correlation between maternal EPDS scores at GW 34 and infants' 5-min Apgar scores was observed ($r = -.201$, $p = .030$). Furthermore, higher MD metrics of the left amygdala were positively associated with infant age from birth at scan time ($r = -.399$, $p = .0004$). Maternal and infant demographic characteristics are presented in Tables 3 and 4, respectively.

3.2 | The main effect of PMDS on the amygdala MD metrics

The multiple linear regression analyses showed no main effects of any EPDS scores (GW 14, 24 and 34) on the MD of either the left or right amygdala when controlling for prenatal and postnatal factors (Table 5).

3.3 | Sex-specific associations of PMDS with the amygdala MD metrics

The analyses revealed a significant sex interaction effect of the EPDS GW 14 scores on MD of the left amygdala (EPDS GW 14-MD*sex $B = -.005$, $p = .006$, FDR-corrected, $p = .036$) (Table 6). The EPDS GW 14 were more positively associated with MD of the left amygdala in boys compared with girls after controlling for prenatal and postnatal factors (maternal use of SSRIs, SNRIs and CNS affecting medications, maternal age at the due date, economic situation, maternal pre-pregnancy BMI, infant 5-min Apgar score, infant weight at birth, infant age at scan time, infant GW at birth and infant sex). In boys, there was a positive association between EPDS GW 14 and MD of the left amygdala (EPDS GW 14-MD $B = .005$, $p = .007$, FDR-corrected, $p = .036$) (Figure 3). After all the sensitivity analyses, the sex interaction effect of EPDS GW 14 on the MD of the left amygdala remained significant ($p < .050$).

TABLE 1 Overview of the performed statistical analyses.

Statistical analysis steps

1. Data normality for descriptive variables, DTI and EPDS measures were checked by visual inspection and the Shapiro–Wilk test.
2. We performed descriptive statistics across the demographics.
3. If covariates were associated with EPDS or MD metrics, they were selected for further analysis.
4. We then perform multiple regression models controlling for the covariates and FDR correction.
5. For the statistically significant outcomes, sensitivity analyses were carried out.
 - a. Dependent variable: MD left and right amygdala
 - b. Independent variables of interest: EPDS GW 14, 24 and 34.
 - c. Identified potential covariates: maternal use of SSRIs, SNRIs and CNS affecting medications, maternal age at the due date, maternal economic situation based on parent(s) perspective obtained through questionnaire, maternal pre-pregnancy BMI, infant 5-min Apgar score and infant weight at birth. Infant age at scan, infant GW at birth and infant sex were included in all models.
- d. The level of statistical significance in all analyses was set at .05 (non-corrected and corrected *p*-values).

Main effects analyses**Left amygdala**

Model 1: MD LA ~ EPDS GW 14 + Covariates
 Model 2: MD LA ~ EPDS GW 24 + Covariates
 Model 3: MD LA ~ EPDS GW 34 + Covariates

Right amygdala

Model 4: MD RA ~ EPDS GW 14 + Covariates
 Model 5: MD RA ~ EPDS GW 24 + Covariates
 Model 6: MD RA ~ EPDS GW 34 + Covariates

FDR correction over the six models**Sex interaction analyses**

Model 1: MD LA ~ EPDS GW 14* infant sex + Covariates
 Model 2: MD LA ~ EPDS GW 24* infant sex + Covariates
 Model 3: MD LA ~ EPDS GW 34* infant sex + Covariates
 Model 4: MD RA ~ EPDS GW 14* infant sex + Covariates
 Model 5: MD RA ~ EPDS GW 24* infant sex + Covariates
 Model 6: MD RA ~ EPDS GW 34* infant sex + Covariates

FDR correction over the six models**Sensitivity analyses for statistically significant outcomes**

Model 1: MD LA ~ EPDS GW 14* infant sex + infant age at scan
 Model 2: MD LA ~ EPDS GW 14* infant sex + infant GW at birth
 Model 3: MD LA ~ EPDS GW 14* infant sex + infant 5-min Apgar score
 Model 4: MD LA ~ EPDS GW 14* infant sex + infant weight at birth
 Model 5: MD LA ~ EPDS GW 14* infant sex + maternal age at the due date
 Model 6: MD LA ~ EPDS GW 14* infant sex + maternal pre-pregnancy BMI
 Model 7: MD LA ~ EPDS GW 14* infant sex + maternal use of SSRIs/SNRIs
 Model 8: MD LA ~ EPDS GW 14* infant sex + maternal use of CNS affecting medications
 Model 9: MD LA ~ EPDS GW 14* infant sex + maternal economic situation
 Model 10: MD LA ~ EPDS GW 14* infant sex + infant age at scan + infant GW at birth
 Model 11: MD LA ~ EPDS GW 14* infant sex + infant age at scan + infant GW at birth + infant GW at birth
 Model 12: MD LA ~ EPDS GW 14* infant sex + infant age at scan + infant GW at birth + infant GW at birth + infant 5-min Apgar score
 Model 13: MD LA ~ EPDS GW 14* infant sex + infant age at scan + infant GW at birth + infant GW at birth + infant 5-min Apgar score + infant weight at birth
 Model 14: MD LA ~ EPDS GW 14* infant sex + infant age at scan + infant GW at birth + infant GW at birth + infant 5-min Apgar score + infant weight at birth + maternal age at the due date
 Model 15: MD LA ~ EPDS GW 14* infant sex + infant age at scan + infant GW at birth + infant GW at birth + infant 5-min Apgar score + infant weight at birth + maternal age at the due date + maternal pre-pregnancy BMI
 Model 16: MD LA ~ EPDS GW 14* infant sex + infant age at scan + infant GW at birth + infant GW at birth + infant 5-min Apgar score + infant weight at birth + maternal age at the due date + maternal pre-pregnancy BMI + maternal use of SSRIs/SNRIs
 Model 17: MD LA ~ EPDS GW 14* infant sex + infant age at scan + infant GW at birth + infant GW at birth + infant 5-min Apgar score + infant weight at birth + maternal age at the due date + maternal pre-pregnancy BMI + maternal use of SSRIs/SNRIs + maternal use of CNS affecting medications
 Model 18: MD LA ~ EPDS GW 14* infant sex + infant age at scan + infant GW at birth + infant GW at birth + infant 5-min Apgar score + infant weight at birth + maternal age at the due date + maternal pre-pregnancy BMI + maternal use of SSRIs/SNRIs + maternal use of CNS affecting medications + maternal economic situation

TABLE 2 Associations between the EPDS scores, the amygdala mean diffusivity (MD) and the demographics.

Variables	EPDS GW 14	EPDS GW 24	EPDS GW 34	MD LA	MD RA
Maternal pre-pregnancy BMI, <i>r</i>	-.06	-.00	-.07	.94	.19
Mother's age at due date (years), <i>r</i>	-.32**	-.23*	-.19	-.12	.01
Infant gestational age at birth (week), <i>r</i>	-.01	.05	.05	.15	-.14
Infant age at the scan date (days), <i>r</i>	.03	.02	.00	-.42**	-.05
Birth weight (g), <i>r</i>	-.07	.01	.06	.01	-.06
Apgar, 5 min, <i>r</i>	-.08	-.12	-.14	-.12	.02
Infant head circumference (cm), <i>r</i>	-.04	.02	-.07	.10	.12
Birth complications					
Asphyxia, <i>p</i>	.63	.46	.58	.36	.91
Yes, mean (SD)	4.5 (4.5)	5.7 (5.5)	6.0 (5.6)	1.03 (.02)	1.05 (.02)
No, mean (SD)	6.0 (5.5)	6.0 (5.6)	5.7 (5.3)	1.04 (.04)	1.05 (.04)
Respirator treatment after birth, <i>p</i>	<i>p</i> = .97	<i>p</i> = .96	<i>p</i> = .92	<i>p</i> = .55	<i>p</i> = .94
Yes, mean (SD)	3.7 (3.2)	3.3 (2.1)	5.3 (2.5)	1.02 (.01)	1.05 (.02)
No, mean (SD)	5.9 (5.5)	6.0 (5.6)	5.8 (5.4)	1.04 (.04)	1.05 (.03)
Pregnancy complications					
Anemia, <i>p</i>	.43	.93	.97	.84	.96
Yes, mean (SD)	6.2 (6.3)	3.8 (4.3)	4.8 (4.9)	1.03 (.02)	1.05 (.04)
No, mean (SD)	5.9 (5.4)	6.1 (5.7)	5.8 (5.4)	1.04 (.04)	1.05 (.03)
Hypertension, <i>p</i>	.83	.44	.84	.24	.17
Yes, mean (SD)	4.3 (4.2)	8.0 (5.3)	7.0 (1.0)	1.04 (.04)	1.05 (.03)
No, mean (SD)	5.9 (5.5)	5.9 (5.6)	5.7 (5.4)	1.07 (.01)	1.08 (.06)
Diabetes, <i>p</i>	.920	.065	.106	.77	.81
Yes, mean (SD)	4.0 (3.0)	4.9 (5.1)	4.6 (3.9)	1.04 (.04)	1.05 (.04)
No, mean (SD)	6.1 (5.6)	6.1 (5.6)	5.9 (5.4)	1.04 (.03)	1.05 (.03)
Parent's relationship status, <i>p</i>					
Married, mean (SD)	5.8 (5.4)	5.8 (5.5)	5.6 (5.4)	1.04 (.03)	1.05 (.04)
In a relationship, mean (SD)	8.0 (5.5)	9.2 (6.0)	7.2 (4.2)	1.05 (.03)	1.03 (.02)
No relationship, mean (SD)	.0 (NA)	.0 (NA)	5.0 (NA)	1.03 (NA)	1.06 (NA)
Economic situation, <i>p</i>					
Very good, mean (SD)	3.5 (3.4)	2.0 (1.7)	3.2 (2.6)	1.05 (.04)	1.05 (.02)
Fairly good, mean (SD)	5.1 (5.5)	5.2 (5.4)	4.6 (5.1)	1.04 (.04)	1.04 (.04)
Not good, mean (SD)	6.2 (5.0)	6.2 (5.0)	6.1 (4.8)	1.04 (.04)	1.05 (.03)
Fairly bad, mean (SD)	9.9 (6.0)	9.9 (6.0)	12.0 (4.4)	1.04 (.04)	1.07 (.04)
Very bad, mean (SD)	.0 (NA)	.0 (NA)	.0 (NA)	.0 (NA)	.0 (NA)
Prenatal alcohol consumption, <i>p</i>					
Yes, mean (SD)	3.7 (3.5)	1.7 (1.6)	4.2 (2.5)	1.04 (.04)	1.05 (.01)
No, mean (SD)	5.4 (4.8)	5.6 (4.9)	5.5 (5.1)	1.05 (.03)	1.06 (.03)
Prenatal medication use of selective serotonin reuptake inhibitors, serotonin and norepinephrine reuptake inhibitors, <i>p</i>					
Yes, mean (SD)	8.2 (6.1)	8.2 (5.6)	8.8 (7.4)	1.07 (.08)	8.2 (5.6)
No, mean (SD)	5.4 (5.1)	5.4 (5.1)	5.4 (5.0)	1.04 (.03)	1.05 (.03)

TABLE 2 (Continued)

Variables	EPDS GW 14	EPDS GW 24	EPDS GW 34	MD LA	MD RA
Prenatal education level, <i>p</i>	.15	.47	.652	.32	.27
Low (high school or lower)	6.1 (5.7)	5.7 (4.9)	6.3 (5.7)	1.05 (.05)	1.06 (.04)
Middle (vocational degree)	5.1 (5.0)	5.3 (5.6)	4.6 (4.8)	1.04 (.05)	1.04 (.03)
High (master's degree or higher)	6.1 (5.6)	6.5 (6.1)	6.1 (5.4)	1.03 (.02)	1.04 (.03)

* *p* < .05** *p* < .01

TABLE 3 Maternal demographics.

Variables	Entire sample N = 84	Girls N = 42	Boys N = 42	Difference in <i>p</i> -value between girls and boys
EPDS (GW 14), Mean (SD)	5.9 (5.5)	5.8 (6.0)	6.0 (5.1)	.6
EPDS (GW 24), Mean (SD)	6.0 (5.6)	6.1 (6.2)	5.9 (5.0)	.8
EPDS (GW 34), Mean (SD)	5.9 (5.3)	5.7 (5.5)	6.0 (5.1)	.9
Maternal pre-pregnancy BMI, Mean (SD)	24.6 (4.2)	24.0 (3.8)	25.2 (4.5)	.8
Mother's age at due date (years), Mean (SD)	30.0 (4.6)	29.7 (4.6)	30.3 (4.6)	.3
Pregnancy complications, %				
Anemia	6%	2.4%	9.5%	.3
Hypertension	3.6%	7.1%	0%	.2
Diabetes (none of the mothers had diabetes prior to pregnancy)	10.7%	11.9%	9.5%	1
Parent's relationship status, %				
Married/in a relationship	96.5%	92.9%	100%	.5
Maternal monthly income in euros				1.6
<1000	20.1%	19.6%	18.2%	
1000–2000	55.6%	56.8%	54.6%	
2000–3000	22.5%	21.6%	21.2%	
>3000	1.8%	2%	6%	
Maternal economic subjective rating, %				.1
Very good	7.1%	2.4%	11.9%	
Fairly good	52.4%	59.5%	45.25%	
Not good	29.8%	31%	28.6%	
Fairly bad	9.5%	4.8%	14.3%	
Very bad	0%	0%	0%	
Prenatal alcohol, % yes	8.7%	4.8%	7.1%	.6
Nicotine consumption, % yes	0%	0%	0%	0
Illicit drug consumption, % yes	0%	0%	0%	0
Prenatal medication use of selective serotonin reuptake inhibitors, serotonin and norepinephrine reuptake inhibitors, % yes	6%	4.8%	7.1%	1
Prenatal use of CNS affecting medication, % yes	.9%	0%	1.5%	.1
Prenatal education level %				.7
Low (high school or lower)	28.6%	23.8%	33.3%	
Middle (vocational degree)	34.5%	33.3%	35.7%	
High (master's degree or higher)	35.7%	40.5%	31%	

TABLE 4 Infants demographics.

Variables	Entire sample N = 84	Girls N = 42	Boys N = 42	Difference p-value between girls and boys
Infant gestational age at birth (week), Mean (SD)	39.9 (1.1)	39.75 (1.1)	40.06 (1.1)	.2
Infant age at the scan date (days), Mean (SD)	25.43 (7.8)	25.76 (7.4)	25.1 (8.3)	.8
Birth weight (gram), Mean (SD)	3491.9 (464.2)	3368.1 (387.3)	3621 (508)	.02
Apgar, 5 min	8.93 (1.0)	9.2 (.5)	8.6 (1.3)	.1
Infant head circumference (cm), Mean (SD)	34.9 (1.2)	34.6 (1.2)	35.3 (1.2)	.01
Birth complications % yes	0%	0%	0%	0
Asphyxia	13.1%	19%	7.1%	.1
Respirator treatment after birth	3.6%	2.4%	4.8%	1

TABLE 5 The main effect of the Edinburgh Postnatal Depression Scale (EPDS) after controlling for maternal use of SSRIs/SNRIs, other CNS affecting medications, maternal age at the due date, the maternal economic situation, maternal pre-pregnancy BMI, infant 5-min Apgar score, infant weight at birth, maternal age at the due date, infant age at scan, infant GW at birth and infant sex on amygdala MD metrics are shown.

Multiple linear regression model	Left amygdala				Right amygdala			
	B	SE	P	P (FDR)	B	SE	P	P (FDR)
EPDS GW 14 + control variables	.001	.001	.420	.885	-.001	.001	.564	.885
EPDS GW 24 + control variables	-.0002	.001	.820	.885	-.001	.001	.438	.885
EPDS GW 34 + control variables	.0001	.001	.885	.885	-.0004	.001	.664	.885

Note: B, estimates; SE, standard error; P, uncorrected *p*-values; P (FDR), FDR-corrected *p*-values.

TABLE 6 The interaction effect of the Edinburgh Postnatal Depression Scale (EPDS) and sex after controlling for maternal use of SSRIs/SNRIs, other CNS affecting medications, maternal age at the due date, economic situation, maternal pre-pregnancy BMI, infant 5-min Apgar score, infant weight at birth, maternal age at the due date, infant age at scan, infant GW at birth, and infant sex on amygdala MD metrics are shown.

Multiple linear regression model	Left amygdala				Right amygdala			
	B	SE	P	P (FDR)	B	SE	P	P (FDR)
Sex * EPDS GW 14 + control variables	-.005	.002	.006*	.036*	-.002	.002	.283	.351
Sex * EPDS GW 24 + control variables	-.002	.002	.351	.351	-.003	.002	.224	.351
Sex * EPDS GW 34 + control variables	-.002	.002	.344	.351	-.003	.002	.147	.351

Note: B, estimates; SE, standard error; P, uncorrected *p*-values; P (FDR), FDR-corrected *p*-values.

*Significant results ($p < .05$).

4 | DISCUSSION

In this study, we investigated for the first time the influences of PMDS measured during GW 14, 24 and 34 on the amygdala MD of infants. Our study may have overcome some of the limitations of the existing literature by using a longitudinal strategy to assess PMDS at different time points to determine its prevalence throughout the pregnancy. Furthermore, we analysed sex as an

interacting factor, to explore sex differences. Our analyses revealed no main effects of any EPDS scores on the amygdala MD. However, greater PMDS measured at the GW 14 were associated with a normal distribution higher MD of the left amygdala in boys compared with girls. These findings that survived the multiple comparison analyses may suggest that the amygdala microstructure is sensitive to PMDS and that sensitivity differs between sexes.

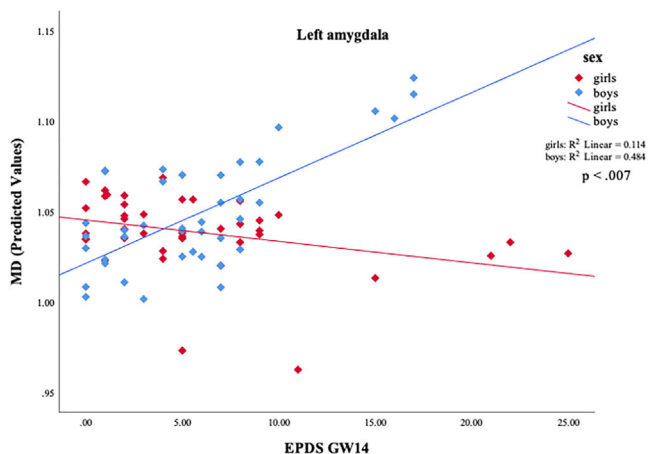


FIGURE 3 The interaction between Edinburg Postnatal Depression Scale (EPDS) gestational week (GW) 14 and infant sex on the mean diffusivity (MD) of the infant left amygdala is presented (predicted values, controlling for maternal use of selective serotonin reuptake inhibitors, serotonin and norepinephrine reuptake inhibitors, other CNS affecting medications, maternal age at the due date, economic situation, maternal pre-pregnancy body mass index, infant 5-min Apgar score, weight at birth, infant age at scan, infant GW at birth and infant sex).

4.1 | Sex differences in the effects of PMDS

The underlying mechanisms causing the different effects of PMDS on fetal development in boys and girls remain unclear. The sustainability of boys to PMDS observed in our findings may be attributed to different reasons. One potential explanation is the different placental responses to glucocorticoids in boy and girl pregnancies (Clifton, 2010). Elevated maternal cortisol can modulate placental gene expression and protein synthesis and reduces growth in girls to increase survival (Clifton, 2010). In contrast, there are fewer changes in placental function in boy pregnancies, ensuring growth even in the presence of negative environmental factors but likely increasing vulnerability to other risk factors (Clifton, 2010). Moreover, shortly after birth, boys' brains have 10.2% more cortical GM, 6.4% more WM and 7.8% more subcortical GM than girls' at birth (Gilmore et al., 2007). These differences most likely occur during prenatal brain development (Gilmore et al., 2007). Consequently, boy brains form a greater number of connections, myelin and synapses (Alonso-Nanclares et al., 2008). This may make them more susceptible to the negative effects of PMDS, leading to an increased likelihood of neurodevelopmental disorders. For instance, studies have found that boys who were exposed to high levels of PMDS during infancy displayed

symptoms such as heightened anxiety, poorer motor skills and increased sleep disturbances (Gerardin et al., 2011; Hay et al., 2019). Whether girls or boys are more vulnerable to PMDS depends on the type, severity, timing of PMDS exposures and age of the offspring at the time of investigation (Bale et al., 2015; Glover et al., 2010).

4.2 | Timing of prenatal depressive symptoms exposures

Increased maternal cortisol levels can cross the placenta and permanently alter the fetal HPA axis, affecting cognitive and behavioural functions later in life (Glover et al., 2010; Rakers et al., 2016). 11Beta hydroxysteroid dehydrogenase 2 (11-HSD2) enzyme regulates placental glucocorticoid metabolism (Murphy & Clifton, 2003), and it converts the glucocorticoids cortisol into its inactive form (Benediktsson et al., 1997). Although the 11 β -HSD2 enzyme inactivates approximately 80%–90% of the maternal cortisol, the foetus is less protected from maternal cortisol during early pregnancy, when placental 11 β -HSD2 levels are lower or are not yet activated (Rakers et al., 2016). The results of the current study suggest that the negative effects of PMDS may be more significant when exposure occurs during early pregnancy, as opposed to later stages. Exposure to cortisol during early pregnancy can be linked not to fetal susceptibility but to maternal susceptibility, as the fetal HPA axis cannot produce cortisol until late gestation (Magyar et al., 1980; Rakers et al., 2016). PMDS measured at different pregnancy time points allows for a more accurate assessment of potentially vulnerable prenatal periods.

4.3 | Prenatal depressive symptoms and the left amygdala vulnerability

The analyses in this study revealed that the left amygdala MD is associated with PMDS. The vulnerability of the left amygdala to PMDS can be attributed to the fact that the left hemisphere grows faster during the prenatal period (Andescavage et al., 2017). In infants, the left-hemisphere GM is approximately 5% larger than the right-hemisphere GM (Gilmore et al., 2007). Furthermore, in patients with major depressive disorder, top-down responses may involve only the left amygdala (Ramasubbu et al., 2014). Moreover, positive associations between PMDS and the connectivity of the left amygdala with other brain regions have been observed (Qiu et al., 2015). Additionally, higher pregnancy-specific anxiety has been linked to smaller left amygdala volumes in offspring (Acosta

et al., 2019). However, further research is needed to fully understand the underlying mechanisms of the left amygdala's vulnerability to PMDS.

4.4 | Prenatal depressive symptoms and the amygdala diffusivity

Our findings support prior research that has established an association between PMDS and amygdala microstructural changes in infants (Rifkin-Graboi et al., 2013). Rifkin-Graboi et al. (2013) reported that higher PMDS during GW 26 was associated with lower right and left amygdala FA as well as lower right amygdala AD metrics. Although FA and AD are commonly used DTI metrics, they are not always reliable markers to be evaluated in GM structures such as the amygdala (Gillespie et al., 2017; Jeurissen et al., 2013). This can be attributed to the isotropic nature of diffusion in GM, implying that changes in diffusion are similar in all three directions (Gillespie et al., 2017; Jeurissen et al., 2013; Sexton et al., 2010; Yroni et al., 2019). However, we additionally compared the associations of PMDS (GW 14, 24 and 34) and amygdala FA and AD metrics in our sample with those reported by Rifkin-Graboi et al. (Rifkin-Graboi et al., 2013). As expected, after controlling for the prenatal and postnatal factors, no alterations in the amygdala FA or AD metrics in either the main effect or sex-specific association analyses were observed. The amygdala does not contain much white matter (WM) (Jeurissen et al., 2013; Yroni et al., 2019), FA commonly measures the fibre orientation and integrity of WM structures (Bao et al., 2018; Yroni et al., 2019) and AD may largely reflect MD in regions with little WM such as the amygdala. Although there is evidence for the presence of WM pathways to the amygdala nuclei (McFadyen et al., 2019), FA and AD metrics in the amygdala should be interpreted with caution. Thus, measurement of the MD metrics may be more appropriate to provide information on the microstructure of the amygdala and other GM structures. Another interpretation for the unchanged amygdala FA and AD may be attributed to our improved labelling procedure for the amygdala and the 1.5 mm erosion, which may have reduced the partial volume effect on the data (see Section 2). Additionally, other factors might have contributed to the disparity in these findings, such as ethnicity and cultural differences in the rate and type of prenatal maternal stressors. Moreover, differences in the applied DTI methodology, such as the different number of diffusion directions [60 in our dataset and 19 in Rifkin-Graboi et al. (2013) dataset] and different b -values [1000 s/mm² in our dataset and 600 s/mm² in Rifkin-Graboi et al. (2013) dataset], could also have

contributed to these discrepancies. There has been controversy over the use of the optimal number of diffusion directions (Jones, 2004; Pervolaraki et al., 2018). However, in cases and where feasible, utilizing a greater number of diffusion directions enables a more robust tensor model fitting and enhances the accuracy of the outcomes (Tian et al., 2020). This can be particularly useful in the imaging of infant brains, due to the lower image resolution (Gousias et al., 2012) and the presence of artifacts due to movement during the scan (Weisenfeld et al., 2006).

The underlying mechanisms behind the observed changes in the amygdala MD in our study are not clear. MD is generally expected to decrease in children and young adolescents (Lebel et al., 2010; Moura et al., 2016; Pohl et al., 2016; Taki et al., 2013), as well as in neonates, due to preliminary myelination (Aeby et al., 2009; Dubois et al., 2008; Mukherjee et al., 2002; Partridge et al., 2004). Reduced MD metrics throughout childhood and adolescence are generally indicative of brain maturation (Tamnes et al., 2010; Yoshida et al., 2013). MD alterations can occur from a shift in the concentration of water within the intracellular and extracellular compartments (Gillespie et al., 2017). Elevated MD metrics have been associated with a reduction in neuron size and synapse loss, along with alterations in the cytoarchitecture that lead to neurofibrillary changes and an increase in the extracellular space (Cherubini et al., 2010; De Gennaro et al., 2011; Gillespie et al., 2017; Kantarci et al., 2005). These changes in tissue structure can result in faster water diffusion and are observed in instances of both immature brain development and tissue degeneration (Cherubini et al., 2010; De Gennaro et al., 2011; Gillespie et al., 2017; Kantarci et al., 2005). Additionally, it has been reported that increased MD metrics in the left amygdala are associated with reduced microstructure integrity in subjects with lower emotional load scores, shorter dreams (De Gennaro et al., 2011) and anxiety in patients with traumatic brain injury (Juraneck et al., 2012). Higher amygdala MD has been linked to cognitive impairment, Alzheimer's disease (Cherubini et al., 2010) and excessive alcohol use (Sasaki et al., 2009). However, it has also been correlated with improved empathizing ability, cooperativeness and cognitive function (Takeuchi et al., 2019). Interestingly, a decrease in the left amygdala MD has been observed after electroconvulsive therapy in patients with treatment-resistant depression, indicating possible normalization of microstructural integrity (Yroni et al., 2019).

Increased cortisol exposure in utero due to higher levels of PMDS may have negative effects on fetal brain development. This may result in greater MD metrics in the amygdala possibly due to several physiological

mechanisms such as increased water diffusivity, neuron shrinkage and altered tissue maturation. However, it remains uncertain which mechanisms are responsible for the higher MD metrics in the amygdala or why these alterations occur in response to PMDS. Furthermore, alterations in the amygdala MD metrics may be linked to psychiatric disorders and adverse emotional outcomes in the offspring. Nonetheless, these alterations may be important aspects of normal brain development, and optimal mental health and brain development are not necessarily contingent on a greater number of neural components in healthy individuals. These hypotheses are purely speculative, and further research is needed to investigate them thoroughly.

4.5 | Limitations

Several of the limitations in this study should be considered in future works. DTI analysis of GM is currently constrained because of the small size of GM in some brain regions, which might fall below the resolution of DTI acquisition parameters (Salat, 2013). Alternatively, limitations in the current DTI methodologies prove the potential of DTI to map GM microstructural properties and the need for further improvement of DTI techniques (Salat, 2013). Furthermore, biophysical tissue modelling, such as neurite orientation and dispersion density imaging, may be more suitable in GM studies for inferring tissue microstructure (Stoye et al., 2020). In addition, although our data had an improved amygdala delineation on higher resolution template MR images (.5 mm), our region-of-interest (ROI) delineations were limited to the amygdala as a whole, without segmenting the amygdala nuclei separately. This emphasizes the importance of considering sub-regions of the amygdala when possible, as PMDS could alter the development of the amygdala nuclei differentially. However, this is particularly difficult in infants because of the small brain size and lower resolution of the infants' brain MR and DTI images (Hashempour et al., 2019). In addition, the sample size of our study was rather small, which might have reduced the power of our study results. The findings therefore need replication with a larger sample size. Furthermore, the PMDS in this study were not clinically confirmed and were based on the mother's report of her own depressive symptoms. Moreover, measuring the activity of 11 β -HSD2 might provide a more accurate measure of regulation of the placental barrier for cortisol (Acosta et al., 2019). Additionally, our results were based on only PMDS, and the effects may be different from other psychological symptoms such as pregnancy-specific anxiety

and general anxiety (Satu J. Lehtola et al., 2020). Furthermore, the assessment of PMDS in a high-income country with relatively high social support could affect our results. Therefore, the results could differ on a worldwide scale. Finally, investigating the emotional, cognitive and behavioural impacts of altered brain DTI metrics may be a valuable tool to predict the vulnerability of offspring to psychological and psychiatric disorders later in childhood, adolescence and adulthood.

5 | CONCLUSIONS

In conclusion, our findings provide new insights into the associations between PMDS and fetal amygdala development. Our study was the first to report associations between PMDS measured at three different pregnancy time points and amygdala diffusion properties in infants. We observed that greater PMDS during early pregnancy was associated with higher MD metrics in the left amygdala of boys but not of girls. Future studies are needed to determine the underlying mechanism of the observed changes and how changes in the diffusion properties of the amygdala in response to PMDS may impact the behavioural and mental health of offspring.

AUTHORS' CONTRIBUTION

Niloofar Hashempour: Conceptualization, Methodology, Software, Validation, Formal analysis, Investigation, Data Curation, Writing–Original Draft, Writing–Review and Editing, Visualization. **Jetro J. Tuulari:** Conceptualization, Software, Formal analysis, Investigation, Data Curation, Writing–Review and Editing, Supervision. **Harri Merissari:** Conceptualization, Methodology, Software, Formal analysis, Investigation, Data Curation, Writing–Review and Editing. **Henriette Acosta & Juho Pelto:** Methodology, Formal analysis, Writing–Review and Editing. **John D. Lewis:** Conceptualization, Methodology, Software, Data Curation, Formal analysis, Writing–Review and Editing. **Noora M. Scheinin:** Conceptualization, Investigation, Writing–Review and Editing. **D. Louis Collins:** Project administration, Funding acquisition, Writing–Review and Editing. **Vladimir S. Fonov:** Methodology, Software, Writing–Review and Editing. **Satu J. Lehtola:** Investigation, Writing–Review and Editing. **Jani Saunavaara, Tuire Lähdesmäki & Riitta Parkkola:** Investigation, Writing–Review and Editing. **Linnea Karlsson:** Resources, Project administration, Funding acquisition, Writing–Review and Editing. **Hasse Karlsson:** Conceptualization, Resources, Supervision, Project administration, Funding acquisition, Writing–Review and Editing.

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CONFLICT OF INTEREST STATEMENT

The authors declare no competing interests.

DATA AVAILABILITY STATEMENT

The datasets for this study will not be made publicly available because of Finnish data protection legislation. Requests to access the datasets should be directed to the principal investigator of the FinnBrain Birth Cohort study (Hasse Karlsson; hasseka@utu.fi).

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