## THE OXYTOCIN RECEPTOR: FROM **INTRACELLULAR SIGNALING TO BEHAVIOR**

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Jurek B, Neumann ID. The Oxytocin Receptor: From Intracellular Signaling to Behavior. Physiol Rev 98: 1805–1908, 2018. Published June 13, 2018; doi:10.1152/ physrev.00031.2017.—The many facets of the oxytocin (OXT) system of the brain and periphery elicited nearly 25,000 publications since 1930 (see FIGURE 1, as listed in PubMed), which revealed central roles for OXT and its receptor (OXTR) in reproduction, and social and emotional behaviors in animal and human studies focusing on mental and physical

health and disease. In this review, we discuss the mechanisms of OXT expression and release, expression and binding of the OXTR in brain and periphery, OXTR-coupled signaling cascades, and their involvement in behavioral outcomes to assemble a comprehensive picture of the central and peripheral OXT system. Traditionally known for its role in milk let-down and uterine contraction during labor, OXT also has implications in physiological, and also behavioral, aspects of reproduction, such as sexual and maternal behaviors and pair bonding, but also anxiety, trust, sociability, food intake, or even drug abuse. The many facets of OXT are, on a molecular basis, brought about by a single receptor. The OXTR, a 7-transmembrane G protein-coupled receptor capable of binding to either  $G\alpha_i$  or  $G\alpha_a$  proteins, activates a set of signaling cascades, such as the MAPK, PKC, PLC, or CaMK pathways, which converge on transcription factors like CREB or MEF-2. The cellular response to OXT includes regulation of neurite outgrowth, cellular viability, and increased survival. OXTergic projections in the brain represent anxiety and stress-regulating circuits connecting the paraventricular nucleus of the hypothalamus, amygdala, bed nucleus of the stria terminalis, or the medial prefrontal cortex. Which OXT-induced patterns finally alter the behavior of an animal or a human being is still poorly understood, and studying those OXTR-coupled signaling cascades is one initial step toward a better understanding of the molecular background of those behavioral effects.

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## I. INTRODUCTION AND HISTORY OF **OXYTOCIN AND VASOPRESSIN** RESEARCH

The scientific interest in the oxytocin (OXT) system has been boosted by the discovery of a plethora of behavioral and physiological effects in animals and humans alike in the last 30 yr. These studies are rooted in more than 100 yr of neuropeptide research, which we will briefly summarize in a historical perspective to gain a better understanding of present developments of OXT research from basic studies into a translational approach.

The closely related nonapeptides OXT and arginine vasopressin (AVP), which are synthesized within neurons of the hypothalamus, substantially form the hypothalamo-neurohypophysial system (HNS) in mammals. Due to its specific anatomy and physiology, this system has become a textbook example that has been studied for more than 100 yr. Harold Gainer has described the HNS as "a veritable 'Rosetta Stone' for neuroendocrinology and neuroscience" (364, 651). Indeed, we know far more about the OXT and AVP systems than about any other neuropeptide or neuroendocrine system, as many seminal findings on neurophysiological or neuroendocrine regulation have been revealed using the HNS.

We can trace back the roots of OXT and AVP research to the work of G. Oliver and E. A. Schäfer, who revealed first physiological effects of the pituitary gland and its extracts in 1895. Specifically, they were the first to show vasopressor effects, which were characterized by W. Howell as effects of

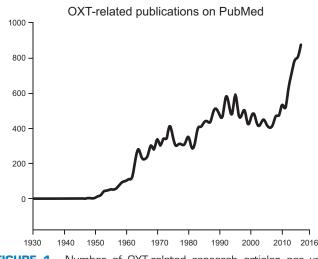
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the posterior (infundibular) portion of the pituitary a few years later (456). These observations were based on important anatomical contributions by S. Ramon y Cajal, who described a neuronal pathway from the supraoptic nucleus (SON) of the hypothalamus to the posterior pituitary in 1894. Shortly thereafter, in 1906, the English researcher Sir Henry H. Dale found-rather incidentally and reported as a side note—that a pituitary extract applied to an early pregnant uterus of a cat has uterine-contracting properties (227). The proposed pituitary principle has later been named oxytocin from the Greek words of Us, oxys, and  $\tau O \kappa os$ , tokos, meaning "quick birth." These very first discoveries on physiological effects of posterior pituitary hormones opened the way for its therapeutic use in obstetrics. The clinical use of OXT started with the first case descriptions of infundibular extracts (also called extracts of the infundibular body including the pituitary stalk and the posterior pituitary at this time) "...to produce contractions of the uterus in many serious obstetric complications" in 1909 by the Canadian W. Blair Bell (71).

The third major hormonal function of pituitary extracts was discovered by Ott and Scott in 1909 and by Schäfer and Mackenzie in 1911, who described its ability to trigger milk ejection from the mammary gland (791, 914).

It is of interest to note that it was only in 1928 that O. Kamm used dialysis membranes to separate the vasopressor and the oxytocic principles of pituitary extracts (pituitrin) (505).

The demonstration of cytoplasmic vesicles in specialized glandule-like giant cells in the hypothalamus (later called magnocellular neurons) of teleost fish by the German-born researcher Ernst Scharrer and his wife Berta in the 1930s further paved the way for the definition of neurosecretion (915, 916) (FIGURE 1). However, it is the British physiologist Geoffrey Harris, who is often called the "father of neu-



**FIGURE 1.** Number of OXT-related research articles per year listed in PubMed from 1930 to 2016.

roendocrinology" not only because of his pioneering work on the hypothalamo-adenohypophysial system, but also because he furthered our physiological understanding of the posterior pituitary. He could show that electrical stimulation of the neuronal supraoptic-hypophysial tract elevates the intramammary pressure and results in the ejection of milk from a cannulated duct in anesthetized lactating rabbits. Based on this finding and on earlier experiments demonstrating that blood from milked cows could trigger milk ejection in the isolated udder (306), he hypothesized that the posterior pituitary contains a neurosecretory, i.e., releasable factor, which stimulates the observed milk letdown (213, 214). These early ideas of a neurosecretory origin of posterior pituitary hormones (613), of OXT and AVP synthesis in magnocellular neurons of the hypothalamus and their transport via axonal connections within the pituitary stalk to the posterior pituitary (neurohypophysis), are still valid until today.

However, true neuropeptide chemistry only started in 1953 with the first successful sequencing of OXT after its isolation from lyophilized posterior lobes of beef pituitary glands by Vincent du Vigneaud (288, 290). Subsequently, he and—independently—Roger Acher succeeded in synthesizing OXT (and later AVP) (5, 289). It is less well known that du Vigneaud's work on OXT was a result of his original interest in insulin, which he described at no less an occasion than the Nobel Lecture on the 12th of December in 1955 that OXT was a result of a "trail of sulfa research."

Shortly after, the development of synthetic agonists and antagonists of OXT and AVP (666, 668) was an essential step into studies on the OXT receptor (OXTR) pharmacology, and the true starting point of a plethora of studies on neuronal, behavioral, and physiological effects of these nonapeptides. Indeed, new vistas into OXT and AVP research were opened with the demonstration of effects of synthetic OXT and AVP and their analogs on various aspects of behavior, which will be discussed in detail later. Here, in this brief historical overview, only the pioneering work of David de Wied and his colleagues (93, 248), who revealed memory effects of synthetic AVP and OXT, and by Cort Pedersen in the 1970s (809) reporting that synthetic OXT induces maternal behavior in rats, will be outlined. Notably, the first demonstration of a nonapeptide effect on behavior in any species appeared in 1955 (1090): administration of vasotocin—the bony fish homolog of AVP—in the form of a pituitary extract induced a "spawning reflex" in the killifish (Fundulus heteroclitus) similar to that observed during normal spawning activity.

In the 1980s, the first immunohistochemical demonstration of neurophysin—and later more specifically of OXT- and AVP-containing pathways within the brain (963, 964, 969)—substantiated these behavioral findings. These pathways were described to mainly originate in the hypothala-

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mus and to project to extra-hypothalamic target regions, where they may also form synapses (130). These findings lead to the essential question about the general role of the brain OXT and AVP systems, the stimuli activating these pathways and, consequently, triggering brain region-specific local release of OXT and AVP and receptor-mediated effects. In this context, several complementary lines of research furthered the scientific development of OXT and AVP research, which significantly shaped and completed our present picture of the brain neuropeptide systems. Specifically, nonapeptide research has been promoted by the appearance of electrophysiological recordings from hypothalamic neurons, the development of intracerebral perfusion techniques, such as push-pull perfusion and microdialysis, the development of sensitive radioimmunoassays for OXT and AVP for neuropeptide quantification in body fluids and tissues, and by the demonstration of OXT and AVP receptors not only in the periphery but also in the brain.

The first electrophysiological recordings from (magnocellular) OXT and AVP neurons within both the hypothalamic SON and paraventricular nucleus (PVN) started in the 1960s. Brooks and colleagues (1966), who performed their experiments on cats, and Dyball and Koizumi (1969), who used rats, succeeded in associating changes in the activity of SON and PVN neurons with hormone secretion from the hypophysis, for example in response to osmotic stimulation, mechanic stimulation of the nipples by suction, or by stimulation of the uterus of postpartum cats by distension (121, 296). In addition, important milestones were reached by the British and French neuroscientists J. Wakerley, D. Poulain, D. Lincoln, and J. D. Vincent, who recorded from rat or rabbit SON neurons, which were specifically identified as magnocellular neurons projecting to the neurohypophysis by antidromic stimulation of the pituitary stalk (836). In the rat, they could show brief (1-2 s), high-frequency discharges (50 Hz) preceding the abrupt and regular (6-10 min) occurrence of increased intramammary pressure as an indication of milk ejection in the mammary glands (837, 1069). These neuronal activity patterns were later found to be synchronized among OXT neurons of the SON and PVN during the milk ejection reflex in response to the suckling stimulus (69). It was concluded that these synchronized activity patterns provide the neuronal basis for the pulsatile release of OXT necessary to induce appropriate peptide concentrations in plasma and, subsequently, adequate physiological responses of the myoepithelial cells of the mammary glands and of the myometrial cell of the uterus, respectively.

The appearance of intracerebral microperfusion methods such as push-pull perfusion, and later microdialysis, in the context of nonapeptide research in Canada (737), France (714), and East Germany (590, 741) in connection with the development of highly sensitive radioimmunoassays for OXT and AVP (585) allowed monitoring of local neuropeptide release within distinct brain regions. These methods also enabled characterization of the physiological or pharmacological stimuli and the dynamics of such intracerebral release (for review see Ref. 591). With respect to OXT, such central release was, for example, found to be triggered by suckling in the lactating rat (520, 714, 741), during birth (517, 520, 589, 744), and peripheral osmotic stimulation (590) within the hypothalamic SON, but also in extrahypothalamic sites such as the septum, the hippocampus, or the olfactory bulb. At this time, a profound mismatch has often been reported between the demonstration of stimulated local release of OXT on the one hand and the local presence of OXT neuronal fibers or OXTR on the other, mainly due to rather insensitive detection methods. The elegant electronmicroscopic work by Morris and Pow (723) revealed that OXT and AVP can be released from all parts of the magnocellular neurons, i.e., also from dendrites and cell bodies, which was of particular interest within the hypothalamic magnocellular nuclei. Later, Ludwig and Leng provided physiological evidence for such dendritic release in the SON (639, 643), which might occur independently of axon terminal release within the neurohypophysis (642, 743).

The detailed description of intracerebral binding sites for OXT (120) and their functional adaptations (472) in the 1980s provided further puzzle pieces for our current understanding of the brain OXT system in a physiological and behavioral context. OXTR are the main target for endogenous and synthetic OXT, and mediate not only the plethora of physiological and behavioral effects but also a great diversity of intracellular effects, which have been largely studied in myometrial cells (904, 976). Therefore, ongoing neurobiological research concerns details regarding their neuron-specific subcellular and brain regional distribution, and endogenous, pharmacological, or environmental factors regulating local OXTR expression. Furthermore, the multiple intraneuronal signaling cascades activated by endogenous or synthetic OXT are an essential prerequisite for OXT actions within the brain, but remain poorly understood. In this review, we will focus on these aspects of the OXTR system, which are essential to consider before intranasally (i.n.) applied OXT can be used as a safe and routine treatment option for psychopathologies associated with socio-emotional dysfunctions such as autism, schizophrenia, or social anxiety.

In fact, the first studies with OXT used as a nasal spray in humans date back to the 1960s, when i.n. OXT was applied to postpartum women to improve the onset of lactation and milk letdown (400, 645). It was only ~40 yr later that i.n. OXT was first applied in the context of brain functions and behavior. In this context, a major breakthrough has been achieved by the description of OXT applied i.n. on neuronal regional activity patterns and on social behavior in healthy men (537, 554), opening the portal to an emerging and still growing number of human studies on OXT. How-

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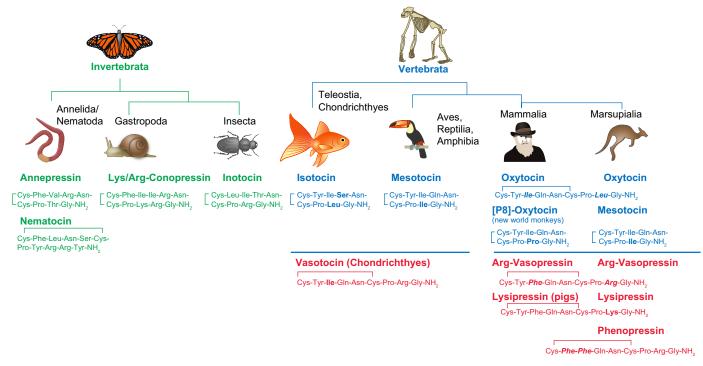
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ever, we need to keep in mind that the "historical" discoveries from animal research described above form the essential basis of these studies and provide researchers, who work with humans, with important, although still incomplete, knowledge on the functioning of the brain and peripheral OXT system.

## II. EVOLUTION OF THE BRAIN OXT/AVP SYSTEMS

It is interesting to note that the discoveries regarding the OXT and AVP systems described above were mainly achieved in mammals. However, one of the most exciting aspects of nonapeptide research is the fact that the OXT/ AVP family is highly conserved in evolution (see FIGURE 2; for review, see Refs. 4, 280, 385, 398, 457). So far, more than a dozen nonapeptide homologs have been described in invertebrate and vertebrate taxa. Today, it is well established that a gene duplication of the common ancestor gene, i.e., vasotocin, occurred before vertebrate divergence, i.e., between the development of cyclostomes (lampreys) and bony fishes ~450 million years ago. This has mainly been based on the two observations that 1) only a single nonapeptide is found in invertebrates and primitive vertebrates, and 2) a high structural similarity between members of the AVP and OXT family occurs with only one or two amino acid substitutions, mainly at positions 4 and 8 (rarely in positions 2 and 3). Specifically, vasotocin and OXT only differ by one amino acid at *position* 8, and vasotocin and AVP only differ at *position 3* (see FIGURE 2). Thus most vertebrate species usually possess two nonapeptide forms, including an oxytocin-like and a vasopressin-like form, namely isotocin (Ser<sup>4</sup>-OXT) and vasotocin (Ile<sup>3</sup>-vasopressin) in teleosts; mesotocin (Ile8-OXT) and vasotocin in birds, reptiles, and amphibians; and OXT and AVP in mammals (except in pig, where lysine vasopressin instead of AVP is found). Curiously, radioimmunoassays for the detection of plasma OXT levels in squirrel monkeys failed to detect OXT. This inability to detect OXT prompted a sequencing of the OXT coding regions in five species of the family of new world monkeys to identify differences in the OXT peptide. Surprisingly, a single in-frame non-synonymous nucleotide substitution at position 8 was detected (Leu-8-Pro) in four of the five species (Saimiri, Aotus, Cebus, and Callithrix) (598). In addition, secondary duplications of nonapeptide genes are present in a variety of taxa. For example, cartilaginous fishes may express up to six different nonapeptides (385). Secondary duplications are also common in marsupials, which express three different AVP-like forms (AVP, lysipressin, phenypressin) in addition to both mesotocin and OXT (385).

Without going into details of nonapeptide diversity in invertebrates, we just provide a few examples. In "worms," the most primitive species from which a nonapeptide was isolated, annepressin (in annelids) and nematocin (in nem-



**FIGURE 2.** Nonapeptide sequences of invertebrate (green) and vertebrate (blue and red) OXT and AVP analogs in the animal kingdom. Each amino acid sequence is initiated by a 19 amino acid signal peptides, followed by the specific nonapeptide sequence depicted above, a processing signal consisting of glycine-lysine-arginine (GKR), and the neurophysin-glycopeptide-COOH-terminus. Italic/bold amino acids, different between OXT and AVP; bold amino acids, different between respective OXT or AVP.

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atodes) were found, whereas in snails, cones, sea hare, and leeches, the nonapeptide homolog is called conopressin. In some insects, inopressin is found (**FIGURE 2**).

The highly conserved biochemical structure of OXT and AVP homologs suggests a strong selective pressure, e.g., by co-evolution with the corresponding receptors. Indeed, their receptors also show a remarkable structural and functional stability throughout evolution (535, 658, 1053).

Each of the mammalian receptor subtypes, i.e., the OXTR, and the AVP receptor subtypes V<sub>1A</sub>, V<sub>1B</sub>, and V<sub>2</sub>, forms its own distinct group and has originated from a single vasotocin receptor ancestor gene, whose prototype is found in lamprey. Thus the mesotocin, isotocin, and OXT receptors are more closely related to one another than to the AVP receptor subtypes (457). Although there is limited information about receptor evolution to make clear statements about whether and how the receptors multiplied before the peptides did or vice versa, arguments can be found for both opinions (577, 799, 1111). Although we describe the OXTR protein as evolutionary highly conserved (see also Refs. 378, 545) the slight structural change in the [P8]-OXT amino acid sequence that has been found in squirrel monkeys caused compensatory changes in the NH<sub>2</sub>-terminal binding region of the OXTR (858). In addition, in the genus Saguinus (tamarins), a COOH-terminal serine cluster in the OXTR has been truncated with consequences for  $\beta$ -arrestin binding and subsequent desensitization, receptor recycling, and signaling cascades (see sect. VI and Ref. 1053; reviewed in Ref. 356).

Notably, the structural conservation of nonapeptides and their receptors (with the exception of new world monkeys), is also mirrored by the conservative evolution of the topography of OXT- and AVP-like neurons. Just as OXT and AVP are expressed within the hypothalamus of mammals, their homologs are expressed within similar neurosecretory brain structures of organisms as diverse as worms and fishes.

Moreover, in addition to the conservation of OXT (and AVP) receptor structures, the major distribution of OXTR within the brain of various different mammal species also seems to be conserved as exemplified by OXTR expression within limbic regions relevant for various aspects of social behavior. All these details reflect the evolutionary stability of the nonapeptide system, at least to a certain extent. However, this does not exclude variable and species-specific OXTR expression patterns with widespread differences being observed even in closely related species (for review, see Refs. 385, 398, 1053). These differences in nonapeptide receptor expression clearly contribute to the functional diversity and evolutionary plasticity, which allow species-specific behavioral responses to OXT or AVP as neuromodu-

lators of the brain in a given natural and social environment.

Impressively, also the general physiological and behavioral functions of nonapeptides are remarkably conserved in evolution. For example, the expression and release of isotocin and mesotocin, and of vasotocin-the OXT and AVP homologs, respectively, in teleost fish, amphibians, reptiles, and birds-can be stimulated by hyperosmolality to exert hormonal functions as ion- and osmoregulators. In addition, OXT and AVP homologs play a pivotal role in the regulation of various socio-sexual behaviors in most species. For example, in earthworms and snails, annepressin and conopressin regulate reproductive behaviors, such as reproductive movements and egg laying, respectively (910, 1045). In non-mammalian vertebrates, socio-sexual behaviors regulated by nonapeptides include interspecific cooperative behavior (962), aggression (606), social withdrawal, courtship and sexual behavior, pair bonding in gregarious birds, and egg-lying behavior (for review, see Refs. 514, 541). In sect. VIII, we will describe in detail the profound capacity of OXT to regulate various aspects of socio-sexual and emotional behaviors in mammals by actions on central OXTR.

## III. THE ANATOMY OF THE OXT SYSTEM

## A. OXT Neurons and Pathways in the Mammalian Brain

OXT is mainly synthesized in magnocellular neurons of the mammalian hypothalamus, specifically within the bilateral SON and PVN (707, 963; see **FIGURE 3**). The clear division of magnocellular neurons between two distinct nuclei (SON, PVN), which possess major axonal projections to the neurohypophysis, does only appear in advanced vertebrates, i.e., in *Amniota* (reptiles, birds, mammals) (397). In addition to the magnocellular neurons of the SON and PVN, a portion of magnocellular OXT neurons of the rat brain are located in the accessory nuclei (866), ventrolateral to the PVN between PVN and SON. OXT neurons of the accessory magnocellular nuclei of the hypothalamus may form an additional origin of OXT projections to various limbic forebrain regions (244, 544; see below).

OXT synthesis also occurs in parvocellular neurons of the PVN and scattered hypothalamic and extra-hypothalamic neurons (244, 544, 545, 963) (FIGURE 3). The parvocellular OXT neurons are clearly distinct from magnocellular neurons, since they are smaller and do not possess projections to the neurohypophysis. However, parvocellular neurons of the PVN were found to project extensively toward the brain stem and spinal cord, where they form synaptic contacts (986) thought to be involved in autonomic functions, pain regulation, and analgesia (305). Moreover, parvocellular

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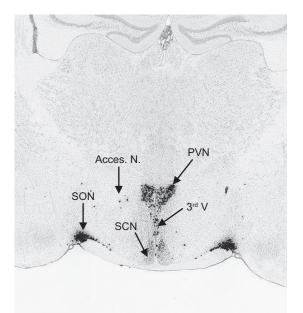


FIGURE 3. Coronal section of an adult mouse brain showing prominent OXT mRNA expression in the hypothalamic paraventricular nucleus (PVN) and supraoptic nucleus (SON), and weaker expression along the walls of the third ventricle and the accessory nuclei, as revealed by in situ hybridization. The weak signal detected in the suprachiasmatic nucleus (SCN) is likely to be unspecific and could not be confirmed by immunostaining. Image credit: Allen Institute.

OXT neurons of the PVN seem to connect to the ipsilateral SON and to the contralateral PVN, where they form axosomatic and axo-dendritic synapses and may control OXT neuronal activity (305, 453).

As an evolutionary mechanism, axons and/or dendrites of OXT neurons are found in close proximity of the third ventricle of the brain and even in between ependymal cells, contacting directly the CSF (591). This implies that either these neurons function as biochemical sensors of the cerebrospinal fluid or the nonapeptides are released directly into the CSF. In addition, magnocellular OXT neurons possess extended dendritic trees, which form the basis for the somato-dendritic release of OXT within the hypothalamic SON and PVN (643, 744, 750, 838). Somato-dendritic release of OXT within the SON and PVN is likely to facilitate autocrine and paracrine regulation of OXT neurons under specific demand, for example, during lactation (718, 740) or during birth (739). Thus, released from somato-dendritic hypothalamic structures, local OXT is likely to contribute to a coordinated neuronal activity of OXT neurons, e.g., during the milk ejection reflex or during labor, resulting in a pulsatile release of OXT into blood (for details on central and peripheral OXT release, see sect. IVG2).

Since OXT was found to exert many behavioral effects due to actions at various forebrain and mesolimbic brain sites, the question of extrahypothalamic projections of OXT neurons is still of enormous importance. Originally, using immunohistochemical or lesion techniques, OXT fibers were only found in a few forebrain regions such as the bed nucleus of stria terminalis (BNST) and septal nuclei of various species, including rats (128, 274, 398, 544, 963, 964) and non-human primates (142, 510, 1079). In support, electrical stimulation of the PVN triggered OXT release in the rat septum (741). Based on the recent methodological progress and the advent of fluorogold- (885, 887) and viral vectorbased pharmacogenetic and optogenetic (544) techniques, a major breakthrough was achieved by demonstrating that even magnocellular OXT neurons extensively project to various forebrain regions, including the prefrontal cortex, anterior olfactory nucleus, nucleus accumbens, lateral septum, hippocampus, and medial and central amygdala (274, 398, 544, 692a, 963). Such long-range axonal projections to the forebrain can only be found in advanced vertebrates (mammals, reptiles), indicating the co-evolution with complex social and emotional behaviors. However, the number of OXT axons varies substantially between brain regions and is in general rather low (544). This may explain why these fibers were simply overlooked in the past.

The finding that specialized magnocellular OXT neurons of both the SON and PVN (which are mainly considered to project to the neurohypophysis) develop axon collaterals projecting to various forebrain regions is of major importance. First, the existing mismatch between the demonstration of OXT release, OXTR expression, and binding within distinct brain regions on the one hand and the lack of local OXT neuronal connections on the other hand has been largely dissolved. Second, the above-described ascending OXT fibers are the substrate of local OXT release in the respective brain target regions (see below). They provide the neuroanatomical basis for the description of coordinated, but also partly independent, release of OXT into blood and within distinct brain regions (see sect. IV, E and F). Since various subgroups of OXT neurons may innervate distinct brain regions (545), it can be hypothesized that certain stimuli selectively activate neuronal populations with specific intracerebral projections, in addition to magnocellular OXT neurons projecting to the neurohypophysis. Thus the stimulus- and region-dependent intracerebral release of OXT (591, 746, 750) has found its neuroanatomical basis. To exert neuronal effects, locally released OXT binds to local OXTR, which are expressed within or in very close distance to the target region, for example on synapses, as well as on axons and glial processes (702). Alternatively, although rather unlikely, OXT may diffuse over longer distances to bind to adjacent OXTR (see below and Refs. 591, 643, 702).

## B. OXTR Expression in the Adult and Developing Rodent Brain

In the mammalian brain, widespread OXTR expression and OXT binding to its receptor were described, although the OXTR seems to be generally expressed at rather low

levels. Methodological pitfalls limit our knowledge regarding detailed OXTR distribution in the brain (BOX 1). Specifically, the commercially available antibodies for rat and mouse OXTR seem to lack specificity (1116). However, studies quantifying either local Oxtr mRNA (220, 703) or using OXTR reporter mice (441, 616, 1116) identified brain regions that express the OXTR in the adult rodent brain, such as the central, medial, and basolateral amygdala, nucleus accumbens, BNST, PVN, medial preoptic area, ventromedial nucleus of the hypothalamus, hippocampus, ventral pallidum, periaqueductal gray, striatum, lateral septum, ventral tegmental area, and olfactory bulb (397). A comprehensive list of brain areas that have been identified to express the OXTR in the rat and mouse brain can be found below (TABLE 1). Moreover, we discuss in more detail the four most prominent and best-understood OXTR-expressing brain regions, i.e., the hypothalamus, prefrontal cortex, hippocampus, and amygdala, also considering species, sex, and cellular differences in OXTR expression.

## 1. Hypothalamus

The overall OXTR expression level in the PVN of mice, humans, or common marmosets is relatively low (499, 635, 920) and is only detectable by highly sensitive methods, such as single cell RT-PCR (220), or by prior upregulation of the expression using an OXTR antagonist (357). Although expression levels of the Oxtr gene in the brain are modulated by sex steroids (65, 1120; and sect. V), OXTR expression in the hypothalamic PVN is similar between males and virgin females (702), and seems to be stable over the estrous cycle and during early to mid-pregnancy (*days* 13-15) (1120). However, an increase of Oxtr mRNA in the rat PVN at mid-gestation (*day* 15) and late gestation (*day* 20) has been detected (65).

Interestingly, OXTR-expressing neuronal populations within the hypothalamic PVN are not uniform, but are comprised of neurons with separate electrophysiological and transcriptional characteristics, causing differential responses to OXT (220, 221, 1067). For example, the majority of oxytocinergic and vasopressinergic magnocellular neurons in the PVN do not express the OXTR, but the small population that do express the OXTR divide into 40% corticotropin releasing factor (CRF)-positive and 60% CRF-negative neurons (221). In contrast, OXTR-positive parvocellular neurons are exclusively of the non-CRF type. In addition, OXTR-expressing neurons in the PVN are exclusively glutamatergic, whereas OXTR neurons in the BNST are GABAergic, as indicated by GAD67 (for GABA) or VGLUT2 (for glutamate) expression, respectively (221).

OXTR expression was also found in the ventromedial nucleus of the rat, mouse, and guinea pig hypothalamus (38, 39, 287, 1027, 1031), which is under the control of testosterone and its metabolites estrogen and dihydrotestosterone (39, 52, 493). In contrast to the PVN, ventromedial hypo-

thalamic OXTR expression is higher in male than in female rats (52), and ovariectomy as well as castration reduce Oxtr mRNA levels in both sexes (52, 53). However, some species, such as the golden hamster, lack the expression of the OXTR in the ventromedial nucleus of the hypothalamus, indicating species-dependent differences (291).

Astrocytes isolated from embryonic hypothalami also express the OXTR, and this expression is controlled by factors

#### **BOX 1.** Methods and problems to detect the OXTR: Analysis of *OXTR* mRNA, OXTR protein, and OXTR binding

The formation of OXTR proteins in tissue or cell culture is, as of every protein, a two-step process of mRNA transcription and translation of the mRNA into protein. To measure local transcription of the Oxtr gene, researchers can either apply 1) in situ hybridization using a fluorophore or radioactive (<sup>35</sup>S-UTP) labeled oligonucleotide probe specifically designed to bind Oxtr mRNA or 2) quantitative real-time PCR (qPCR). The in situ hybridization approach allows regional localization of Oxtr mRNA in brain slices by binding of the labeled oligonucleotide probe to its complementary target strand, thereby detecting expression on a cellular level, along with the downside of low precision of signal quantification. gPCR is a quantitative method to detect Oxtr mRNA making use of specific primer pairs that ideally bind within a region that is not subjected to alternative splicing, such as exon 3 of the Oxtr gene, and amplifies the target gene. gPCR is the most sensitive and, if executed correctly, highly specific method. However, gPCR comes at the cost of losing information about spatial expression patterns in tissue.

Both methods detect mRNA of the gene of interest, which is not necessarily predictive of protein levels. Therefore, to confirm the presence of *Oxtr* mRNA, the OXTR protein should be detected and quantified within a distinct brain region using either immunohistochemistry providing a high spatial resolution or Western blotting providing semi-quantitative precision. However, both methods rely on a highly specific OXTR antibody, and commercially available antibodies for rat or mouse OXTR often lack a proof of specificity or, in some cases, have directly been proven to be unspecific (1147). As a useful approach and essential test for specificity, we recommend testing the antibody in OXTR knockout tissue or cells, which becomes more and more easily accessible due to the advent of genome modification techniques, such as CRISPR/cas9.

In addition to the report of mouse (724) or human (548) OXTR antibodies, OXTR-reporter mice have been developed (1147), which enable the detection of the OXTR via the fluorescent protein Venus. However, further generations of reliable antibodies with proven specificity for the OXTR of rats, mice, or voles would significantly simplify and boost OXT-related basic research.

The direct presence of OXTR protein within the brain can also be confirmed by OXTR binding using receptor autoradiography. Thus the binding of a radiolabeled OXTR ligand (e.g. <sup>125</sup>I-ornithine vasotocin analog) to its cognate receptor can be visualized in brain slices. This method indirectly infers receptor protein expression by detecting the signal from receptor-ligand complexes. We recommend excluding non-specific binding of the radioligand by testing the ligand in OXTR knockout tissue and competitive binding tests with non-labeled ligand. The advantage of receptor autoradiography is its relatively good spatial resolution, whereas, similar to in situ hybridization, precise signal quantification is limited.

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## Table I. Brain regions that express OXTR

Brain Region	Intensity	Species
Cortical areas		
Cingulate cortex	++	Mouse, rat,* human
Dorsal peduncular cortex	++	Mouse, rat
Ectorhinal cortex	++	Mouse
Frontal association cortex	+	Mouse
Lateral entorhinal cortex	+++	Mouse
Medial entorhinal cortex	+++	Mouse
Motor cortex	+	Mouse
Orbital/insular/prelimbic cortex	++	Mouse, vole, rat <sup>#</sup>
Parietal association cortex	++	Mouse, rat*, vole
Perirhinal cortex	+	Mouse, rat <sup>#</sup>
Piriform cortex, <i>layers 2</i> and <i>3</i>	+ + +	Mouse, rat, tuco tuco, human
Retrosplenial granular cortex	++	Mouse, rat*
Retrosplenial agranular cortex	++	Mouse, rat*
Primary auditory cortex	+	Vole
Secondary auditory cortex	++	Mouse
Primary visual cortex	++	Titi monkey
Secondary visual cortex	++	Mouse
Primary somatosensory cortex	++	Mouse
Temporal association cortex	++	Mouse, vole
Anterior olfactory nucleus	+++	Mouse, rat, sheep
Olfactory areas		
Accessory olfactory bulb	+++	Mouse
Granular/glomerular cell layer of the olfactory bulb	+++	Mouse
Olfactory tubercle	+	Mouse, rat <sup>#</sup>
Tenia tecta	++	Mouse, rat
Basal ganglia and interbrain		
Globus pallidus	+	Mouse
Ventral pallidum	+	Mouse, rat <sup>#</sup>
Nucleus accumbens	+	Mouse, rat*, tuco tuco, vole
Caudate putamen	+	Rat*, vole
Islands of Calleja	+++	Rat, <sup>#</sup> sheep
Lateral septal nucleus	+++	Mouse, rat*, titi monkey, cynomolgus monke sheep, tuco tuco, rabbit, montane vole
Medial septal nucleus	+++	Mouse, rat
Nucleus of the horizontal limb of the diagonal band	+++	Mouse
Septofimbrial nucleus	+	Mouse
Substantia innominata	+	Mouse
Dorsotuberomammillary nucleus	++	Mouse, rat*
Mammillary peduncle	++	Mouse, rat*
Nucleus facialis	+++	Mouse
Hypoglossal nucleus	+	Mouse, rat,* human
Amygdala		
Basolateral amygdala	++	Mouse, rat,* vole, human
Basomedial amygdala	++	Rat*
Central amygdala	+++	Mouse, rat, tuco tuco, human, montane vole
Medial amygdala, dorsal	++	Mouse, rat, <sup>#</sup> sheep, rabbit
Bed nucleus of the stria terminalis Hippocampus	+++	Mouse, rat, <sup>#</sup> sheep, vole, not human
CA1 region of the hippocampus	+	Mouse, rat, titi monkey, rabbit, tuco tuco, no human

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Brain Region Intensity Species					
CAO pagion of the history		Mourse not human			
CA2 region of the hippocampus	++	Mouse, not human Mouse, Taiwan vole			
CA3 region of the hippocampus	++				
Dentate gyrus Dorsal subiculum	++	Mouse, titi monkey Mouse, rat*			
Parasubiculum Parasubiculum	+++				
	+++	Mouse, rat			
Ventral subiculum Presubiculum	+++	Mouse, rat <sup>#</sup>			
1 i obabibai ai ii	++	Rat, titi monkey			
Hypothalamic areas		N A a superior and a			
Anterior hypothalamic area	+	Mouse			
Lateral hypothalamic area	++	Mouse			
Arcuate hypothalamic nucleus	+++	Mouse			
Dorsomedial hypothalamic nucleus	+++	Mouse, rat			
Lateral anterior hypothalamic nucleus	+++	Mouse			
Paraventricular nucleus	+	Mouse, rat,* sheep, not human			
Posterior hypothalamic area	++	Mouse			
Ventromedial nucleus of the hypothalamus	+++	Mouse, rat, <sup>#</sup> sheep, rhesus macaque, montane vole, human			
Supraoptic nucleus	+ + +	Mouse			
Suprachiasmatic nucleus	+++	Mouse			
Medial preoptic area	++	Mouse, sheep, rat, <sup>#</sup> cynomolgus monkey, rabbit, human			
Magnocellular preoptic nucleus	+ + +	Mouse, cynomolgus monkey			
Lateral preoptic area	+	Mouse, cynomolgus monkey			
Medial tuberal nucleus	++	Mouse, rat			
Supramammillary nucleus	++	Mouse, rat*			
Medial mammillary nucleus	+++	Rat*			
Lateral mammillary nucleus	+++	Rat*			
Thalamus					
Anterior and paraventricular thalamic nuclei	++	Rat*			
Xiphoid thalamic nucleus	++	Mouse			
Ventral lateral geniculate nucleus	++	Mouse			
Circumventricular organs					
Area postrema	++	Mouse			
Organum vasculosum of the lamina terminalis	+ + +	Mouse			
Subfornical organ	++	Mouse			
Median eminence	++	Mouse			
Midbrain-Hindbrain					
Dorsal raphe nucleus	+	Mouse, not human			
Median raphe nucleus	+ + +	Mouse, not human			
Nucleus of the solitary tract	+	Mouse, human			
Gigantocellular reticular nucleus	+	Mouse			
Prepositus nucleus	+	Mouse			
Raphe pallidus nucleus	+++	Mouse			
Peripeduncular nucleus	++	Mouse			
Posterior pretectal nucleus	++	Mouse			
Olivary pretectal nucleus	+	Mouse, rat, not human			
Periolivary nucleus	+++	Mouse, not human			
Periaqueductal gray	+++	Mouse, titi monkey			
Area dorsal to substantia nigra	+++	Mouse			
Dorsal tegmental nucleus, central	+	Mouse			
Dorsal tegmental nucleus, pericent	+	Mouse			
Laterodorsal tegmental nucleus	++	Mouse			

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Brain Region	Intensity	Species	
Ventral tegmental area	++	Mouse, rat	
Reticulotegmental nucleus of pons	+	Mouse	
Intermediate reticular nucleus	+	Mouse, rat*	
Parvicellular reticular nucleus	+	Mouse, rat*	
Lateral reticular nucleus	+++	Mouse, rat*	
Pontine reticular nucleus	+++	Mouse	
Dorsal medullary reticular nucleus	++	Mouse, rat*	
Kolliker-Fuse nucleus	+	Mouse	
Lateral parabrachial nucleus	++	Mouse	
Subceruleus nucleus	++	Mouse	
Nucleus O	+++	Mouse	
Barrington's nucleus	+	Mouse	
Dorsomedial spinal 5 nucleus	++	Mouse	
Spinal 5 nucleus, caudal part	+++	Mouse	
Spinal 5 nucleus, interpolar part	++	Mouse	
Spinal vestibular nucleus	++	Mouse	
Medial vestibular nucleus	++	Mouse, rat	
Vestibulocerebellar nucleus	+	Mouse	
Dorsal nucleus of the vagus nerve	+	Mouse, rat	
Cerebellum	++	Mouse	
Molecular layer of the cerebellar cortex	++	Mouse	

Brain regions that express OXTR, combined data from mice, rats (adult and juvenile), cynomolgus monkeys, coppery titi monkeys, rhesus macagues, rabbits, tuco tucos, prairie, montane, and Taiwan voles, and humans (68, 96, 126, 303, 315, 369, 370, 407, 416, 498, 514, 738, 1003, 1078, 1092, 1169). Binding intensity is depicted as relative values and may differ slightly between species: +, weak expression; ++, medium expression; +++, strong expression; not human, no immunostaining was detected using 2F8 antibody; vole, (unless further specified) prairie, montane, or Taiwan vole. \*Transient prenatal and/or early postnatal expression with subsequent decrease in adult life. #Late postnatal onset or increase of expression. Regions not mentioned here have not been assessed for OXTR expression, and, therefore, OXTR expression cannot be excluded.

released from hypothalamic neurons (703). When cultured without neuronal contact, astrocytes expressed the OXTR at low level; but when treated with medium from cultured neurons, astrocytic OXTR level increased, most probably due to neuronal release of TGF- $\beta$  and uptake by astrocytes (703).

#### 2. Prefrontal cortex

The expression of OXTR in the prefrontal cortex has so far been described in mice, rats, and voles. Using a novel OXTR antibody for mice, a lateralization of OXTR expression in the female cortex with OXTR being more expressed in the left auditory cortex than in the right auditory cortex has been described (670). This lateralization was supposed to play a role in maternal behavior, since pup-retrieval behavior required the left, but not right, auditory cortex. In the medial prefrontal cortex, OXTR expression has been found in interneurons (736), which are characterized by co-expression of CRF-binding protein and GABA (616), somatostatin, and a regular spiking pattern (736). In contrast to regulating socio-sexual behavior in female mice, male mouse OXTR-expressing cortical interneurons are

thought to be involved in the regulation of anxiety-like behavior (616).

Also in the rat, OXTR have been detected in the prefrontal cortex, and pharmacological studies indicate their involvement in maternal behavior and anxiety-related behavior. For instance, administration of OXT into the prelimbic part of the medial prefrontal cortex reduced anxiety-like behavior in male and female rats (896), whereas local OXTR blockade by an OXTR antagonist in the medial prefrontal cortex impaired maternal care and increased maternal aggression (895).

In monogamous prairie voles, OXTR expression in the medial prefrontal cortex is higher than in promiscuous montane voles, and female voles of both species display higher prefrontal cortex OXTR expression levels than males (953). In general, OXTR binding in the temporal and parietal association areas of the prairie vole cortex are relatively high in comparison to the auditory or somatosensory cortex (293). In addition, a detectable difference in OXTR expression has been described between cortical layers, specifically, layer 4 seems to express the

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OXTR at very low levels, in contrast to *layers 2*, *3*, and *5* in prairie voles (293). These results indicate a role of OXT in the integration of sensory and motor functions in the vole central nervous system, with implications for the modulation of social interactions in this monogamous species.

## 3. Hippocampus

OXTR expression and binding have been detected in all subregions of the hippocampus, i.e., the CA1, CA2, CA3, subiculum, and dentate gyrus in OXTR-reporter mice (389, 1116), by receptorautoradiography (291, 473, 488, 646, 789, 1030), immunostaining (702), or qPCR (659) in mice, rats, golden hamsters, syrian hamsters, tuco tucos, naked mole rats, and Taiwan voles (172, 291, 646, 789, 1116).

In the rat hippocampus, highest OXTR density has been found in the CA1 (compared with lesser expression in CA2 or CA3), where its functionality has also been confirmed. In detail, OXTR-expressing hippocampal GABAergic interneurons are excited by the specific OXTR agonist TGOT in vitro (1128). In hippocampal slices, 3 min of bath application with 200 nM TGOT depolarized small hilar OXTR interneurons, which facilitated GABA release not only onto pyramidal cells but also onto mossy cells of the granular layer of the dentate gyrus. This TGOT-induced GABA release produced a robust increase in inhibitory postsynaptic current frequency and amplitude that returned to baseline levels within 10 min (420). The inhibitory effect of OXT turned out to be reversible and transient; however, longterm incubation of hippocampal slices (3 h) with OXT induced CREB-dependent long-term potentiation via the MAPK pathway likely to be involved in spatial memory during lactation (1011).

In vivo, intra-hippocampal OXT infusions have been shown to increase neurogenesis in the ventral, but not dorsal, dentate gyrus and to protect against stress or corticosterone-induced reduction of hippocampal plasticity (612). Although corticosterone administration increased OXTR binding in the hippocampus of male rats, adrenalectomy exerted the opposite effect (617).

## 4. Amygdala

OXTR expression and binding has mainly been found in the two major subdivisions of the amygdala, namely the central and medial amygdala of rats and mice (997, 1120, but also see Ref. 389). The functional role of amygdala OXTR comprises the regulation of social behavior (152, 327, 407, 649) and fear expression (1067). Expression of the OXTR in the central amygdala is independent of gonadal steroids, and, therefore, central as well as medial amygdala OXTR expression is stable during the estrous cycle in female rats and rabbits, and over the course of pregnancy and lactation (488, 1036). However,

OXTR expression in the female central amygdala seems to correlate negatively with social interest, whereas OXTR expression in the male rat medial amygdala correlates positively with social interest (294).

The expression of fear is negatively regulated by OXTR in the lateral part of the central amygdala (462, 974, 1067). In detail, inhibitory effects of OXT on the expression of fear are caused by increased excitability of OXTR neurons in the lateral part of the central amygdala, which project to output neurons in the medial part of the central amygdala and inhibit the motor fear response via GABA release (462). This regulatory function also depends on the dopamine receptor D2, which forms heterocomplexes with the OXTR. A heterocomplex of the OXTR and the D2 receptor facilitates the coupling of the receptors to signaling cascades, namely MAPK and Ca<sup>2+</sup>-dependent calcineurin signaling, thereby enhancing the anxiolytic effect of OXT (241, and see sect. VI).

## 5. Subcellular distribution of the OXTR

Using electron microscopy, OXTR protein expression has been identified at various subcellular compartments of cortical neurons, including presynaptic and postsynaptic membranes of putative excitatory synapses, inhibitory synapses located on dendritic shafts, perisomatic and preterminal axon segments, and also microglial membranes (702, 1125). OXTR-immunostaining was lacking within cortical dendrites. The functional role of OXTR at dendritic shafts remains to be determined, but a dominant role for OXT in the regulation of inhibitory GABAergic transmission has been suggested in various studies (131, 670, 702, 793, 956).

## 6. OXTR expression in the brain during development

In the brain, the OXTR is expressed in a developmentdependent pattern (reviewed in Ref. 398; see TABLE 1). In general, expression of OXTR in the embryonic or juvenile brain is higher in regions related to reward and social and spatial memory, whereas in adult brains OXTR binding is higher in cortical regions and in regions related to socialdecision making (957). Most expression changes occur in two developmental stages in the rat, i.e., around postnatal week 3 (postnatal days 16-22) and during puberty (after postnatal day 35) (1029, 1030). In early life (until postnatal day 10), some areas showed intense OXTR binding, including the cingulate or retrosplenial cortex (1030), the caudate putamen and lateral septum (646), whereas OXTR binding completely disappeared in the adult cingulate and retrosplenial cortex (1030). In the lateral septum, OXTR binding density of 5-wk-old rats was high and decreased slightly in the adult brain (646).

In contrast, some regions without visible binding in early life show OXTR binding around *postnatal day* 40-45, i.e., in puberty (1030). For instance, OXTR binding increased

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fourfold with age in the ventromedial hypothalamus (646, 1030). In the BNST and central amygdala, OXTR binding can also be detected in early life but was found to further increase in puberty (1030).

Those developmental shifts in regional OXTR expression are probably the molecular mechanism underlying social behavioral adaptations to age-dependent social demands (957), such as social play behavior in juveniles (113) or partner preference formation and alloparental care in adult rats and voles (513, 782, 886).

## C. OXTR Expression and Binding in the Non-Human Primate and Human Brain

Generally, primates are excellent models to investigate the role of OXT in complex social behavior. However, only recently, Freeman and colleagues succeeded in developing an autoradiographic protocol for selective OXTR binding in primates (354). Thus they could identify OXTR binding sites in the nucleus basalis of Meynert (visual attention), pedunculopontine tegmental nucleus (visual attention and arousal), the superficial gray layer of the superior colliculus (gaze control), the trapezoid body (auditory processing), and the ventromedial hypothalamus (sexual behavior and feeding) in the brain of rhesus macaques (*Macaca mulatta*). In confirmation of this data, local *Oxtr* mRNA expression was identical to the identified binding regions (354).

In another primate, the social monogamous coppery titi monkey (Callicebus cupreus), OXTR binding and mRNA were detected in the nucleus basalis of Meynert, but also in regions that were not detected in the macaque, e.g., the CA1 field and dentate gyrus of the hippocampus, layers I and III of the presubiculum, periaqueductal gray, pulvinar, layer 4C of the primary visual cortex in the occipital lobe, deeper layers of the superior colliculus, nucleus prepositus, pontine gray, and spinal trigeminal nucleus. In one animal, OXTR expression was also detected in the lateral septum (355). In brain tissue from an adult cynomolgus monkey, a specific monoclonal human OXTR antibody (termed 2F8; Ref. 532) provided evidence for expression patterns of the OXTR in primates similar to that described in rodents before, since OXTR staining was also found in cell bodies and fibers of the preoptic area as well as fibers in the septal nucleus (91).

In 2013, Boccia and colleagues used the same, obviously specific (see **BOX 1**), monoclonal antibody to stain OXTR in a human female brain (92). In this paper, OXTR expression was predominantly detected in limbic and hypothalamic structures, such as central and basolateral amygdala (fear response, autism) (41, 462), anterior cingulate [decision-making (153), and associated with posttraumatic stress disorder (454) and schizophrenia (1110)] and piriform cortex (learning odors and taste) (167, 224), medial preoptic area

(sexual and parental behavior) (550), ventrolateral ventromedial nucleus of the hypothalamus (sexual behavior) (146), nucleus of the solitary tract (gustatory perception, sexual behavior) (549, 930), and hypoglossal nucleus (breathing, speech, vertical eye movement) (780, 928). Surprisingly, no staining was found in the hippocampal CA1 and CA2, BNST, PVN of the hypothalamus, pons, olivary nuclei, and raphe nuclei (92). Although the technique they used seems adequate to detect the OXTR in most regions, brain regions might exist, where OXTR expression falls below the detection limit.

## D. Peripheral OXT Synthesis and OXTR Expression

In addition to OXT and OXTR expression and binding within the brain (see **TABLE 1**), there is also expression of the nonapeptide and, in particular, OXTR in peripheral tissues, which has been detected using immunohistochemistry, receptor autoradiography, RT-qPCR, or a combination of these in various mammals, including rats, mice, cow, dogs, baboons, and humans in peripheral organs (see **TABLE 2**).

In comparison to OXTR expression, peripheral OXT synthesis has been detected so far only in few organs, including corpus luteum, uterus, amnion, placenta, interstitial cells of the testes, adrenal glands, heart, dermis, and thymus **(TABLE 2)**. Among the peripheral organs with OXTR expression and binding are the macula densa cells of the renal cortex (790), cardiomyocytes of the heart (189, 408, 822), nociceptive dorsal root ganglion neurons (722), retina (411), adipocytes (299, 1113), and adrenal medulla cells (995).

Additional sites of expression were recently identified with surprising implications for OXT-related functions in the body-brain axis. In detail, OXTR were found in mouse taste buds, where OXT could, in addition to central regulation of satiety, play a direct role in regulating food intake (942; see sect. XA). OXTR expression was also described in osteoclasts (198) and osteoblasts (197, 264). In osteoblasts, the membrane-bound form of the OXTR can be internalized and transported to the nuclear membrane and participate in bone maturation, probably via signaling cascades different from those activated by the membrane-bound form of the OXTR. The authors, therefore, hypothesized a direct effect of the nuclear form of the OXTR on gene transcription (264). Future studies need to reveal the contribution of nuclear OXTR signaling in the regulation also of other physiological and behavioral functions.

OXTR expression was further revealed in the intestinal system, specifically in enteric neurons and enterocytes. Chronic activation of those enteric OXTR by osmotic minipumps (delivering OXT systemically via the femoral vein) was recently found to reduce intestinal inflammation, possibly by preventing inflammation-evoked signals to relevant

Periph		Peripheral OXTR			
Both ventricles and atria of the heart, vena cava, and aorta	Rat, human	499, 500	Cardiomyocytes	Rat, human	191, 420, 848
Interstitial cells of testes	Rat, human	353, 416, 787	Testes, rat penis	Rat	62, 1168
Corpus luteum, uterus, amnion	Rat	622, 623	Uterus (myometrium, endometrium)	Rat	994, 995
Placenta	Human, bovine	337	Neonatal anogenital region	Mouse	402
Medulla and cortex of adrenal glands	Rat, human	21, 787	Medulla of adrenal gland, neonatal adrenals	Mouse, bovine	402, 1026
Dermal fibroblasts and keratinocytes	Human	251	Dermal fibroblasts and keratinocytes	Human	251
Thymus	Human	377, 386, 736			
			Taste buds	Mouse	969
			Osteoclasts, osteoblasts	Mouse, human	199, 200, 266
			Enteric neurons and enterocytes	Rats	1116, 1117
			Neonatal oronasal cavity	Mouse	402
			Retina	Mouse	402, 422
			Neonatal eye		
			Neonatal whisker pads	Mouse	402
			Nociceptive dorsal root ganglion neurons	Rat	748
			Macula densa cells of renal cortex	Rat	816
			Adipocytes	Rat, mouse	301, 1145

 Table 2.
 Peripheral tissues that express OXT and the OXTR and related publications demonstrating cell type- or organ-specific mRNA or protein levels

brain regions, such as PVN, amygdala, and piriform cortex (1084, 1085). Also, the expression of OXT and its receptor has been shown in fibroblasts and keratinocytes of the human skin, which regulate processes involved in atopic dermatitis, such as proliferation, inflammation, and oxidative stress response in the skin (250). Atopic dermatitis is a multifactorial skin disease that aggravates not only upon physiological but also psychological stress (177). The view that peripheral inflammatory processes are regulated by OXT is further supported by studies linking inflammatory skin diseases with psychopathologies associated with a dysregulated OXT system, such as autism spectrum disorder or attention deficit hyperactivity disorder (136, 656, 1109).

The obvious imbalance between the expression of the ligand in limited organs and the widespread expression of its receptor can be explained by the general peripheral distribution of OXT via the bloodstream, which only creates the need for peripheral OXTR expression, and relatively sparse peripheral OXT expression sites.

Neonatal expression of the OXTR was analyzed by receptor autoradiography with sagittal body sections of male and female P0 C57BL/6J mice. Specificity of the radioligand was tested by means of OXTR knockout mice and a competitive binding assay against increasing OXT concentrations (393). OXTR were detected in the neonatal eye, whisker

pads, nasal cavity, adrenal glands, and anogenital region. Expression of the OXTR in the neonatal nasal cavity is interesting in light of behavioral effects of intranasal OXT treatment; however, corresponding data in humans are lacking. Interestingly, non-specific binding of the ligand was found in the liver and brown adipose tissue of OXTR knockout mice, indicating a somehow altered composition of fat tissue that resembles binding sites for OXT (393).

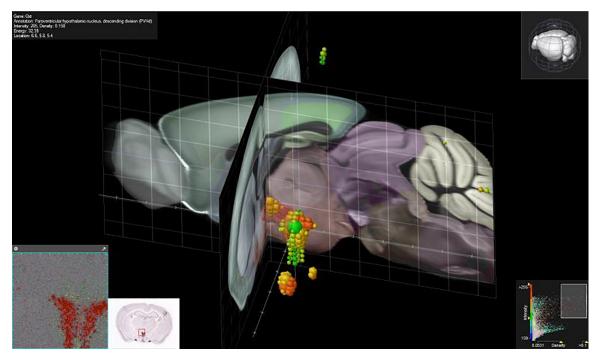
## IV. REGULATION OF OXT SYNTHESIS, TRANSPORT, AND RELEASE

## A. The *Oxt* Gene and Regulation of OXT Transcription

The Oxt gene is mainly expressed in hypothalamic neurons of the brain, but synthesis was also found in various peripheral tissues (see **FIGURES 3 AND 4**; sect. II). The relatively small gene (4,580 base pairs) encoding the precursor protein for OXT and its associated neurophysin contains three exons and two introns. The first exon contains the 5' noncoding promoter region, a small signal peptide, the nonapeptide OXT, and the NH<sub>2</sub>-terminal, the variable region of neurophysin. The second exon encodes the central, highly conserved region of neurophysin, and the third exon encodes the remaining

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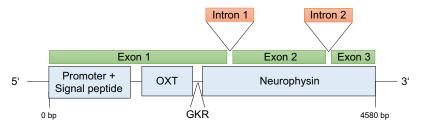
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**FIGURE 4.** Representative OXT expression on a 3D-sagittal/coronal section of an adult mouse brain, using the Allen mouse atlas program. Yellow and red dots represent high density of OXT expression; green dots represent lower expression. OXT expression is mainly found in the PVN, along the third ventricle, and the SON. For detailed information on staining protocol and data source, see http://mouse.brainmap.org/search/show?page\_num=O&page\_size=32&no\_paging=false&exact\_match=true&search\_term=Oxt&search\_type= gene. Image credit: Allen Institute.

COOH-terminus of neurophysin (481). The human OXT precursor is organized as described, comprised of three exons and two introns, but without COOH-terminal gly-copeptide moiety as found in the AVP precursors of all mammals (709). In humans, both the OXT and the AVP gene are located on *chromosome 20* (870) separated by 8 kb (in the rat by 11 kb) (707, 709) (FIGURE 5).

The almost exclusive expression of either Oxt or Avp in specialized hypothalamic OXT or AVP neurons defines their phenotypes and implies effective regulatory mechanisms for gene activation and gene suppression, respectively. Adeno-associated viral vectors have been used in combination with enhanced green fluorescent protein (eGFP) as a reporter to delete selected promoter sequences of either the Oxt or Avp gene (334, 335). These studies revealed that the key elements in the gene promoters that regulate their cell-type-specific expression in magnocellular neurons of the SON are located in the 5'-flanking regions of both promoters. In the case of the Oxt gene, the regulatory DNA sequence appeared to reside in the -216 to -100 bp upstream of the transcription start site (335), where a celltype-specific activator of transcription may operate. Evidence for specific suppressors of AVP expression in OXT cells (or vice versa) could not be identified so far (334). In this 5'-flanking region in the Oxt promoter, functional estrogen/retinoic acid receptor-like transcription factor binding sites have been localized, which were described as the composite hormone response element (8). This element has the capacity to bind various classical and orphan nuclear hormone receptors (132), such as estrogen receptor  $\beta$  (ER  $\beta$ ) (868, 947). Some of these nuclear hormone receptors are also present in magnocellular neurons (463), where they may activate or inhibit OXT promoter gene expression (187, 868). Sharma and co-workers found that the ER  $\beta$  is activated by the dihydrotestosterone metabolite  $5\alpha$ -androstane-3 $\beta$ ,17 $\beta$ -diol, leading not only to ER  $\beta$  occupancy of the estrogen responsive element of the OXT promoter but



**FIGURE 5.** Representative scheme of the Oxt gene on human *chromosome 20*, containing three exons and two introns. The gene codes for an initial signal peptide, the nonapeptide OXT, a glycine, lysine, arginine (GKR) processing signal, the variable  $NH_2$ -terminal region of neurophysin, the core neurophysin, and its COOH-terminal region.

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also to increased binding of the transcription factor CREB and to acetylation of histone H4. These three components form a functional complex that drives OXT expression by activated transcription factors and loose chromatin structure (929) (FIGURE 5).

## B. OXT mRNA Translation and Axonal Transport

Translation of OXT mRNA occurs on ribosomes of the rough endoplasmic reticulum as part of the large precursor protein (prepropeptide) consisting of the signal peptide, the nonapeptide, and the neurophysin in the neuronal soma. The signal peptide supports the protein transfer into the Golgi apparatus, where concentration and packaging into newly formed neurosecretory vesicles and extensive posttranslational processing occur (17, 363). Such intravesicular posttranslational processing of the precursor protein includes sequential proteolytic cleavage by special converting enzymes and conversion into the smaller OXT and neurophysin parts, and various protein modifications, among them glycosylation, phosphorylation, acetylation, and amidation (40, 1012). Whereas the physiological functions of OXT as a neurohormone have been extensively studied (see below), the function of neurophysin is still unclear but may include support of axonal transport of neurosecretory vesicles to the neurohypophysis (869).

While undergoing the complex posttranslational maturation process in neurosecretory vesicles, these so-called large dense-core vesicles are targeted to their sites of release via axonal transport, best studied in SON neurons projecting via the eminentia mediana (infundibulum) to the neurohypophysis (124). <sup>35</sup>S-labeled protein originating in the SON was found to arrive in the rat neurohypophysis after 2 h (124). Given that the transport of hypothalamic OXT to neurohypophysial terminals also needs ~2 h and that the distance between the hypothalamic magnocellular SON and PVN and the rat posterior pituitary is ~2-3 mm (805), neuropeptide secretory vesicles should travel at a speed of 1-1.5 mm/h. Once arrived in neurohypophysial terminals, OXT-containing vesicles are stored in and released from neuronal terminals into neurohypophysial capillaries and, thus, into the peripheral blood stream via so-called neurohemal contact zones (428) (see below). After enzymatic cleavage from the nonapeptide, neurophysin is also secreted into the blood stream; its functions, however, are unknown.

The hypothalamic synthesis within the SON and PVN and neurohypophysial secretion of OXT into blood are triggered by various specific physiological stimuli as described below (see sect. IVD). Briefly, main stimuli for the OXT system in all mammals studied so far include vaginocervical distension as found during birth (Ferguson reflex), suckling during lactation (milk ejection reflex), sexual stimulation, and hyperosmotic and other forms of stress (1, 237, 282, 297, 477, 480, 509, 591, 593, 604, 746, 968, 1049, 1050, 1100, 1102).

### C. Intra-neuronal Sites of OXT Synthesis

There is evidence for the presence of OXT (and AVP) mRNA in axons (708) and dendrites (711) as well. However, only dendrites were shown to be capable of local protein synthesis (366, 507, 672, 711, 1115). Dendritic peptide synthesis has specifically been proposed for input-specific delivery of proteins with key functions in synaptic plasticity (971). Also, magnocellular hypothalamic neurons seem to be capable of synthesizing proteins within their dendrites (650), whereas the axonal compartment appears to lack this capacity (710, 1007). It is thus conceivable that OXT (and AVP) synthesis in the somata of magnocellular OXT neurons is the prerequisite for nonapeptide release from axonal terminals into blood (or within central target regions of axonal projections; see below) and for somatic release within the SON and PVN, whereas dendritically released OXT as found in the SON and PVN is synthesized in dendrites. In addition to dendritic nonapeptide synthesis, also large dense-core vesicles and their fusion with the dendritic membrane were visualized in dendrites of magnocellular neurons within the SON using electron microscopy, further supporting the option of dendritic release (838; see below).

## D. Mechanisms of OXT Release: Axon Terminal vs. Somato-Dendritic Release

#### 1. Neuronal transport of OXT

After synthesis and package in large dense-cored vesicles, OXT is transported to and stored in neurohypophysial terminals, but also within dendrites of hypothalamic magnocellular neurons. Subsequently, OXT is released from neurohypophysial axon terminals, from axons and/or axon terminals of centrally projecting neurons, and from somata and dendrites within the hypothalamic SON and PVN. This suggests compartment-specific mechanisms of peptide sorting, transport, storage, and release. OXT (and neurophysin)-containing large dense-core vesicles are directed either to the axonal ending or to the dendrites by a protein kinase A- or protein kinase C-dependent mechanism. Activation of protein kinase A enhances the association with two motor proteins (kinesin-2 and ANXA1), thus increasing the axonal localization of OXT vesicles, whereas protein kinase C activation interferes with the binding of kinesin-2 to ANXA1, thereby attenuating the transport to the axonal endings and increasing dendritic accumulation (661).

### 2. Axon terminal release of OXT

After axonal transport to neurohypophysial terminals and local storage, the release of OXT follows general mecha-

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nisms of neuronal exocytosis. Action potentials generated in hypothalamic cell bodies open local voltage-dependent  $Ca^{2+}$  channels of the terminal membrane, resulting in  $Ca^2$ entry and a rise in intracellular  $Ca^{2+}$ , which triggers exocytosis of neurosecretory vesicles to release OXT into neurohypophysial capillaries. Magnocellular terminals build close anatomical contacts with these capillaries, so-called neuro-hemal contacts, which lack a blood-brain barrier and thus are characterized by fenestrated contacts between capillary endothelial cells (427). As for all other neuroendocrine systems, such as AVP or CRF and other hypothalamicreleasing hormones into the portal blood circulation of the eminentia mediana, this allows diffusion of OXT into the circulation.

For terminal exocytosis of neuropeptidergic (as well as other) vesicles, the interaction of multiple vesicle- and membrane-associated proteins is essential in forming a complex known as the soluble *N*-ethylmaleimide-sensitive factor attachment receptor (SNARE) complex. The SNARE complex largely consists of the vesicle-associated membrane protein 2 (VAMP-2), syntaxin-1, and soluble *N*-ethylmaleimide attachment protein-25 (SNAP-25), and a number of regulatory proteins such as synaptotagmins, munc-18, and Ca<sup>2+</sup>-dependent activator protein for secretion (CAPS-1), which are described in detail elsewhere (483, 484, 792, 972). This entire exocytosis machinery has also been identified in neuropeptidergic terminals of the posterior pituitary (640, 844, 1070, 1137).

Importantly, some of these proteins (e.g., syntaxin-1, munc-18, and CAPs-1, vesicle-associated membrane protein 4; VAMP-4, and SNAP-25) were also identified in somata and dendrites of hypothalamic magnocellular neurons, whereas others such as SNAP-25 were not or were localized in presynaptic contact zones of OXT neurons (e.g., synaptotagmin-1 and VAMP-2) (640, 792). Thus, although SNARE proteins seem to be generally required for dendritic neuropeptide release, the detailed contribution of various proteins to the molecular machinery essential for somato-dendritic OXT release within the hypothalamus and from neurohypophysial terminals may substantially differ.

## 3. Dendritic release of OXT

Like axon terminal secretion, dendritic OXT release has also been shown to be  $Ca^{2+}$ -dependent (240, 744). The essential increase in free intracellular  $Ca^{2+}$  may have different extracellular and intracellular sources. The entry of extracellular  $Ca^{2+}$  mainly occurs via voltage-dependent  $Ca^{2+}$ channels (338). Specifically, the N-type voltage-dependent  $Ca^{2+}$  channels (348, 498) appear to be important for dendritic OXT release; blockade of N-type channels reduced OXT release within the SON (for review, see Ref. 1008).  $Ca^{2+}$  entry via N- as well as L-type channels has also been shown to be essential for somato-dendritic release of other neuromodulators, for example, dopamine (531, 692), serotonin (232), and dynorphin (938). Importantly, an increase in intracellular  $Ca^{2+}$  is also achieved by OXT itself via OXTR binding and activation of transient receptor potential vanilloid type-2  $Ca^{2+}$  channels (TRPV2). This effect on  $Ca^{2+}$  entry, which is phosphoinositide 3-kinase (PI3K)-dependent, has been demonstrated in the PVN but also in primary hypothalamic cells and in rat immortalized H32 cells (see below; Ref. 1044). This mechanism is likely to contribute to the auto-excitatory nature of somato-dendritically released OXT as demonstrated within the SON in the lactating and parturient rat (580, 739; see above).

In addition to extracellular  $Ca^{2+}$ , the activation of  $Ca^{2+}$ from intracellular stores was also found to be important for somato-dendritic, but not terminal, release of OXT (640, 644, 1010). Activation of somato-dendritic OXTR, e.g., by locally released OXT itself, is sufficient to increase intracellular  $Ca^{2+}$  concentrations from thapsigargin-sensitive, but ryanodine-insensitive, intracellular stores (634, 644) and, therefore, to elicit further dendritic OXT exocytosis from large dense-core vesicles. Thus, in contrast to terminal secretion, which is largely dependent on the frequency of action potentials, dendritic release is less tightly coupled to action potentials and not necessarily dependent on the electrical activity of OXT neurons (640, 644).

The transmembrane receptor CD38 has been identified as another essential component for the rise in intracellular Ca<sup>2+</sup> and OXT secretion (445, 489). Here, CD stands for cluster of differentiation, since each of the CD proteins was originally defined as a blood cell "differentiation antigen" recognized by multiple monoclonal antibodies and found to consist of relatively few groups ("clusters"), each recognizing a single cell-surface protein. So far, >150 CD proteins are known. CD38 can catalyze the formation of second messengers, which are essential for the activation of intracellular Ca<sup>2+</sup> stores, i.e., of cyclic ADP-ribose and of nicotinic acid adenine dinucleotide phosphate (NAADP) (308, 443). Thus these CD38-dependent cyclic ADP-ribose or NAADP signaling pathways play an essential role in exocytotic processes of neurotransmitters (600) and were also suggested to be important for OXT release from hypothalamic neurons. Based on the findings that, in mice lacking the CD38 gene (CD38<sup>-/-</sup>), OXT secretion into blood was reduced and social behavior skills such as social memory were impaired. Jin et al. (489) hypothesized that CD38 also plays a role in intracerebral OXT release (for review, see Ref. 442). This is further supported by human studies associating single nucleotide polymorphisms (SNPs) in the human CD38 gene with the etiology of autism spectrum disorder (e.g., high-functioning and low-functioning autism) characterized by severe impairment in various aspects of social behavior (for review, see Ref. 444). However, OXT plasma levels were found unchanged in healthy subjects with or without the mutation.

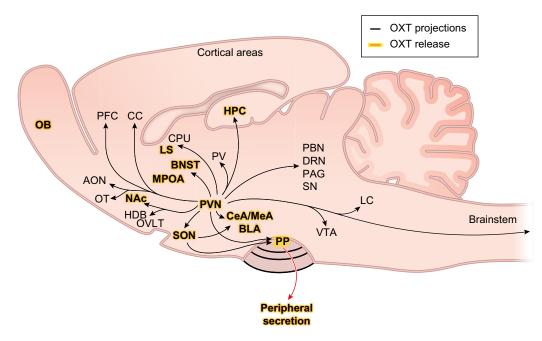
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In addition to the above-mentioned factors, cytoskeletal elements are also important for the control of neuronal vesicle release. Here, an actin network proximal to the plasma membrane, usually referred to as cortical F-actin, was described in somata of magnocellular OXT neurons. F-actin appears to regulate the trafficking of functionally mature, release-competent vesicles to fusion sites and is, therefore, likely to be involved in the differential control of OXT release from somata, dendrites, or axonal terminals (for details, see Ref. 640).

#### 4. Intracerebral OXT release in a nonsynaptic fashion

Despite the presence of oxytocinergic axons in various brain regions (see **FIGURE 6** and sect. IVB), evidence for presynaptic release, as shown in the neurohypophysis, is still missing. Therefore, intracerebral release of OXT was hypothesized to occur non-synaptically, from either axons or axon collaterals of magnocellular PVN (and SON) neurons projecting to forebrain and other limbic regions, as well as from dendrites and somata within the hypothalamic PVN and SON. As such, OXT may rather act as a neuromodulator than as a classical neurotransmitter on nearby and also distant neuronal structures (591, 608, 753). This view is supported by the spatial distribution of large dense-core vesicles containing OXT, which are not located in the active zones of pre-synapses in the few OXT synapses found in the SON (1002) and ventromedial hypothalamic nucleus (394). Moreover, OXTR could not be attributed to postsynaptic membranes so far. Furthermore, the onset of electrophysiological responses to OXT is delayed, thereby exceeding the time typically needed for synaptic transmission (1-10 ms) and ranging within seconds in the central amygdala (544, 545) or other brain regions. A similar second-range delay of cellular responses was recently demonstrated after evoked somato-dendritic release of AVP from magnocellular PVN neurons, pointing toward a similar non-synaptic, diffusion-like neuropeptide action that allows for inter-populational cross talk within ~100-µm distance (967). However, this view is challenged by the finding that the OXT agonist TGOT depolarized small hilar interneurons in hippocampal slices and facilitated subsequent GABA release not only onto pyramidal cells but also onto mossy cells of the granular layer of the dentate gyrus, as described above (sect. IIIB) (420).

The non-synaptic mode of release should be further confirmed by time-lapse imaging, implementing recently developed techniques for monitoring, docking, and release of



**FIGURE 6.** Representative anatomical scheme of a rat brain (sagittal slice). OXTergic projections originating from the PVN are depicted as black lines, connecting brain region where OXTR expression has been detected (also see **TABLE 1**). Brain regions where OXT release has directly been shown by microdialysis are highlighted by a red halo. AON, anterior olfactory nucleus; OB, olfactory bulb; OT, olfactory tubercle; Nac, nucleus accumbens; OVLT, organum vasculosum laminae terminalis; SON, supraoptic nucleus; PVN, paraventricular nucleus of the hypothalamus; PP, posterior pituitary; PFC, prefrontal cortex; CC, cingulate cortex; MPOA, medial preoptic area; BNST, bed nucleus of the stria terminalis; LS, lateral septum; CPu, caudate putamen; PV, paraventricular nucleus of the thalamus; CeA, central amygdala; MeA, medial amygdala; BLA, basolateral amygdala; VTA, ventral tegmental area; LC, locus coeruleus; PBN, parabrachial nucleus; DRN, dorsal raphe nucleus; PAG, periaqueductal gray; SN, substantia nigra; HPC, hippocampus; HDB, nucleus of the horizontal limb of the diagonal band.

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large dense-cored vesicles (1042). These techniques should also allow dissection of the role of glutamate- or GABAcontaining synaptic vesicles in OXT neurons (458), which remain enigmatic since fast synaptic transmission from axons of magnocellular OXT neurons either in the hypothalamus or extrahypothalamic places could not be shown so far (544, 545).

## E. Stimuli of OXT Secretion into Blood

OXT concentrations in plasma or other peripheral body fluids reflect the activity of magnocellular OXT neurons projecting to the neurohypophysis only. To assess OXT secretion from the neurohypophysis into blood, OXT concentrations have been quantified mainly in plasma but recently also in saliva and urine under basal and various experimental conditions. There are several advantages and disadvantages of the quantification of OXT in these body fluids (**BOX 2**). Both physiological as well as pharmacological stimuli have been shown to trigger OXT secretion from neurohypophysial terminals into the blood stream in various mammals, including mice, rats, cows, and humans.

#### 1. Birth

Parturition-related events are classical physiological stimuli triggering OXT secretion into blood, since OXT is a func-

## **BOX 2.** Methods and problems to monitor **OXT** secretion into blood

OXT secretion into blood has been quantified by measuring OXT concentrations mainly in plasma but also in saliva and urine. Plasma samples can be withdrawn in larger quantities and more frequently in larger mammals, including humans, but is rather limited in rats and mice. However, for the reliable detection of physiological levels of plasma OXT in pg amounts, plasma extraction is essential to avoid false-positive results (238, 700). Sampling of saliva (164, 238, 323) or urine (323, 725, 988) has the advantage of being non-invasive and thus stressfree, which is of importance for stress-sensitive experimental designs, for example, in primates or in distinct patient cohorts (e.g., for patients with anxiety disorders or specific phobias, or in children). Furthermore, saliva and urine samples can be collected without professional medical support at home, and an extraction procedure is not needed, since large quantities of high molecular weight proteins are missing (238). However, whereas plasma and salivary OXT have been shown to be correlated (323, 403, 517), plasma and urine OXT concentrations have not (323, 356), making urinary OXT a less reliable measure of peripheral OXT secretion. In addition, the precision of the temporal dynamics of peripheral OXT concentrations needs consideration. The temporal resolution of OXT fluctuations in saliva and urine should rather be limited; in both fluids, OXT concentrations are likely to integrate plasma OXT concentrations over a specific, still unidentified time period. An important methodological problem these days is the use of validated, highly specific detection assays allowing the quantification of physiologically meaningful concentrations in any body fluid (see sect. XIII).

tional part of the so-called Ferguson reflex (326). This neuroendocrine reflex is defined as a self-sustaining positive feed-forward cycle of uterine contractions. Briefly, the Ferguson reflex is initiated by increased pressure on the cervix or vaginal walls, and comprises somato-sensory neurons with synapses in the dorsal horn of the spinal medulla, ascending axonal connections to the brain in the anterolateral columns, and OXT neurons of the hypothalamic SON and PVN with axonal connections to the neurohypophysis. Finally, activation of OXT neurons, which is amplified by locally released OXT-mediated positive feedback (739), results in the secretion of OXT into blood (349, 360, 592), where it promotes further uterine contractions via OXTR, thus further increasing pressure on the cervix. Such secretion into blood was found to be pulsatile in pigs, where it, however, did not correlate with fetal expulsion or abdominal contractions (376). Details of a potential pulsatile secretion of OXT during delivery are not known in other species (see **BOX 4**). The OXTR in the myometrium is upregulated at the end of pregnancy as a result of a functional increase of the estrogen-progesterone ratio (966) (see sect. V). Despite the observation in OXT knockout mice that OXT does not seem to be essential for parturition in this species, pharmacological interference with the OXT system around parturition indicates that increased OXT neuron activity and OXT secretion indeed contribute to the birth process in "normal" mice (284).

#### 2. Lactation

The other classical stimulus for OXT secretion is suckling in the lactating mammal, with OXT being a functional part of the milk-ejection reflex. Briefly, the suckling stimulus activates pressure-sensitive somato-sensory neurons located in the nipples connected via the spinothalamic tract to the brain, which triggers a burst-like and simultaneous (718) activation of hypothalamic OXT neurons amplified by locally released OXT (581, 740), with the result of pulsatile OXT secretion into the blood stream. Subsequently, circulating OXT binds to OXTR of myoepithelial cells surrounding the milk ducts, which causes the contraction of those cells in the mammary gland and results in increased intraluminal (intramammary) pressure and ejection of milk from the alveolar lumen. The number of OXTR on the myoepithelial cells is upregulated in pregnancy and lactation (965). The detection of the suckling-evoked pulsatile OXT secretion as shown in various mammals including humans (446, 683, 1034) is methodologically challenging and needs frequent blood sampling; in saliva, this pulsatile release pattern cannot be mirrored (237).

#### 3. Mating and sexual stimulation

In both males and females, mating and sexual stimulation have been linked to an increased OXT system activity, as reflected by increased OXT secretion into blood in vari-

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ous mammalian species (377, 1064). Also, increased plasma OXT concentrations have been found in sexually aroused men and women during sexual self-stimulation, with peak OXT concentrations found during ejaculation and orgasm, respectively (157, 728). This has recently been confirmed in saliva samples from healthy men and women (237). Whether such release occurs in a pulsatile manner is currently unknown. In estrous ewes, pulsatile release of OXT was found in the presence of a ram, which was, however, independent of coitus (377). It is worth mentioning that OXT concentrations in non-extracted plasma samples were found to be elevated in new lovers (compared with singles) and remained at higher levels within 6 mo, which may suggest generally increased OXT activity during the early stage of romantic attachment (919). Generally, such data have to be considered with caution, since using enzyme assays of unextracted plasma are likely to co-detect substances unlike OXT, thus yielding unreliable data (607) (see sect. XIII).

## 4. Stress-related stimuli

Exposure to various stressors activates OXT neuronal activity and OXT secretion into blood. Such stressors include physical exercise, socio-emotional stress, and osmotic stress, as mainly studied in rodent species and humans. Thus OXT concentration in plasma was found to be increased in response to forced swimming in male rats and mice, and virgin or pregnant female rats (283, 593, 751, 1017, 1100), but not in virgin female mice (282). Intense emotional stress, such as restraint in rats (509), also increased plasma OXT, whereas acute exposure to a dominant male rat did not measurably increase OXT plasma levels (309).

In humans, OXT concentrations in both plasma and saliva were increased during physical exercise, such as running (237, 584). Moreover, exposure to the Trier Social Stress Test (TSST)—a model of acute psychosocial stress (538) also resulted in elevated OXT concentrations in plasma and saliva (237, 824). Even rather subtle, positive socio-emotional stimuli, such as intense mother (or father)-infant interactions, as mirrored by the frequency of touching their child, were found to be related to OXT concentrations in saliva and in non-extracted plasma samples (321, 324). Interestingly, even social interspecies interactions between the owner and his/her dog, especially those initiated by the dog's gaze, increased urinary OXT concentrations in both owners and dogs (733, 734).

Hyperosmotic stimulation, i.e., an increase in plasma osmolality, is also relevant for activating the OXT system, resulting in activated neuronal OXT synthesis and secretion into the blood stream (509, 590, 642, 743).

## F. Intracerebral OXT Release

The presence of OXT-positive fibers and of OXTR within their brain target regions suggested the local release of endogenous OXT. Such local release finally determines the concentration of a biologically active neuropeptide in the extracellular fluid of a given brain area and allows subsequent local receptor binding. In addition, local enzymatic clearance by peptidases and/or diffusion of OXT via bulk flow contribute to the dynamic alterations in regional OXT concentrations as a consequence of local OXT release.

Our knowledge regarding the stimuli and the dynamics of such intracerebral OXT release mainly derives from intracerebral microperfusion studies performed in rats, rabbits, and sheep, with the initial use of the push-pull perfusion method, which has later been developed into the more sophisticated method of intracerebral microdialysis (see **BOX 3**). Despite the

## **BOX 3.** Methods and problems to monitor **OXT** release within distinct brain regions

Intracerebral microperfusions are performed within a distinct brain region with the aim to monitor fluctuations of a given substance in the extracellular fluid surrounding the microperfusion device over a given period of time in the freely behaving animal. Both the so-called push-pull perfusion and the more sophisticated microdialysis were shown to be suitable to study the local release of OXT under basal conditions or in response to a physiological, pharmacological, immunological, or environmental stimulus of interest. Intracerebral microdialysis is based on the principle that substances in the extracellular fluid surrounding the small semipermeable dialysis membrane (diameter: 0.2 mm; length between 1 and 4 mm; concentric or U-shaped tip of the microdialysis probe) will diffuse from a higher to a lower concentration, i.e., from the extracellular fluid into the medium of the inner compartment of the dialysis probe. The probe is slowly perfused with either Ringer's solution or artificial cerebrospinal fluid at a speed of 1–3  $\mu$ l/min. Despite the fact that the preferred pore size of the dialysis membrane should exceed the molecular weight of the substance of interest at least 10- to 20-fold, the relative recovery of substances such as OXT (1,007 Da) from the extracellular fluid in the microdialysate is only ~1.5-3% (79, 616, 782). Consequently, highly sensitive assays for the quantification of OXT concentrations in the <1-pg range are needed, despite the fact that nonapeptide concentrations in the extracellular fluid of the SON were found to be 100- to 1,000-fold higher than in plasma (623). To the best of our knowledge, only radioimmunoassays using antibodies with high specificity and sensitivity were routinely used to quantify OXT (and AVP) in microdialysates. Another consequence of the low recovery of OXT by microdialysis is a relatively low temporal resolution, with 20- to 30-min sampling intervals needed to provide reliable quantification of OXT in microdialysates (for details, see Ref. 621). Consequently, OXT content in consecutively sampled microdialysates generally reflects and integrates OXT fluctuations in the extracellular fluid during the sampling period and is interpreted as alterations in local OXT release over this time period. Thus we have to keep in mind that information about the temporal dynamics of local OXT release within selected brain regions cannot be provided in a minute or second range, which would reflect the secretory neuronal activity patterns with higher precision.

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#### **BOX 4.** Open questions

- What are the functions of neurophysins after it is co-released with OXT, either from neurohypophysial terminals into blood or after neuronal release within target brain regions?
- Is there classical synaptic release of OXT from presynaptic structures with actions on OXTR of the postsynaptic membrane within the brain?
- 3) To which extent does peripherally circulating OXT, i.e., detected in plasma or saliva, reflect OXT release in the brain?
- 4) Is OXT secreted into blood during labor and delivery in a pulsatile manner, and, if so, what are the clinical implications for OXT treatment during birth to promote labor and to facilitate the birth process?
- 5) Is there an OXT binding protein in plasma, and what is the potential function of OXT binding to such protein after its neurohypophysial release, or, alternatively, after i.n. application of OXT and uptake into blood in large amounts?
- 6) What is the functional relevance of SNPs in the OXTR gene, and how do Oxtr polymorphisms affect OXTR-coupled neuronal signaling?
- 7) What are the physiological and intracellular consequences of a chronically activated OXTR compared with an acute stimulus?
- 8) What is the half-live of an OXTR expressed in neuronal tissue and its OXT binding?

fact that microdialysis is an invasive approach, a significant contribution of plasma OXT to neuropeptide content in microdialysates is rather unlikely, as has been experimentally shown (741, 744, 890). First, stimulus-induced alterations in OXT content in microdialysates are dependent on the local neuronal activity and can be locally blocked and further enhanced by using hyperpolarizing and depolarizing fluids, respectively (744). Second, repeated iv infusions of OXT during ongoing push-pull perfusion did not elevate OXT content in perfusates (741; but see Ref. 754). Furthermore, within the SON, where excessive neuropeptide release from densely packed dendrites and somata was described (641), it has been roughly estimated that local OXT concentration in the extracellular fluid is ~100- to 1,000fold higher than in plasma (589), making any contribution of the latter unlikely.

Despite its limitations (BOX 3), microdialysis performed within small and locally restricted brain regions reflects a clear advantage over other attempts to estimate local OXT release. For example, postmortem quantification of regional OXT content after various experimental manipulations has to be interpreted with caution, since OXT content surely reflects both intracellular, i.e., vesicular and neurobiological inactive, neuropeptide, as well as truly released, i.e., neurobiological active peptide. These two forms of local OXT contributing to local peptide content cannot be distinguished from each other in tissue homogenates. In addition, the estimation of (postmortem) peptide content reflects only a static picture of a larger region and cannot reveal the dynamics of release, for example before, during, and after a specific physiological or pharmacological stimulation.

Although the immunohistochemical detection of neuronal OXT protein or quantification of local OXT mRNA by in situ hybridization cannot provide insights into the stimulusdependent dynamics of local release, these methods provide detailed spatial, i.e., morphological, information regarding OXT synthesis, transport, or storage, even on a single neuronal level and, thus, essentially supplement available data on local release within the brain.

#### 1. Regions of OXT release in the brain

OXT release has been studied within selected brain regions, which were shown 1) to be innervated by OXT fibers, 2) to express the OXTR, and/or 3) to be relevant for OXTmediated behavioral or physiological effects. Thus OXT release was successfully monitored within various limbic brain regions, including the rat and mouse dorsolateral and ventral septal areas (298, 649, 741, 1148), the rat dorsal hippocampus (590, 741) and central amygdala (297), the nucleus accumbens of voles (100), the substantia nigra, olfactory bulb, bed nucleus of the stria terminalis and medial preoptic area of sheep (517, 520), and within the rat nucleus of the solitary tract (587, 890). OXT released within these central target regions may originate from different neuronal sources: some magnocellular OXT neurons in the hypothalamic PVN and SON, which mainly project to the neurohypophysis, were found to have axon collaterals to central targets (544, 692a). In addition, there exist sparse parvocellular hypothalamic OXT neurons with projections, e.g., to the brain stem (305) or spinal cord (26), involved in the regulation of gastric reflexes, pain, or penile erection. Electrical or optogenetic stimulation of the PVN was described to directly stimulate OXT release within the septum (741, 745), the central amygdala (544), the anterior olfactory cortex (777), and the nucleus of the solitary tract (587), providing additional evidence for the PVN as major source of central OXT.

OXT is also released in substantial amounts within its nuclei of origin, i.e., within the hypothalamic SON and PVN. Using elegant electron-microscopic techniques, Pow and Morris were the first to demonstrate the presence of large dense-cored vesicles as well as omega-shaped fusion profiles at the plasma membrane within dendrites of the SON, implying local dendritic OXT and AVP release (838). At the same time, such somato-dendritic release of OXT within the SON and PVN has been confirmed in vivo by using microdialysis and push-pull perfusion in several laboratories (430, 717, 744, 890).

#### 2. Physiological stimuli of intracerebral OXT release

A major advantage of intracerebral microdialysis is the fact that it can be performed in conscious, freely behaving animals. This allows studying intracerebral OXT release in

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response to various physiological stimuli or during a specific behavioral performance, as has been done, for example, in rats, sheep, mice, and voles.

So far, all reproductive stimuli such as birth, suckling in the lactating animal, and mating in males and females, which were all shown to activate OXT secretion into the blood stream (see sect. IVE), were also found to trigger OXT release within distinct brain regions. However, only a limited number of brain regions has been studied so far during parturition, suckling, or sexual stimulation (see TABLE 3), and increased OXT release has been shown in the hypothalamic PVN and SON, septum, dorsal hippocampus, bed nucleus of the stria terminalis, olfactory bulb, nucleus accumbens, and medial preoptic area (for details see TABLE 3; Refs. 520, 717, 741, 743, 773, 885, 1071; for review, see Ref. 591). Such local release in response to reproductive stimuli is region-dependent and stimulus-specific (see TABLE 3). An important aspect is the fact that the temporal dynamics of OXT release, e.g., within the hypothalamic SON or PVN, and into blood is likely to differ, which has only been studied in detail during few circumstances (see below).

In addition to reproduction-related stimuli, physical and emotional stress, and osmotic stimulation were found to stimulate the OXT system, since OXT is considered a stress hormone (509). Thus stress-induced intracerebral release of OXT occurs, in most cases, parallel to OXT secretion into blood [but see differences in temporal release patterns within the SON and into the blood in response to ip hypertonic saline (642, 743)]. For example, exposure to 10 min of forced swimming—a combined emotional and physical stressor—seems to be a particularly robust event, which triggers the release of OXT both within the SON and PVN, the central amygdala, as well as into the bloodstream, as studied in male and female rats (297, 1017, 1087, 1100, 1101). Similarly, exposure to 10 min of shaker stress was found to trigger both OXT release within the rat PVN as well as into blood (765) (see **TABLE 3**).

An example for the described region-dependent release of OXT independent of peripheral OXT secretion provides exposure to psycho-social and fear-related stressors, such as social defeat (298). Indeed, in male rats, exposure to a larger and aggressive conspecific (social defeat) selectively stimulated OXT release within the SON and the mediolateral septum, whereas local release within the PVN (and peripheral secretion into blood) was described to remain unchanged (298, 309).

In virgin females, defeat by an aggressive lactating dam represents a strong psychosocial stressor [maternal defeat (758)], resulting in a significant rise in OXT concentration in the extracellular fluid of the PVN, but not within the amygdala or the lateral septum (101). For the lactating resident rat, the defense of her offspring seems also to be stressful, since OXT release within the PVN and the central amygdala was elevated in dams displaying a high level of maternal aggression (102).

It is of interest to note that, in parallel to the activation of central and peripheral OXT release in response to various stressors, stressor exposure also results in a robust activation of the hypothalamo-pituitary-adrenal (HPA) axis and that multiple interactions between the OXT system and the HPA axis exist (see below). With respect to the regulation of intracerebral OXT release, adrenalectomy and loss of circulating corticosterone abolished the swim-induced release of OXT within the PVN, an effect that could be reversed by acute infusion of corticosterone (1017). This indicates that

Stimulus	Species	Brain Region	Plasma OXT	References
Mating	Rat	PVN	Yes	346, 1102
Suckling	Rat	Septum, dorsal hippocampus, SON, PVN	Yes	457, 765, 767
Birth, suckling, eating, separation from lamb	Sheep	Substantia nigra, olfactory bulb, BNST, medial preoptic area	Yes	532, 534, 535
Stress (shaker, forced swim)	Rat	Amygdala, PVN, SON	Yes	299, 791, 1131
Adrenalectomy/corticosterone	rat	PVN	Yes	1049
Social interaction	Rat, mouse	Lateral septum	n.d.	300, 669, 1180
Hyperosmotic stimulation	Rat	Septum, dorsal hippocampus, SON	Yes	607, 662, 767
Electrical or optogenetic stimulation of PVN	Rat	Septum, amygdala, nucleus of the solitary tract	No	561, 604, 769
$\alpha$ -MSH (Melanocortin)	Rat	SON	No	920
Naloxone in morphine-dependence	Rat	SON, septum	Yes	917

Examples of stimuli for OXT release in brain and blood in several species and related publications. n.d., not determined.

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factors of the stress axis, most likely glucocorticoids, contribute to stress-induced alterations in OXT neuronal activity and OXT release.

Despite the fact that the sensitivity of monitoring central OXT release patterns by microdialysis is a priori limited, even subtle, largely stress-free social stimuli were found to increase the local concentration of OXT in the extracellular fluid. For example, repeated investigation of samesex, same weight, or juvenile conspecifics in the home cage stimulated OXT release within the lateral septum of male mice (1148) and rats (649). It seems that specialized OXT pathways even consisting of only a few neuronal connections are activated by subtle social interactions, which in the case of OXT in the dorso-lateral septum are essential for overcoming social fear (1148) and, consequently, for promoting naturally occurring social preference behavior or social memory (647, 649). It is likely that such subtle social stimuli are also capable of activating OXT secretion into blood in small amounts, but whether this occurs in measurable quantities has not been studied yet.

## 3. Differences in central release and peripheral secretion patterns

Despite the finding of simultaneous or coordinated intracerebral and peripheral release of OXT in response to most physiological stimuli studied so far (see above), it is important to note that the release patterns into the two different compartments have different temporal dynamics. For example, the suckling-induced release of OXT within the SON is likely to precede its secretion into blood during the milk-ejection reflex (717). Similarly, in response to systemic osmotic stimulation by ip administration of hypertonic saline, the temporal dynamics of OXT release into blood and within the brain, and also within different brain regions, was found to differ. Whereas the acute rise in plasma OXT as a result of increased plasma osmolality was accompanied by an acute increase in OXT release within the septum and dorsal hippocampus within 30 min (590), a severely delayed response of OXT release was found from dendrites and perikarya within the SON, which peaked only after several hours (642, 743). This direct comparison of OXT secretion into blood and release within the hypothalamus was only possible by using microdialysis systems designed for either blood or brain (743). However, in most cases, methodological differences between blood sampling (punctual sampling) and sampling of brain microdialysates (over 30 min) do not allow the direct temporal comparison of release patterns into the different body compartments.

In summary, the fine-tuned regulation of local OXT release from OXT neurons within the hypothalamus or from OXT fibers terminating within distinct brain regions and subsequent OXT binding to local OXTR are prerequisites for the adequate behavior of an individual. The patterns of intracerebral release of OXT can be summarized as being strictly region- and stimulus-dependent, and such release can occur in a coordinated manner to OXT secretion into blood or independent of it (544, 591). In any case, differences in temporal dynamics of peripheral secretion and central, regional release patterns exist. Moreover, the different pharmacokinetics in the two compartments have to be taken into account as well. Therefore, plasma OXT can be considered only as a rough indicator of the activity of the brain OXT system (607, 753).

## 4. Optogenetic and chemogenetic stimulation of brain OXT neurons

The establishment of viral vectors as well as transgenic mice expressing fluorescent reporter proteins, such as Venus, selectively under the control of an Oxtr or Oxt promoter fragment (305, 441, 544) was already a significant step forward to allow the detailed analysis of OXTR distribution in the brain and of OXT fibers projecting to most of these regions. In 1979, Francis Crick predicted that, to elucidate neuronal codes that specify behavior and perception, "a method (is needed) by which all neurons of just one type could be inactivated, leaving the others more or less unaltered" (211). In the past decade, the development of molecular-genetic tools, such as optogenetics (1132) and chemogenetics (36), allows manipulation of neuronal activity in a highly cell type-specific manner, which has also been utilized to selectively stimulate (or inhibit) OXT neuronal activity and local OXT release.

Optogenetics is a technology that allows fast control of precisely defined terminal release of neurotransmitters or neuromodulators from neurons, which express light-sensitive channelrhodopsin-2 or mutated derivatives of channelrhodopsin-2 or -1 via previous local adenoviral transfection, whose expression is under the control of a distinct promoter, e.g., the OXT promoter. Blue light-stimulation causes cell type-specific control at a millisecond time scale (251). Several studies have utilized optogenetic tools to reveal behavioral or physiological effects of locally released OXT (183, 486, 544, 777, 1107). For example, Knobloch and colleagues (544) showed that high-frequency (50 Hz, blue light) stimulation of channelrhodopsin-2-expressing OXT terminals within the centrolateral amygdala decreased freezing responses in fear-conditioned rats, likely via activation of local GABA neurons.

Xiao and colleagues studied the involvement of mainly parvocellular OXT neurons within the PVN projecting to the ventral tegmental area and substantia nigra in the regulation of midbrain dopamine neurons (1107). Blue light-stimulation of channelrhodopsin-2-expressing OXT neurons facilitated OXT release within the ventral tegmental area and, thus, specifically activated local dopamine neurons. In contrast, within the substantia nigra, optic stimulation of local

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OXT release indicated an inhibitory effect on dopamine neurons, which was likely mediated by activation of local OXTR-expressing GABA neurons (1107).

The advent of viral vector-based chemogenetic approaches allows the selective inhibition or activation of neurons expressing designer receptors exclusively activated by designer drugs (DREADDs). DREADDs are engineered GPCR, which are activated by otherwise inert small molecules (36). For example, a mutated human muscarinic acetylcholine receptor is activated by the blood brain barrierpermeable molecule clozapine N-oxide (CNO). Although inert under most circumstances and experimental paradigms, CNO can produce behavioral effects when applied alone, which highly emphasizes the necessity of an appropriate no-transfection control group in DREADD experiments (653). Adenoviral-based expression of different classes of DREADD allows neuronal activation and inhibition, respectively. Activation of an excitatory DREADD (hM3Dq) by CNO activates the Gq-mediated signaling and induces increased neuronal firing, a rise in intracellular Ca<sup>2+</sup> levels, and neurotransmitter release. Such gain-offunction can be achieved in OXT neurons by selective expression of Gq-coupled DREADD under the control of the Oxt promoter, which results in elevated intra-PVN somatodendritic and neurohypophysial release of OXT (Grund T, Neumann ID, unpublished observations). Wei and coworkers (1081) have demonstrated that chemogenetic activation of PVN OXT neurons increased the endocannabinoid anandamide content in the nucleus accumbens in an OXTR-dependent manner, indicating chemogenetically induced local OXT release.

In contrast to the gain-of-function studies, loss-of-function analyses are based on Gi-coupled DREADD (hM4Di). In hM4Di-positive neurons, CNO activates inwardly rectifying potassium channels, resulting in neuronal hyperpolarization and silencing neuronal activity (305).

In an elegant study by Eliava and colleagues (305), both loss-of-function (chemogenetic) and gain-of-function (optogenetic) studies have been combined to reveal the capacity of OXT to regulate pain sensitivity. Here, chemogenetic inhibition of parvocellular OXT neurons in the PVN projecting toward the spinal cord decreased the pain threshold and increased pain sensitivity. In contrast, optogenetic stimulation of these neurons exerted the opposite effect; in detail, channelrhodopsin-2 was selectively expressed in a CRE-dependent manner under the control of the OXT promoter in a subpopulation of parvocellular OXT neurons, thus allowing the selective activation of parvocellular PVN OXT neurons projecting toward the spinal cord. Blue lightactivation of these OXT neurons in rats repressed nociception and promoted analgesia (305). Also, highly selective chemogenetic inhibition of those OXT neurons expressing DREADD and projecting to the lateral septum of lactating mice prevented the lactation-induced and OXT-dependent lack of social fear (692a). Thus optogenetics and chemogenetics are important methodological developments that, especially when used in combination, allow the detailed study of subpopulations of OXT neurons and their functions in the brain by selective modulation of local OXT release.

## 5. Interaction of OXT with neuropeptides and neuroactive substances

In addition to the physiological conditions described above, various pharmacological stimuli trigger peripheral as well as intracerebral OXT release. Moreover, OXT release is stimulated by, and OXT interacts with, various other neuropeptides of the brain such as  $\alpha$ -melanocyte-stimulating hormone ( $\alpha$ -MSH), angiotensin IV, cholecystokinin octapeptide (CCK-8), corticotropin releasing factor (CRF), dopamine, glucocorticoids, leptin, orexin, opioids, prolactin, serotonin, or vasopressin, indicating complex interactions between the multiple neuropeptide systems of the brain, as described in detail below.

A) ALPHA-MSH. The anorexic neuropeptide  $\alpha$ -melanocytestimulating hormone ( $\alpha$ -MSH) is part of the melanocortin family, derives from the Pro-opiomelanocortin (POMC) precursor, and is expressed in melanotroph cells of the intermediate pituitary lobe and in the hypothalamic arcuate nucleus (1080).  $\alpha$ -MSH-positive fibers project to various brain areas including the SON (774, 912), where its receptors, melanocortin receptors 3 and 4, are localized (725). Infusion of  $\alpha$ -MSH into the brain induced the neuronal expression of the immediate early gene c-Fos in the SON (893). Interestingly, although OXT is released from dendrites or soma of magnocellular neurons within the SON, OXT secretion into blood was found to be inhibited by  $\alpha$ -MSH, likely due to inhibition of electrical activity of OXT neurons (893). Thus  $\alpha$ -MSH provides an example for a stimulus, which induces an independent release of OXT within the brain and into the blood. As a behavioral consequence of melanocortin receptor 4 agonist (melanotan II or Pf446687) stimulation in adults or early life, brain OXT release is facilitated and leads to enduring partner formation in the adult monogamous prairie voles (57, 705).

B) ANGIOTENSIN IV. It has been generally accepted that the reninangiotensin-aldosterone system is a cardiovascular hormonal system that impacts on brain regions involved in memory and learning (hippocampus), or regulation of stress and anxiety-like behavior (hypothalamus, amygdala) (79, 674). The effects of angiotensin IV are mediated by binding to the AT (4) receptor (or oxytocinase/insulin-regulated membrane aminopeptidase), a constitutively active metallopeptidase (79), that is expressed mainly in the hypothalamus but also in the hippocampus, amygdala, septum, cortex, and olfactory regions (330). Binding of the ligand to its AT (4) receptor leads to an inhibited degradation, and therefore accumulation, of OXT in the extracellular fluid of

the brain and also in blood (76, 330, 367, 368). Consequently, administration of angiotensin IV leads to anxiolysis (79), increased memory and learning effects (367, 368), and smooth muscle (uterus) contraction (368).

C) CCK-8. Systemic administration of cholecystokinin octapeptide (CCK-8) has been shown to activate magnocellular OXT neurons in the SON and PVN and to stimulate OXT secretion from the rat neurohypophysis into blood (94, 414, 784, 859, 1062). This effect is likely mediated via the vagus nerve and projections from the nucleus of the solitary tract to the hypothalamus (609, 676, 859, 1035). Moreover, CCK-8 immunopositive fibers were identified in the vicinity of OXT neurons (449), CCK-8 coexists with OXT in some hypothalamic magnocellular neurons (673), and there are CCK-8 receptors in the SON (231, 775). Simultaneous microdialysis performed within the hypothalamic SON and the jugular vein of rats using specifically designed microdialysis probes demonstrated that systemic CCK-8 stimulates both release of OXT within the brain and into blood, thus providing an example for coordinated and simultaneous release of OXT into both compartments (742). In line with a local role of CCK-8 in neuroendocrine regulation and in support of local CCK-8 receptors, CCK-8 stimulates local OXT release when directly applied into the SON via reversed microdialysis (retrodialysis) (742).

D) CORTICOTROPIN RELEASING FACTOR. One important step toward a better understanding of the interplay between neuropeptides is to characterize the transcriptome of OXTergic neurons. Such analyses revealed that the majority of parvocellular OXT-producing neurons in the PVN co-express CRF and are glutamatergic. In contrast, most OXTergic magnocellular neurons are non-CRF, but CRF receptor 2-expressing glutamatergic neurons as revealed by single-cell RT-PCR and in situ hybridization (29, 221). A small number of magnocellular OXT neurons co-express CRF, the CRFR2, OXTR, and the V1b receptor. Moreover, none of the OXT neurons in the PVN are GABAergic, as indicated by VGLUT2 expression and lack of GAD67 expression (220, 221).

In support of interactions between OXT and CRF, we could provide evidence for a direct inhibitory effect of OXT on stimulated CRF gene expression in the PVN of rats and mice, and in hypothalamic neuronal cell lines and human neuroblastoma cells expressing the OXTR (499). This data is corroborated by a study that showed a decrease in restraint stress-induced CRF mRNA levels in the PVN by a chronic dose of OXT (10 ng/h for 7 days) in female ovariectomized rats (1094). Studies in voles and rats showed that the inhibitory effect of OXT on CRF mRNA levels might be mediated via GABAergic interneurons (131, 956). The diminished CRF expression via GABAa receptors contributes to postpartum suppression of anxiety-like behavior in rodent dams (630). Vice versa, the CRF system also modulates central OXT release as indicated by pharmacological manipulation. In detail, icv administration of the CRFR2 agonist stresscopin and the CRFR2 antagonist astressin-2B reduced and increased OXT release, respectively, within the nucleus accumbens of male prairie voles (100).

E) DOPAMINE. In addition to the well-described meso-limbic and nigro-striatal dopamine systems of the brain, the incerto-hypothalamic system has been described as a diencephalic region located at the junction of the medial hypothalamus and zona incerta (129, 622, 944). In the hypothalamus, dopamine is mainly expressed in neurons of the so-called dopamine A14 cell group (225), which arborize extensively and innervate other nuclei, such as the medial preoptic area, ventral tegmental area, and PVN (622, 688). In rats, OXTergic and dopaminergic fibers often exist in close apposition to each other (129), with dopamine D2 receptors being expressed directly on OXT neurons (61), suggesting a close interaction between OXT and dopamine systems (62).

OXT has also been implicated in regulating the activity of mesolimbic dopamine pathways during rewarding social interactions (see sect. VIII) and drug addiction and with-drawal (62, 551, 682, 907; sect. XI).

Rat mothers that show a high amount of licking and grooming toward the offspring have higher levels of OXT in the medial preoptic area and PVN, and increased projections of OXT-positive neurons from the medial preoptic area and PVN to the ventral tegmental area. Direct infusion of OXT into the ventral tegmental area increased the dopamine level in the nucleus accumbens (926). This study provided a direct link between OXT and dopamine release within the mesocorticolimbic dopamine system and is consistent with previous reports on OXT-dopamine interactions in the establishment and maintenance of social bonds (Refs. 170, 808; sect. VIIIC). In addition, sexual activity is accompanied by activation of dopamine D2 and D4 receptors in the PVN, which induce the release of OXT in the ventral tegmental area. This OXT release then stimulates the dopaminergic neurons projecting to the nucleus accumbens to mediate the rewarding effect of sexual activity (688, 979).

In humans, dysregulation of dopaminergic signaling is known to be involved in various neuropsychiatric and neurological disorders including autism, Parkinson disease, and depression (62). For instance, some patients with dopamine-dependent disorders (e.g., Parkinson disease or schizophrenia) show disturbances in peripheral (plasma) and central (CSF) OXT levels, and a decreased number of OXT immunoreactive neurons (in postmortem tissue) in the hypothalamus compared with healthy control subjects (845).

F) GLUCDCORTICOIDS. There is a well-described bi-directional link between the OXT system and glucocorticoids, with OXT regulating the activity of the hypothalamo-pituitaryadrenal (HPA) axis mainly at the level of the hypothalamus (see sect. VIIIE), and with glucocorticoids modulating the OXT system (378, 618). The link between the OXT and glucocorticoid system is supported by the detection of glucocorticoid and mineralocorticoid receptor expression in OXT neurons of the SON and PVN (265, 417). Subcutaneous OXT administration decreased glucocorticoid receptor expression in the CA1+2 fields of the hippocampus (818) and decreased plasma corticosterone levels in female rats (817).

The bidirectional link, on the one hand, also comprises facilitating effects of acute systemic administration of glucocorticoids (corticosterone) in supraphysiological concentrations (25 mg/kg ip) on peripheral OXT release (196) and increased hippocampal OXTR binding in male rats (617, 618). In addition, chronic administration of dexamethasone increased OXTR binding in the bed nucleus of the stria terminalis, lateral septum, and amygdala (804). Also, in the PVN, glucocorticoids were found to induce the release of retrograde messengers, such as endocannabinoids, that suppress the presynaptic release of glutamate via activation of CB1 receptors on presynaptic glutamate terminals (994). Moreover, glucocorticoids rapidly facilitate the release of GABA selectively to magnocellular, but not parvocellular, PVN cells. The suppression of excitatory synaptic inputs in combination with the facilitation of inhibitory inputs to magnocellular PVN OXT and AVP neurons should result in a strong inhibition of PVN outputs (for review, see Ref. 993).

On the other hand, lack of glucocorticoids by adrenalectomy decreased hippocampal OXTR binding in male rats (617, 618) and abolished swim stress-induced OXT release within the PVN (1017). In response to restraint stress, however, increased activation of PVN OXT neurons was detected (578).

In the periphery, adrenalectomy caused an exaggerated secretion of OXT into blood in response to forced swimming (1017) and hemorrhage (229).

In conclusion, chronic absence of glucocorticoids seems to stimulate stress-induced peripheral OXT secretion, indicating an inhibitory effect of glucocorticoids on OXT secretion into blood during the stress response. In contrast, the stressinduced rise in corticosterone seems essential for the release of OXT within the PVN.

G) LEPTIN. Body weight and fat mass are regulated by the adipocyte-derived hormone leptin and various players of the gut system (see sect. X). A recent study demonstrated that icv administration of leptin activates STAT3 phosphor-

ylation in OXT neurons of the PVN and that this activation occurs in a subpopulation of OXT neurons that innervates the nucleus of the solitary tract (813). In addition, increased electrical activity of SON OXT neurons was detected after ip injections of leptin (1059), which is, at least partially, in contrast to the finding that the CCK-8-induced release of OXT within the PVN was reduced by icv-infused leptin (574). The authors speculated that this is due to a reduced CCK-induced noradrenergic neurotransmission, a view that might be challenged by the finding that OXT and noradrenalin act synergistically to stimulate GnRH release from hypothalamic explants (924).

H) OPIOIDS. The effects of opiates and (endogenous) opioids on the OXT system have been studied in great detail. Opioid receptors, i.e., mu- and kappa- but not delta-opioid receptors, are expressed in OXT neurons (980), indicating that these effects may occur at the level of hypothalamic magnocellular neurons, including pre-synaptic inhibition of their afferent inputs as well as pituitary terminals (for review, see Ref. 123). Although there is the general assumption that endogenous opioids inhibit the electrical and secretory activity of OXT neurons as mainly studied in the SON (123), the effects were found to be dependent on the physiological status of the animal. For example, basal OXT release both into blood and within the hypothalamus is strongly inhibited by endogenous opioids, but only in pregnant and not in virgin rats (285). Similarly, the swim stressinduced OXT release within the hypothalamic PVN and SON was found to be inhibited in pregnant rats, as revealed by sc application of the opioid antagonist naloxone, whereas in virgins, endogenous opioids seem to further activate OXT release within the PVN (without effect in the SON) (1087). Thus the activity of OXT neurons is efficiently restrained by endogenous opioids, but only in pregnancy until shortly before birth, and this inhibitory effect is mediated by mu-receptors on the cell body, allowing neuronal, specifically terminal accumulation of OXT until it is needed during the delivery process (123) and the onset of maternal behavior.

Strong effects of opiates on the OXT system have also been revealed in rats made morphine-dependent by chronic icv infusion of morphine over 5 days. Peripheral application of the opioid antagonist naloxone triggered withdrawal symptoms accompanied by a huge excitation of OXT neurons in the SON and, consequently, secretion of OXT into blood in supraphysiological amounts (81, 122, 890). The latter was accompanied by increased intracerebral OXT release specifically within the hypothalamic SON and the septum, but not the hippocampus (890).

I) OREXINS. The neuropeptides orexin-A and orexin-B (also called hypocretin 1/2) are expressed in the lateral hypothalamus and act as neuromodulators of the brain to regulate various functions, including satiety (1041), sleep-wake

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rhythm, anxiety (526), and contextual fear conditioning (1076). Orexins were found to primarily inhibit OXT release from neurohypophysial cultures (776) and also within the PVN (655). The mode of action of orexin on a cellular level includes 1) a primary reinforcing effect on GABA release (72, 478, 797) and 2) a later secondary inhibitory effect. This inhibitory effect includes the phosphorylation of the GABA<sub>A</sub> receptor  $\beta_1$  subunit by protein kinase C (PKC) and Ca<sup>2+</sup>/calmodulin-dependent kinase II (CaMKII) (897), thereby leading to a reinforced depolarizing effect on OXTergic neurons. This secondary effect also includes an increase of the astroglial expression of the glutamate transporter GLT-1 via ERK1/2 and PKC activation (934). The primary negative and secondary positive orchestration of OXT release by orexin/GABA is most likely responsible for the regulation of the sleep/wake rhythm (655).

J) PROLACTIN. The prolactin and OXT systems share many features. Prolactin, the hormone important for lactogenesis, is not only synthesized in lactotroph cell of the adenohypophysis but also within the brain (307), specifically within the hypothalamic PVN and SON (1016, 1019). As seen for OXT (see below), prolactin is involved in the regulation of lactation, maternal and sexual behavior, and food intake (118, 286), attenuates the stress responses, and exerts anxiolytic actions (1019, 1020) (for review, see Ref. 1014). In addition, in lactation, the neuronal expression of prolactin and its receptors is strongly activated (1019), and prolactin release within the rat PVN and the medial preoptic area was found in response to suckling (1015). Indeed, interactions between OXT and prolactin, especially at hypothalamic level, are likely to occur. In fact, in virgin rats, acute central infusion of prolactin inhibited the activity of OXT neurons in virgin rats, but this effect was lost, or at least partially reversed, in lactation. Consequently, prolactin may contribute to the high activity of OXT neurons peripartum, since it was found to increase hypothalamic OXT expression (43). In support, icv prolactin chronically infused via osmotic minipumps over 7 days in ovariectomized female rats increased plasma OXT (and AVP), and stimulated c-Fos and OXT mRNA expression within the SON, but not PVN, under basal conditions. This indicates that prolactin contributes to the high OXT system activity peripartum. Moreover, chronic prolactin inhibited the stress-induced OXT secretion into blood (281), and thus prolactin may also be important for the attenuation of stress-induced secretion of OXT found in lactation (751).

K) SEROTONIN. The interplay between the OXT and serotonin systems orchestrates the body's stress response. For instance, stressor-induced OXT release from hypothalamic PVN cells has been blocked by icv administration of a 5-HT antagonist (497). Later studies found that, in addition to the regulation of OXT in the hypothalamus, expression and release of OXT from neurohypophysial tissue cultures was also increased by serotonin (measured in cell culture supernatant by tandem mass spectrometry and radioimmunoassay) (365). This result was surprising insofar as the neurohypophysis was considered responsible for the storage and secretion, not production, of OXT. Contrary to serotonininduced neurohypophysial OXT secretion, OXTR expression on serotonergic cells in the raphe nuclei indicated a stimulatory role for OXT in serotonin release. Indeed, local infusions of OXT stimulated serotonin release within the median raphe nucleus and reduced anxiety-like behavior (1116). However, site-specific conditional knockout of the OXTR on serotonergic neurons of the raphe nucleus did not result in increased anxiety-like behavior, nor in alterations of female maternal aggression, but reduced intruder-directed aggression of male resident mice (795). Moreover, activation of the 5-HT1B receptor by a specific receptor agonist induced autism-like symptoms, i.e., reduced sociability, reduced preference for social novelty, and reduced rearing in mice. These serotonin-induced autism-like symptoms could be reversed by OXT treatment (595).

L) VASOPRESSIN. Neither magno- nor parvocellular AVP neurons in the PVN co-express OXT. However, parvo- as well as magnocellular OXT neurons express the V1b receptor, which allows them to react to locally released AVP (221). Moreover, vasopressinergic neurons can express the OXTR (221), suggesting strong interactions between the OXT and AVP systems at hypothalamic level. Although AVP effects on OXT functions are less known, OXT regulates somatodendritic as well as peripheral release of AVP in dependence on the activity conditions. Within the SON, OXT inhibited the local release of AVP in response to swim stress, without affecting basal somato-dendritic AVP release. In contrast, local OXTR-mediated actions inhibited AVP secretion into blood under basal conditions but did not contribute to the inhibition of peripheral AVP in response to stress, as revealed by bilateral retrodialysis of an OXT receptor antagonist (OXTR-A) into the SON during ongoing microdialysis and blood sampling (756). Similarly, within the PVN, bilateral administration of the OXTR-A further increased local AVP release in response to swim stress, without affecting peripheral AVP secretion either under basal or stress conditions (756). Electrophysiological recordings suggest that OXT acts predominantly on OXT neurons in an autocrine/paracrine manner, but not on vasopressinergic neurons in the PVN or SON (178, 391, 468, 715). Whether AVP affects OXT neuronal activity or OXT release via actions on the described V1a receptors on OXT neurons remains to be elucidated.

## V. REGULATION OF OXTR EXPRESSION AND FUNCTIONING

For a functional OXT-OXTR system, stimulus-dependent expression and release of OXT have to be balanced with a fine-tuned regulation of local OXTR expression. The cellspecific expression of the OXTR in brain tissue necessitates

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a strict spatial and temporal transcriptional control, which is brought about either by genetic, i.e., transcription factorbased, mechanisms, by epigenetic modifications of DNA or histones, or on a translational level by non-coding micro-RNAs as described in detail below. A further, newly discovered transcriptional control is the allele-specific expression of the *Oxtr* gene, which occurs independent of genomic imprinting or genetics but is rather developmental stage and cell type-specific (461).

## A. Random Allelic Expression of the *Oxtr* Gene

Using genome-wide analysis of single neurons from the dorsal raphe nucleus or arcuate hypothalamus of the neonatal mouse brain, a random distribution of paternally or maternally expressed OXTR was discovered. If the Oxtr gene is indeed randomly expressed from either the maternal or the paternal allele, monoallelic SNPs will consequently result in a mosaic-like Oxtr expression in the brain, with potential consequences for associated mental illnesses (461). This random allelic effect was not only detected in mouse brains but also in the dorsal raphe nucleus of cynomolgus macaques, which strengthens the translational aspect of this study and the potential impact it has for human autism, schizophrenia, or general anxiety studies (461).

## **B.** Transcriptional Control of the Oxtr

## 1. The OXTR gene and regulating transcription factors

A human OXTR cDNA construct has first been cloned in Xenopus oocytes with mRNA isolated from myometrial tissue by Kimura (535). Later, the exact Oxtr gene structure has been described for other species, including humans (470), rats (889), mice (571), cows (63), pigs (386), sheep (871), rhesus monkeys (901), and voles (1119) (for the exact human sequence of the promoter and the gene, see Ref. 470). In humans, the mRNA transcript is 3.6 kb long in breast tissue, and 4.4 kb in the ovary, uterine, endometrium, and myometrium. The heterogeneity of the transcript length is, at least in rats, explained by the alternative use of different polyadenylation sites in the 3' untranslated region (889). The Oxtr gene is located on chromosome 3 (3p25-3p26x·2) as a 17-kb single-copy gene consisting of four exons and three introns (534, 535). The promoter region of the Oxtr gene comprises species-dependent subsets of transcription factor binding sites, implying variations among animals and humans. Common transcription factor binding sites in the rodent and human Oxtr promoter are SP1, TATA-like motif, an inverted GATA-1 motif, ERE (half or full), c-Myb binding domain, 11 CCAAT/enhancer binding protein  $\beta$  (C/EBP) sites, AP-1/2 sites, and 3 nuclear factor kappa B (NF- $\kappa$ B) binding sites (1000; for review, see Ref. 87). The exact nature of the extracellular signals that activate these responsive elements is not known, although recent publications could show that mechanical stretch of the myometrial cells during labor (1001) as well as labor-induced interleukin- $\beta$  release increased *Oxtr* mRNA via activated NF- $\kappa$ B and C/EBP- $\beta$  (1000). In addition, cAMP-activated PKA seems to inhibit transcription of the *Oxtr* gene, a permanent process that is suppressed during the onset of labor, which consequently leads to an increase of *Oxtr* mRNA in myometrial cells (1127).

## 2. Estrogens

One extracellular signal that regulates the Oxtr expression is estrogen. The estrogen receptor (ER) contains an NH<sub>2</sub>terminal DNA binding domain and a COOH-terminal ligand binding domain, and is localized in the nucleus, cytoplasm, and mitochondria. The two ER subtypes differentially affect Oxtr and Oxt expression:  $ER\alpha$  is essential for the induction of Oxtr expression but not for maintenance of basal levels, whereas the activated ER $\beta$  induces Oxt transcription in the mouse brain (186, 929, 1122). Upon binding to  $17\beta$ -estradiol or related ligands, ER form homo- or hetero-dimers that interact with estrogen response elements (ERE) in the promoters of target genes to activate transcription. Mice and rats, but not humans, carry a complete ERE in their Oxtr promoter. In rats, estrogen stimulation only increases Oxtr mRNA in estrogen-sensitive regions, such as the hypothalamus, but not in the subiculum or the olfactory nuclei (115, 849). The mechanism underlying this tissuespecific expression is potentially rooted in 1) regulatory noncoding regions of the Oxtr transcript that are differentially expressed due to alternative polyadenylation sites (114) and 2) tissue-specific methylation of the Oxtr promoter (see sect. VB). The lack of a complete ERE in the human Oxtr promoter does not necessarily exclude any influence of estrogen on the expression of Oxtr, since ER $\alpha$ and ER $\beta$  can act independently of the ERE and trigger G-protein-coupled signaling cascades to activate transcription factors that have binding sites in the Oxtr promoter (614).

## 3. Progesterone

In general, there is limited evidence for a role of progesterone in the regulation of *Oxtr* expression. Progesterone, which is mainly synthesized in the corpus luteum, adrenals, brain, and, during pregnancy, placenta, helps to maintain uterine quiescence during pregnancy and is, therefore, in clinical use to prevent preterm birth. Progesterone exists in two major isoforms, progesterone A and progesterone B, with the latter being the long form of progesterone, whereas progesterone A is truncated and mainly acts as transactivation repressor of progesterone B (533). In human myometrium samples, the progesterone A-to-progesterone B ratio correlates with the level of *OXTR* mRNA, indicating a

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transcriptional regulation of *OXTR* by progesterone B. On a behavioral level, progesterone induces female mating behavior within a time frame of 30 min via the expression of *Oxtr* in the posterior ventromedial hypothalamus (922).

### 4. Oxtr promoter methylation

The molecular basis for tissue-specific expression of the Oxtr gene has long been puzzling to researchers. One mode of transcriptional regulation depends on the level of DNA methylation of specific cytosines (CpG sites) in the promoter of the Oxtr (534, 664), since DNA methylation reduces the accessibility of the Oxtr promoter for transcription factors. An inverse relationship between promoter methylation and Oxtr mRNA levels was found in human liver and myometrium (573), murine hypothalamic, and myometrial cells, as well as in the medial amygdala, cerebral cortex, ventromedial hypothalamus, olfactory bulb, and cerebellum of the mouse brain (424). Recently, functional coupling of the amygdala to regions associated with emotion regulation (insular, cingulate, or orbitofrontal cortex), as revealed by fMRI, was found to be inversely correlated with methylation levels of the OXTR gene in blood cells (843), suggesting that methylation of the OXTR promoter is also associated with OXTR expression and binding in the brain and, consequently, with altered emotion processing. In line with this data, methylation of the OXTR gene in human blood samples was lower in social anxiety disorder patients (1145). An increased DNA methylation pattern of the OXTR was also found in mouth epithelial cells in saliva of depressed women (168). However, in considering these association studies, we have to keep in mind that it is still elusive whether human blood or saliva cells reliably mirror processes in the human brain. One first attempt to approach this question was the study by Beery (66), in which researchers compared maternal care-induced alterations in Oxtr promoter methylation in blood cells and regional brain tissue. The offspring of mothers who showed less intense maternal behavior (low licking and grooming) showed lower levels of Oxtr methylation, whereas the offspring of high licking and grooming mothers had higher levels of Oxtr promoter methylation. However, there was no correlation between striatal or hypothalamic Oxtr methylation and Oxtr methylation of blood cells; only hippocampal cells showed a modest correlation of methylation with blood cells, indicating no or only weak predictive power for individual Oxtr methylation patterns between different tissues (66).

## C. Control of the Oxtr Expression by micro-RNAs

Besides the classical regulation by transcription factors, micro-RNAs, i.e., small non-coding RNAs, have also been shown to regulate OXTR synthesis on a transcriptional and translational level (184, 860). The miR-200 family of reg-

ulatory micro-RNAs was found to be increased at term and can be induced by progesterone withdrawal by antiprogestin treatment in human myometrial cells. This family of micro-RNAs is known to interact with transcriptional repressors, namely ZEB1 and ZEB2, which in turn inhibit the expression of the Oxtr (860). Moreover, in the prefrontal cortex of postmortem tissue of ASD patients, miRNAs that target the OXTR gene were upregulated, indicating a regulatory role for miRNAs in OXTR expression in these patients. However, direct empirical proof is still missing (719). As potential feedback loop, OXT treatment also leads to the induction of micro-RNA expression in human myometrial cells and in myometrial tissue taken from women at term before or after the onset of labor, indicating a critical role for OXT as a central regulator of myometrial gene transcription and translation during pregnancy and labor (203).

# D. Regulation of *Oxtr* Expression by Ligand Availability

It is general knowledge that pharmacologically increased ligand availability over longer periods can result in receptor downregulation causing paradoxical effects (201, 378). There is, however, limited evidence for such a link between OXT concentrations, for example, within the extracellular fluid of specific brain regions or in plasma, and local Oxtr expression. In a mouse model of social fear, reduced OXT release within the lateral septum was accompanied by increased OXTR binding (1148). Pharmacological approaches revealed that chronic icv application of 10 ng/h OXT over 14 days, or repeated intranasal (i.n.) administration of OXT in mice led to downregulation of OXTR binding in a number of brain regions, including the dorso- and ventrolateral septum, basolateral and medial amygdala, and median raphe nucleus, associated with increased anxiety levels (460, 815). In contrast, in OXT knockout mice, the expression of the Oxtr in the hippocampus was reduced (1146).

In general, local OXT availability is likely to be dependent 1) on the regulation of local OXT release and 2) on enzymatic degradation of OXT. The half-life of OXT in blood plasma is ~3–6 min, whereas in the brain CSF it was found to be enzymatically degraded 20 min after an icv application (693, 892). The enzymatic cleavage by the oxytocinase placental amino peptidase (P-LAP) regulates the OXT availability not only in uterus, placenta, and plasma, but also in the brain. For instance, during pregnancy, P-LAP expression was reported to be upregulated in the hypothalamus (1009), and the oxytocinase L-cystine aminopeptidase (CAP) was elevated in blood (406), presumably to reduce the risk of preterm labor.

## E. OXTR Ligand Binding Affinity

Although only one type of OXTR exists, with variants in some species (356), it can occur in a high- or low-affinity

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state. Two essential components were described to determine whether the OXTR displays the high-affinity ( $K_{\rm d}$  < 1–5 nM) or the low-affinity state ( $K_d > 100$  nM): 1) divalent cations, such as Mg<sup>2+</sup> or Mn<sup>2+</sup>, and 2) cholesterol (378, 1086). The conversion of the two affinity states is reversible. Cholesterol seems to stabilize the OXTR for agonists in a high-affinity state and acts, similar to divalent cations, as an allosteric modulator (1086). Cholesterol occurs mainly in specialized regions of the plasma membrane, termed lipid rafts. OXTR that are anchored outside of these cholesterol-enriched domains inhibit cell proliferation via the epidermal growth factor receptor (EGFR) and ERK1/2 activation in a  $G\alpha_i$ -, PLC-, and PI3-kinase-dependent way, whereas activated receptors that are located within lipid rafts induce cell proliferation via EGFR and ERK1/2, but in a  $G\alpha_i$ -, PLC-, and PI3K-independent mechanism (863). Whether these different affinity states are the cause for differential neuronal signaling and, therefore, altered behavioral responses to different OXT concentrations is unknown but has to be considered for the application of OXT in humans and animals.

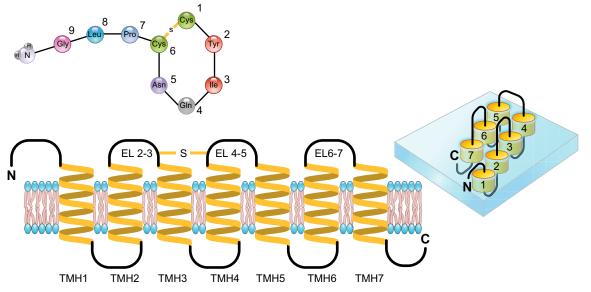
In humans, the promiscuous binding of the natural ligand OXT to the OXTR ( $K_i = 0.79 \text{ nM}$ ) and the AVP receptors V1a ( $K_i = 120 \text{ nM}$ ), V1b ( $K_i = 1,782 \text{ nM}$ ), and V2 ( $K_i = 1,544 \text{ nM}$ ), as well as the binding of AVP to the OXTR ( $K_i = 48 \text{ nM}$ ) (11) hampers research addressing the effects of exclusive OXTR activation by OXT, leading to the synthesis of over 1,000 peptides and some non-peptidergic compounds that have been tested for their selectivity and potency toward the OXTR (137). Available OXTR

agonists and antagonists have been described and reviewed extensively by M. Manning and B. Chini (137, 138, 140, 179, 180, 667–669, 803). By genetically fusing parts of the OXTR with the related V2 receptor, the most important receptor binding domains for OXT were identified: the first three extracellular receptor loops were most important for OXT binding and selectivity. The NH<sub>2</sub>-terminal domain and the first extracellular loop of the OXTR interact with the linear amidated COOH-terminal tripeptidic part of OXT (834). The second extracellular loop of the OXTR interacts with the cyclic part of the OXT peptide. Furthermore, the *transmembrane helices 1, 2,* and 7 were not involved in OXT binding but in binding of the OXTR antagonist d(CH2)5[Tyr(Me)2,Thr4,Orn8,Tyr9]-vasotocin (FIG-URE 7).

#### 1. Synthetic OXT receptor agonists

A) TGOT. [Thr<sup>4</sup>,Gly<sup>7</sup>]-OXT (TGOT) is the only highly selective (selectivity ratio OXTR/V1a > 16.600) and potent OXTR agonist in rats and mice to date (137, 636; **TABLE 4**). Interestingly, the observed selectivity of TGOT for the mouse OXTR in vitro (cell culture) was partially lost when tested in vivo in OXTR knockout or heterozygous mice (898, 899). The relevance and usefulness of TGOT for electrophysiological recordings has been proven in numerous studies (116, 217, 420, 462, 1067, 1068).

The behavioral relevance of exclusive OXTR activation by TGOT has been addressed using Long Evans rats that have been treated with acute synthetic OXT or TGOT during



**FIGURE 7.** *A*: schematic representation of the OXT and OXTR structure. OXT is a nonapeptide molecule with a tripeptide linear part with an amidated COOH terminus, and a cyclic part that is connected via a disulfide bridge between the two cysteines. The OXTR is a seven-transmembrane helix (TMH1–7) receptor with three extracellular loops (2–7) and three intracellular loops (1–6). *B*: three-dimensional representation of the OXTR within the cell membrane. The binding pocket for the OXTR antagonist d(CH2)5[Tyr(Me)2,Thr4,Orn8,Tyr9]-vasotocin lies between the TMH 1, 2, and 7, whereas the OXT binding site comprises the NH<sub>2</sub>-terminal region as well as the extracellular loops 2–3 and 4–5.

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	<i>K</i> i ± SD, nM					
Ligand	Human OXTR	Human V1a	Rat OXTR	Rat V1a	Porcine OXTR	Porcine V2
OXT	0.79 ± 0.22	210 ± 21	1.0 ± 0.1	845 ± 99	0.7 ± 0.2	310 ± 70
TGOT	6.62 ± 1.22	$305 \pm 85.1$	$0.8 \pm 0.2$	>10.000	n.d.	n.d.
Atosiban	11 ± 0.7	$0.15 \pm 0.02$	$32 \pm 5.0$	$310 \pm 14$	52 ± 16	$360 \pm 90$
Carbetocin	7	7.24	1.96	7.24	7.1 ± 0.2	5680 ± 1410
WAY 267,464	58.4 ± 11.3	73	978 ± 71	113 ± 32	n.d.	n.d.

**Table 4.** K<sub>i</sub> values for OXT and the OXTR agonists

K, values for OXT and the OXTR agonists TGOT, Atosiban, Carbetocin, and WAY 267,464 in dependence of species and receptor subtype. Table data are from Refs. 180, 383, 633, 689.

adolescence. The OXT-treated rats showed increased plasma OXT levels and increased social behavior in adulthood, whereas TGOT did not change the social behavior in adulthood (982). These results suggest co-stimulatory effect of OXT on the OXTR and AVP receptors in OXT-mediated behavioral effects, rendering TGOT as a useful control in electrophysiological recordings but of limited behavioral use.

In humans, TGOT displays a comparable selectivity for the OXTR as the natural ligand OXT (179), providing no advantage over synthetic OXT for clinical use in humans.

B) ATOSIBAN. Atosiban (1-deamino[D-Tyr(Et)<sup>2</sup>,Thr<sup>1</sup>]OVT), another synthetic OXTR ligand, has been shown to be a functionally selective, or "biased agonist," since it acts as agonist for the inhibitory G $\alpha$ i-protein-coupled OXTR, but as antagonist for G $\alpha$ q OXTR and V1a receptors in kidney and prostate cancer cells (human and canine) (864). Atosiban shows a sevenfold higher affinity for the OXTR than for the V2 receptor in mice (137). This biased activation does not lead to desensitization or internalization of the OXTR, as it is described after OXT, but to persistent ERK1/2 phosphorylation and cell growth inhibition (864; see sect. VI).

C) DNALOVT. DNalOVT is a peptidergic biased OXTR agonist that activates only  $G_{i1}$  or  $G_{i3}$ , but not the OXTR- $G_q$  pathway or the OXTR- $G_{i2}$ ,  $-G_{i3}$ ,  $-G_{oA}$ , and  $-G_{oB}$  complexes. It also does not induce recruitment of  $\beta$ -arrestin and receptor internalization, or rendering atosiban and DNalOVT, two ligands that are able to differentiate between individual  $G_{i/o}$  family members (140).

D) CARBETOCIN. Carbetocin (Ferring Pharm.), also known as deamino-1-monocarba-(2-O-methyltyrosine)-OXT has been synthesized by deaminating the NH<sub>2</sub> terminus of OXT and by replacing the disulphide (S-S) bridge between Cys 1-6 with a CH2-S bond that connects a butyric acid group at the NH<sub>2</sub> terminus and Cys 5. This modified peptide OXT agonist is protected from enzymatic cleavage (59), thus increasing its half-life in the peripheral circulation (carbetocin 85–100 min vs. OXT 3–4 min) (369). It has been shown to

induce milk let-down and to increase intramammary pressure (205) in lactating sows as well as porcine and human uterine contractions in vivo and in vitro (22, 206). Administration of icv carbetocin reduced anxiety-like behavior (660) and reduced immobility, as well as increased swimming in the forced swim test (174). On a molecular level, carbetocin acts as a functional selective OXTR agonist that is specific for the Gq pathway, most likely acting as V1a and V1b receptor antagonist, and leads to  $\beta$ -arrestin-independent internalization of the activated OXTR (see sect. VF; Refs. 379, 803).

E) WAY 267,464. This compound is a non-peptide OXTR agonist with weak rat OXTR affinity and even higher affinity for the rat V1a receptor (440). However, application of WAY 267,464 (Wyeth) to stably expressing OXTR HEK293 cells exerted no functional response at the V1a, but a weak response at the OXTR (EC<sub>50</sub> = 881 nM). This renders WAY 267,464 as a weak OXTR agonist and potential V1a antagonist. Adult male rats, treated with 100 mg/kg ip WAY267,464, showed impaired locomotion, similar to rats that have been treated with 1 mg/kg OXT (440).

## 2. Synthetic OXT receptor antagonists

A) DESGLY-NH<sub>2</sub>-D(CH<sub>2</sub>)<sub>5</sub>(TYR(ME)<sup>2</sup>THR<sup>4</sup>)-OVT. This peptidergic selective OXTR antagonist, also referred to as "Inga's compound," has been synthesized by M. Manning (667) and used in behavioral and neuroendocrinological studies to selectively block OXTR-mediated effects of endogenous OXT in the SON (739, 740), PVN (752, 757), septum (298), or central amygdala (297), and also in a human neuroblastoma cell line [Be(2)M17] to effectively block the transcriptional effects of TGOT (499).

B) BARUSIBAN. Barusiban (Ferring Pharmaceuticals) is a peptide, a potent and long-acting OXTR antagonist developed for preterm labor. It is a cyclic heptapeptide and an analog of endogenous OXT designed for longer duration of action (857). The binding domain of barusiban in the porcine OXTR is different from the natural agonist OXT, AVP, or the non-selective antagonist  $d(CH_2)^5[Tyr-(Me)_2,Thr^4,$  $Orn^8,Tyr^9]$ -vasotocin (379, 834). Although barusiban has been shown to inhibit OXT-induced contractions of human myometrial strips isolated from women who underwent cesarean delivery (825) and was effective in preventing OXT-induced preterm labor in cynomolgus monkeys (856), the clinical use of barusiban has been discontinued. A placebo-controlled, doubleblinded study found that an intravenous bolus of barusiban was no more effective than placebo in stopping preterm labor in pregnant women at late gestation (1005).

C) EPELSIBAN. Epelsiban, also known as GSK557296, is an oral active non-peptide OXTR antagonist ( $K_i = 0.13$  nM for the human OXTR) with >31,000-fold selectivity over the human V1a receptor and has been developed for the treatment of premature ejaculation in men (98, 931).

D) RETOSIBAN. Retosiban, also known as GSK-221,149-A is a promising oral active, potent and selective non-peptide OXTR antagonist with >1,400-fold selectivity over the related AVP receptors. Retosiban inhibited the procontractile effect of stretch on human myometrium (720) and was effective in preventing preterm labor in a placebo-controlled, double-blinded study in pregnant women (1006).

E) L-368,899. L-368,899 is a selective non-peptide antagonist of the OXTR, with >40-fold selectivity over AVP receptors (1091). This compound has a high oral bioavailability and crosses the blood-brain barrier with selective accumulation in areas of the limbic system (955). This accumulation was shown to block OXT-induced social and sexual behaviors (food sharing, sexual activity, parental behavior) (955).

F) L-371,257. L-371,257 is a selective non-peptide antagonist of the OXTR, with >800-fold selectivity over the AVP receptors (1092). It was one of the first oxytocin antagonists developed, and has good oral bioavailability, but poor penetration of the blood-brain barrier, which gives it good peripheral selectivity, with few central side effects (874). In adult male Sprague-Dawley rats, it had some facilitatory effects on vocalization (209). On a cellular level, L-371,257 has been shown to block the OXT-induced increase in neurite outgrowth, reduces neurite number (610, 611), and blocks the OXT-induced Ca<sup>2+</sup> influx (1129).

## F. OXTR Desensitization and Internalization

OXTR availability in the neuronal membrane is determined by Oxtr gene expression (see above), but also by desensitization and internalization of the receptor upon ligand binding. Desensitization of the OXTR upon agonist stimulation is a central phenomenon in how OXTR functioning is regulated (201, 877) and is initiated following ligand binding by phosphorylation of the OXTR via G protein-coupled receptor kinase 2. This kinase phosphorylates the receptor protein ~4 s after ligand binding (425) and primes it for subsequent  $\beta$ -arrestin2 binding. Recent studies revealed variants in OXTR phosphorylation sites among mammals, potentially leading to differential *B*-arrestin binding (1053). However, whether this diversity has any functional implications is not yet clear. In general,  $\beta$ -arrestin2 uncouples the OXTR from its G proteins and acts as a clathrin adapter (384) to allow the receptor being internalized in a clathrin pit-dependent mechanism (960). Dynamin, a large GTPase, is then able to pinch off the clathrin-coated vesicle (1065). Those vesicles are characterized by the expression of a specific type of protein, namely Ras-related in brain 4/5 (201). These vesicles are stored intracellularly and are recycled back to the cell surface 4 h after internalization, as shown in transfected HEK293T and myometrial cells (201). Although binding of  $\beta$ -arrestin leads to internalization and uncoupling of the receptor from its G proteins, it is also essential for downstream signaling cascades, such as extracellular signal-regulated kinase (ERK1/2) or p38 (119, 401). It has been suggested that the use of functionally selective OXTR ligands, such as atosiban and DNalOVT, may be useful to study the isolated effects of OXTR activation with no accompanied  $\beta$ -arrestin binding (140, 974). Interestingly, OXTR internalization can also occur independent of  $\beta$ -arrestin, since it was shown using the selective OXT analog carbetocin (803). However, the functional components of this  $\beta$ -arrestin-independent internalization are unknown to date.

Prolonged or repeated receptor activation always implies a desensitized receptor and reduced membrane expression. This fact bears a risk for medication of human patients, since repeated daily intranasal application of OXT for several weeks or month could negatively interfere with peripheral or central membrane OXTR expression.

## VI. OXTR-COUPLED SIGNALING IN BRAIN AND PERIPHERY

The quality of specific acute or long-term neuronal effects of OXT is dependent on the regional and subcellular presence of OXTR, the characteristics of OXT-OXTR binding, and subsequent activation of intraneuronal signaling cascades (1043, 1066). Duration and intensity of neuronal actions are mainly determined by the quantity of locally released OXT, OXTR affinity and density, local enzymatic cleavage, and, consequently, concentration of OXT in the surrounding extracellular fluid. In addition, the formation of OXTR homodimers or of heterodimers with other receptors are likely to influence OXTR affinity and downstream signaling.

The activation of OXTR homodimers by a homobivalent OXT analog, i.e., a ligand with a potential preference for dimers of the OXTR, separated by a well-defined spacer of 25 Å proved to be 100-fold more potent than OXT in activating  $G_q$ -protein signaling and 40-fold more potent in stimulating social behavior of heterozygous OXT knockout

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mice in the three-chamber test. The bivalent analog binds to high-affinity state OXTR homodimers, whereas low-affinity state OXTR probably represents monomeric or oligomeric variants (138).

The OXTR also forms heterodimers with beta-2-adrenoreceptors, which leads to differential activation of downstream signaling cascades in myometrial and HEK293 cells (1104, 1105). Such receptor heterodimers activate a specific protein kinase C subform (protein kinase C $\zeta$ ), causing attenuated downstream signaling compared with monomeractivated signaling. Additionally, OXTR were found to form heterodimers with dopamine D2 receptors in the dorsal striatum, with putative facilitating actions on social and emotional behavior (883). Evidence for heterodimers of the OXTR with the AVP receptors V1a and V1b has so far only been found in transfected HEK293 cells (998).

## A. OXTR-Coupled G Proteins

In agreement with its major role in the promotion of uterine contractions during birth (361, 401, 1114), OXT-OXTR functions have mainly been studied in myometrial cells. The OXTR is characterized as a G protein-coupled receptor (GPCR); consequently, it is coupled to a trimeric complex of G proteins, consisting of one G $\alpha$  and one  $\beta/\gamma$  unit. Upon ligand binding, the complex separates the  $\beta/\gamma$  subunit from the G $\alpha$ -protein. Several different  $\alpha$ -protein subforms can contribute to the composition of the complex. Depending on the type of G $\alpha$  protein, the functional outcome of receptor activation can be stimulatory or inhibitory.

For instance, OXT stimulation of myometrial membranes resulted in coupling of the receptor to the activating  $G\alpha_{q/11}$ and a decreased inward rectifying K<sup>+</sup> current, causing increased cell proliferation (567). In myometrial cells, the OXTR is coupled to the inhibitory  $G_{\alpha}$  proteins (in detail:  $G_{\alpha i1}$ ,  $G_{\alpha i2}$ ,  $G_{\alpha i3}$ ,  $G_{\alpha oA}$  and  $G_{\alpha oB}$ ) (140), which leads to reduced cell proliferation by OXT stimulation (392).

The state of G-protein coupling also depends on the physiological state of the animal. Cells from non-pregnant rat myometrium preferentially evoked OXT-induced Ca<sup>2+</sup>-activated K<sup>+</sup> (BK<sub>Ca</sub>) channel-mediated outward currents via the  $G_{q/11}$ /phospholipase C pathway leading to myometrial contractions. In contrast, in cells isolated from pregnant rat myometrium, OXTR activation increased the expression of  $G_{\beta\gamma}$ -stimulated adenylyl cyclase II, which suppresses Ca<sup>2+</sup> transients and reduces myometrial contractility (1143).

In contrast to well-studied cell culture or membrane strip systems (138, 139, 469, 803, 862), first evidence for inhibitory coupling of a  $G_i$  protein to the activated OXTR in brain tissue has been found only recently in mice by applying the specific  $G_i$ -biased agonist atosiban (305).

## **B. OXTR-Mediated Calcium Currents**

## 1. OXTR-induced Ca<sup>2+</sup> release from intracellular stores

As described above, ligand binding to the OXTR results in the dissociation of the  $\beta/\gamma$  subunit from the trimeric G-protein complex that is coupled to the OXTR, thereby activating the G $\alpha$ -protein. In addition to G $\alpha_{\alpha}$ -mediated phospholipase C activation (735, 865), the  $\beta/\gamma$  subunit also triggers the phosphorylation of the phospholipase  $C\beta3$  (phospho- $S^{1105}$ ) (1141), and the OXT-induced generation of inositol-3-phosphate (IP<sub>3</sub>) and diacylglycerol in primary and immortalized myometrial cells. There are three subtypes of  $IP_3$ receptors, with subtle differences in their capacity to release  $Ca^{2+}$  from intracellular stores (900). At the same time, IP<sub>3</sub> receptors are governed by IP<sub>3</sub> and Ca<sup>2+</sup> binding. This dual activation of IP3 receptors is essential for the propagation of  $Ca^{2+}$  signals by  $Ca^{2+}$ -induced  $Ca^{2+}$  release from the endoplasmatic reticulum. Consequently, adjacent IP<sub>3</sub> receptors are activated, which in turn generates a spatial and temporal organization of IP<sub>3</sub>-evoked  $Ca^{2+}$  release (842). The frequency of  $Ca^{2+}$  oscillations, but not spike amplitude or wave velocity, defines the strength of the GPCR-induced hormonal signal (60). Intracellular Ca<sup>2+</sup> ions form complexes with the  $Ca^{2+}$  binding protein calmodulin.  $Ca^{2+}/$ calmodulin complexes activate the myosin light chain kinase, allowing myosin to cross-bridge to actin and cause smooth muscle contraction, for example, of myometrial cells during labor or of myoepithelial cells surrounding the milk ducts of the mammary gland. In addition to the IP<sub>3</sub>triggered intracellular Ca<sup>2+</sup> release, in human myometrial PHM1 cells and primary myometrial cells, diacylglycerol is responsible for intracellular Ca<sup>2+</sup> oscillations that depend on extracellular  $Ca^{2+}$  stores (932).

OXT not only affects peripheral cells but also induces the release of  $Ca^{2+}$  from intracellular stores in rat sensory neurons (44) and hypothalamic astrocytes (266). Primary astrocytes were isolated from 16-day-old embryonic rat hypothalami and cultured until treatment with 1 nM to 100  $\mu$ M OXT. Ca<sup>2+</sup> influx was dose-dependent and thapsigargin-sensitive, suggesting an involvement of IP<sub>3</sub> receptors, and removal of extracellular Ca<sup>2+</sup> ions did not diminish the cellular response, suggesting no involvement of membrane Ca<sup>2+</sup> channels (266).

## 2. OXTR-induced Ca<sup>2+</sup> influx

Several  $Ca^{2+}$  channels have been shown to be involved in OXT-induced  $Ca^{2+}$  influx in human myometrial cells, i.e., canonical transient receptor potential (Trp) cation channels (TrpC) 1 (729), TrpC3 (932), TrpC4 (1037), and TrpC6 (188). Moreover,  $Ca^{2+}$  influx through voltage-operated  $Ca^{2+}$  channels (902) in addition to release from intracellular  $Ca^{2+}$  stores (903; see above) contribute to the full re-

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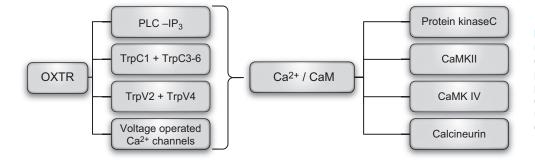


FIGURE 8. OXT-activated Ca2-channels and downstream signaling cascades. OXTR, oxytocin receptor; PLC, phospholipase C; IP3, inositol-3-phosphate; Trp, transient receptor potential channel; Ca<sup>2+</sup>, calcium; CaM, calmodulin; CaMK, Ca<sup>2+</sup>/calmodulin-dependent kinase.

sponse after myometrial OXTR activation. A negative feedback loop is provided by diacylglycerol-activated protein kinase C (PKC), which inhibits Ca<sup>2+</sup> influx by TrpC3 and TrpC5 inhibition (1060). In addition, OXT triggers Ca<sup>2+</sup> influx through Trp Ca<sup>2+</sup> channels of the vanilloid type 4 (TrpV4) in myometrial cells regulated by the incorporation is prevented by  $\beta$ -arrestin 1 and 2 physically interacting with the TrpV4 channels. Thereby, TrpV4 is retained in the cytoplasm under basal conditions, whereas, during pregnancy,  $\beta$ -arrestin expression in the myometrium is reduced and membrane expression of TrpV4 increased to allow OXT-induced Ca<sup>2+</sup> influx (1114) (FIGURE 8).

OXT-induced  $Ca^{2+}$  influx also seems to play a role in neuronal OXT responses. We recently could show that OXTR activation leads to an incorporation of TrpV2 channels into the cellular membrane in a hypothalamic cell line. As found for TrpV4 in myometrial cells, incorporation of TrpV2 channels into the neuronal membrane is also a prerequisite for  $Ca^{2+}$  influx from the extracellular space (1044). This process is dependent on the activation of phosphoinositide-3-kinase (PI3K), since application of the PI3K inhibitor LY294002 prevented OXT-induced alterations in the amplitude and frequency of  $Ca^{2+}$  oscillations (1044). More-

Ca<sup>2+</sup> TrpV2 OXTR EGFR Cell Ν membrane Ca2+ CaMKI-PKC ERK5 CaN p38 **ERK1/2** IV. de novo protein synthesis Nuclear CREB MEF-2 membrane CRTC

over, in primary hypothalamic neurons, the OXT-induced increase in intracellular  $Ca^{2+}$  levels was prevented in  $Ca^{2+}$  free medium confirming the extracellular source of  $Ca^{2+}$  (1044). The behavioral relevance of OXT-induced  $Ca^{2+}$  influx has been confirmed in adult male Wistar rats, since blockade of TrpV  $Ca^{2+}$  channels within the PVN prevented the well-established local anxiolytic effect of OXT specifically within the PVN (1044).

Blockade of the OXT-induced Ca<sup>2+</sup>-influx by depletion of extracellular calcium in hypothalamic cells prevented downstream MEK1/2 phosphorylation (1044). Activation of the MAP kinase pathway within the PVN, specifically of MEK1/2 phosphorylation, was found to be one central factor for the anxiolytic effect of OXT in both males (89) and females (500). Consequently, Ca<sup>2+</sup> influx is the prerequisite for the activation of further downstream second-messenger cascades and critical for OXT's behavioral effects.

## 3. Signaling cascades downstream of Ca<sup>2+</sup> influx

Elevated intracellular  $Ca^{2+}$  levels from intracellular and extracellular sources described above were shown to be essential for some of the OXTR-coupled signaling pathways (see **FIGURE 9**). One Ca<sup>2+</sup>-dependent pathway leads to

FIGURE 9. Representative scheme of neuronal OXTRcoupled signaling cascades. OXT binding to its receptor induces incorporation of TrpV2 channels into the cellular membrane and subsequent activation of Ca2+-dependent cascades (PKC, CaMKI, II, IV, and CaN). OXT binding also induces transactivation of the EGFR and subsequent MAPK activation (ERK1/2, ERK5, p38). When direct evidence for coupling to OXTR in neurons is available, kinases are in blue circles. When indirect evidence is available or direct evidence from other cell types, kinases are in gray circles. All of the described cascades converge on the CREB-CRTC/MEF-2 transcription factor complex, leading to increased transcription of target genes. TrpV2, transient receptor potential vanilloid type 2; PKC, protein kinase C; CaMK, calcium/calmodulindependent kinase; CaN, calcinueurin; EGFR, epidermal growth factor receptor; MAPK, mitogen activated protein kinase; ERK1/2, extracellular signal regulated kinase 1/2; CREB, cyclic AMP responsive element binding protein; CRTC, cyclic-AMP-regulated transcriptional coactivators; MEF-2, myocyte enhancer factor 2

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the dephosphorylation and activation of the eukaryotic elongation factor 2 (eEF2). eEF2 activation depends on protein kinase C (PKC), since blockade of PKC with the specific inhibitor Gö6983 inhibited its OXT-induced dephosphorylation. Activation of eEF2 by OXT leads to de novo translation of proteins as described in both myometrial cells (260) and neurons (Martinetz, Jurek, Meinung, von Schack, van den Burg, Slattery, and Neumann, unpublished observations). These newly synthesized proteins may exert trophic effects on myometrial cells, which would translate, under physiological conditions, into maintaining pregnancy. In neuronal cells, these newly synthesized proteins are potential mediators of long-term OXT effects.

In contrast to increased intracellular Ca<sup>2+</sup> levels in OXTstimulated neurons, OXT was reported to decrease Ca<sup>2+</sup> levels in lipopolysaccharide-treated microglial BV-2 cells, thereby reducing pro-inflammatory factors (1125) and mitogenic signaling cascades (see sect. VIC). Interestingly, the expression of the glial OXTR is under the control of TGF- $\beta$ of neuronal origin (703), thus differing from mechanisms controlling neuronal or myometrial OXTR expression. The differential effect of OXTR activation in glial cells and the distinct regulation of glial OXTR expression by TGF- $\beta$  (released by neurons) indicates that the interplay between glial cells and neurons in OXT signaling is far from being understood and requires further in-depth investigation.

## 4. OXTR and calcineurin

Calcineurin is a Ca<sup>2+</sup>-activated phosphatase that is ubiquitously expressed in brain and periphery. Numerous studies revealed a coupling of the OXTR and calcineurin, for instance, OXT-induced contractions of smooth muscle cells in the myometrium are dependent on activation of calcineurin (830). In the brain, calcineurin is known to be involved in the regulation of memory formation in the hippocampus (572, 697) and in the regulation of anxiety and fear conditioning in the amygdala (64, 620), a region known to be modulated by OXT (1067). The underlying molecular mechanism of fear and anxiety regulation also involves calcineurin-induced diminished CRF receptor 1-mediated signaling (451).

Calcineurin also affects the phosphorylation status of a transcriptional cofactor of CREB, named CREB-regulated transcription coactivator (CRTC1), also named TORC1 (561), and CRTC2 (TORC2) (923), thereby dissociating CRTCs from the scaffolding protein 14-3-3. Subsequently, free CRTCs are able to translocate to the nucleus. The factors CRTC, p300, MEF-2, CREB, and others form a transcriptional complex to induce stimulus-dependent gene transcription (485, 499, 625, 626).

To date, the only direct evidence for a coupling of the OXTR to calcineurin in humans stems from cultured human myometrial cells (830, 1108).

## C. OXTR and MAP Kinase Pathways

## 1. OXTR link to the epidermal growth factor receptor and the MAPK pathway

Not only intracellular Ca<sup>2+</sup> but also multiple other pathways are linked to the OXTR leading, upon stimulation, to the activation of mitogen-activated protein kinase (MAPK) via activated receptor tyrosine kinases, such as the epidermal growth factor receptor (EGFR) (89). This receptor has been associated with MAPK activation due to its tyrosine kinase activity. The involvement of EGFR in OXTR-MAPK signaling has been proven by blocking OXT-induced MAPK phosphorylation by the non-selective EGFR inhibitor tyrphostin AG1478 in hypothalamic 4B cells (89), rat hippocampal slices (621), and rat and bovine myometrial cells (563, 1142). However, the nature of the signal carrier that links the OXTR to the EGFR is unknown to date. After OXT-induced activation, the EGFR recruits the membraneassociated proto-oncoprotein GTPase Rat sarcoma (Ras) as the initiator of the MAPK pathway. In a subsequent chain of events, Ras phosphorylates its downstream MAP kinase kinase kinase (Map3k) c-Raf-1 (337) as fast as 5 min after the onset of OXT stimulation in a rat hypothalamic cell line (89), leading to full activity of MAPK pathway.

## 2. OXTR and MEK1/2-ERK1/2

The MAP kinase kinase 1 and 2 (MEK1/2) is one of the best-studied proteins of the MAP kinase pathways. There are three main subfamilies of MEK proteins: MEK1/2 (Map2k1/2), MKK3/6 (Map2k3, SKK2/Map2k6, SKK3), and MKK4/7 (Map2k4, SEK1/Map2k7, SKK4); those three subfamilies are the main kinases for the central proteins of the MAPK pathways: ERK1/2, p38, and c-Jun NH<sub>2</sub>-terminal kinase (JNK1/2/3) (575). The coupling of the OXTR to these main MAPK pathways has been intensively investigated in nonneuronal and neuronal tissue and cell lines (499, 500, 528, 621, 999, 1103).

MEK1/2 and Raf-1 have both been found to be activated by OXT in small cell lung cancer cells (812), myometrial cells (1103), and primary amnion cells (528). MEK1/2 is also phosphorylated in OXTR-expressing macrophages during inflammation (988). In the brain, MEK1/2 and its active phospho-form is found in OXT-positive neurons of the PVN and SON during late pregnancy or after OXT infusions in male and female rats (89, 171, 499, 500, 1044) and in dorsal hippocampus, but not in medial prefrontal cortex neurons that were activated by a local infusion of OXT (416). Downstream of MEK1/2, in addition to the wellstudied ERK1/2, alternative MEK1/2 targets have been identified, such as PPAR $\gamma$ , MyoD, PI3K, or LIMKinase 1 in a variety of tissues (111, 133, 490, 543). These findings imply the possibility of MEK1/2 signaling independent of ERK1/2 phosphorylation.

However, the canonical target of MEK1/2 is ERK1/2, and its OXT-induced activity has been detected in peripheral tissues, such as cardiomyocytes, where it prevents hypertrophy (691), osteoblasts, where it induces maturation (264), or human mesenchymal stem cells, where it reverses osteoporosis (303). OXT-induced contraction of myometrial cells was found to be ERK1/2-dependent in both rat and human cells (767, 1749). In addition, OXT leads to prostaglandin E2 expression in an ERK1/2-dependent manner in human amnion cells (999). Surprisingly, ERK1/2 phosphorylation was detected only after 6 h of OXT stimulation (999). This late onset of MAPK activity is surprising when compared with hypothalamic tissue where ERK1/2 activity is being detected already after 10–30 min (89, 499, 500, 1044, 1078).

In contrast to those findings, ERK1/2-independent OXTR signaling was detected in a variety of prostate cancer cell lines (1140). Cellular migration in prostate cancer cells is known to be EGFR- and ERK1/2-dependent; however, Zhong and colleagues (1140) observed OXT-induced cellular migration independent of EGF or ERK1/2, highlighting again the tissue- and cell-type specific coupling of signaling cascades to the OXTR. Moreover, in CHO cells transfected with the rat OXTR, OXT induced ERK2, but not ERK1 phosphorylation, leading to prostaglandin E2 synthesis (975) via the rate limiting enzyme COX2 (1103).

Indeed, our own data support this scenario of differential ERK1/2 activation. In the PVN of lactating rats (lactation day 8), MEK1/2 phosphorylation is upregulated, with concomitant nuclear translocation of ERK1, but not ERK2 (500). When exogenous OXT was applied icv to lactating females, MEK1/2 phosphorylation in the PVN was even reduced, with no subsequent changes in ERK1/2 activity (500). Interestingly, phosphorylation-independent functions of ERK1/2 have been described in a variety of cellular and genomic processes (880), so that a role for non-phospho ERK1/2 during lactation cannot be excluded. In addition, stimulation of brain slices containing the SON with 10 pM OXT led to an increase of cytosolic phosphorylated ERK1/2 in neurons with no nuclear translocation, indicating cytosolic targets of ERK1/2 that render nuclear translocation unnecessary (1078).

Taken together, mounting evidence suggests a cell-type and tissue-specific differential activation of the OXT-induced MEK1/2-ERK1/2 pathway in neurons and peripheral cells, with 1) full ERK1/2 activation, 2) differential ERK1 or ERK2 activation, 3) ERK1/2 phosphorylation peaks ranging from 10 min to 6 h, and 4) pERK1/2-independent signaling downstream of active MEK1/2.

## 3. OXTR and PEA-15

The "phospho-protein enriched in astrocytes 15 kDa" (PEA-15; also PED = phospho-protein enriched in diabe-

tes) is abundantly expressed in brain, heart, and adipose tissue. PEA-15 acts as inhibitor of the MAPK pathway by binding and retaining ERK2 in the cytoplasm. This activity of PEA-15 is intriguing, considering the findings of Wang and Hatton, who found OXT-induced phosphorylated ERK2 to be retained in the cytoplasm (1078). Moreover, dysregulation of the ERK pathway in PEA-15 knockout mice leads to impaired spatial learning and heightened stress reactivity and/or anxiety in limited instances (853). In more detail, PEA-15 activity is regulated by a hierarchical control executed by CaMKII phosphorylating PEA-15 Ser116, which in turn enhances the ability of another upstream kinase, PKC, to phosphorylate PEA-15 at Ser104 (568). Both CaMKII and PKC are activated by the OXTR (260, 499), and our own unpublished data show an increased phosphorylation of PEA-15 at both phospho-sites after 30 min of OXT stimulation in hypothalamic H32 cells. Although the role of OXT in diabetes is somehow controversial (16; sect. X), the role of PEA-15 in regulating ERK activity is one potential factor to be considered for treatment of diabetes and obesity with OXT.

Moreover, PKB/Akt (see below) seems to phosphorylate PEA-15 and stabilize its anti-apoptotic actions in HEK293 cells, thereby providing one molecular mechanism for the pro-survival/viability effect of OXT on a variety of cell types (1026; see sect. VII).

## 4. OXTR, protein kinase B (Akt), and phosphatase and tensin homolog (PTEN)

Protein kinase B (or Akt) has been found to be involved in OXTR-coupled signaling pathways in several tissues, including endothelial cells of the umbilical vein (165), villuscrypt enterocytes of the gut (542), cardiomyocytes (409), and endometrial cancer cells (254). Activation of protein kinase B by OXT leads to cellular migration, regulation of translation, and regulation of gut development (542). The activity of Akt is regulated by Ser473 and Thr308 phosphorylation by phosphoinositide-dependent kinase 1 (PDK1). A counteracting enzyme is the phosphatase and tensin homolog (PTEN). Germline mutations in PTEN are associated with macrocephaly and autism spectrum disorder, whereas conditional deletion of PTEN in oxytocinergic neurons affect cell structure but not autism-relevant behaviors in mice (193). Whether those mutations disrupt OXTinduced signaling via protein kinase B is currently unknown.

## 5. OXTR signaling does not alter JNK activity

The JNK1/2/3 are members of the MAPK family, but, unlike MEK-ERK, their activity is often associated with many forms of stress, including cellular inflammatory stress (346), apoptosis and necrosis (731), or physical stress during the forced swim paradigm in the rat hippocampus, hy-

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pothalamus, and amygdala (629). In murine microglia cells that have been treated with lipopolysaccharide (LPS) to mimic inflammation, ERK1/2, p38 (see below), and JNK1/ 2/3 are phosphorylated. Treatment of those cells with OXT leads to a decrease of LPS-induced ERK1/2 and p38 but not JNK phosphorylation (1125). This data is in line with our unpublished observations that OXTR activation in hypothalamic neurons does not alter JNK1/2/3 phosphorylation.

### 6. OXTR and p38

The MAPK p38, also known as MAPK14, plays a role in a variety of processes, ranging from regulation of CRF gene expression in the hypothalamus (503) to synthesis of inflammatory cytokines (530, 888) in human myometrium and amnion. p38 has been shown to be activated by OXT in myometrial cells (119, 260, 530) and heart tissue (786). However, the downstream targets of OXT-induced p38 have not been further explored and remain to be elucidated.

### 7. Scaffolding protein 14-3-3

Interactions between proteins are based on scaffolding proteins that bring second-messenger kinases in close proximity. Scaffolding proteins such as 14-3-3 $\zeta$  (also known as Ywhaz) are either inhibitors or activators of MAPK signaling, depending on their phosphorylation status. The status of phosphorylation and even transcription levels of Ywhaz are regulated by several factors, e.g., water deprivation and osmotic stress, which was found to affect OXT and AVP neurons of the SON (390). The regulation of *Ywhaz* gene expression in OXTergic neurons by environmental stimuli renders this gene an inappropriate housekeeping gene (as suggested by Ref. 95) for OXT- or stressor-related studies of gene transcription by means of qPCR and should be considered carefully.

#### 8. OXTR and β-arrestin

In general, binding of OXT to its receptor leads to phosphorylation of the OXTR by a special GPCR kinase, which allows the recruitment of  $\beta$ -arrestin. B-arrestin recruitment leads to desensitization and internalization of the OXTR (137, 402), but is also essential for correct induction of MAPK signaling (401; see sect. VF). However, OXTR internalization can also appear to be  $\beta$ -arrestin-independent, for instance when induced by the OXT analog carbetocin (803). In addition,  $\beta$ -arrestin can also directly bind and sequester TrpV channels in the cytoplasm, as seen in myometrial cells, thereby inhibiting OXT-induced Ca<sup>2+</sup>-signaling (see sect. VIB). This effect has been detected in the non-pregnant mouse uterus but is absent in pregnant uteri (1114). In murine osteoblasts,  $\beta$ -arrestins facilitate the translocation of the OXTR to the nucleus, a process never described before in other cell types (264).

#### 9. OXTR and ERK5

The OXTR has also been linked to activation of the related big MAP kinase, ERK5 (also known as BMK1 or MAPK7), as shown in myometrial cells (261). In general, ERK5 promotes expression of the myosin light chain gene and has a central role in the development and differentiation of a variety of cells (382) but also promotes cell death (1139). Although direct evidence is missing, ERK5 is also likely to be coupled to the OXTR in neuronal cells, since one upstream regulator of ERK5 is PKCZ, a kinase directly coupled to OXTR-\u03b32-adrenergic receptor heterodimers found in neurons (1104). In addition, in a variety of cell lines (CHO, HEK293, Cos7, and HeLa), PKCζ serves as scaffolding protein between G $\alpha$ q-proteins and ERK5, leading to direct activation of ERK5 by  $G\alpha q$  without involvement of the canonical upstream kinases MEK5 or phospho-lipase C (905). Evidence for neuronal OXTR-coupling to ERK5 was also provided by the finding that ERK5 might be involved in the OXTR-mediated regulation of anxiety-related behavior in rats. In support of data showing a direct link of the OXTR to ERK5 (261), application of the MAPK inhibitor UO126, which blocks both MEK1/2 and ERK5 activity (261, 706), abolished the local anxiolytic effect of OXT within the PVN (89). However, whether MEK1/2, ERK5, or both pathways in conjunction mediate this behavioral effect is currently not known.

Downstream target of OXT-induced ERK5 is most likely the family of MEF-2 transcription factors (described in more detail in sect. VIC11; see Refs. 261, 467), exerting effects on apoptosis, cellular viability, synaptic plasticity, and dendritic outgrowth (467, 835).

#### 10. OXTR and the transcription factor MEF-2

The myocyte enhancer factor 2 (MEF-2) is a transcriptional regulator that might act as effector of some of the OXTR-coupled signaling cascades described above **(TABLE 5)**. We summarize here the evidence for a link between MEF-2 and the OXTR, which might help to understand the molecular mechanism underlying the behavioral effects of OXT.

MEF-2 is a transcription factor family consisting of four subtypes (MEF-2A, B, C, D), whose expression pattern partly overlaps with those of the OXTR, since it was found in neurons, smooth muscle cells, bone, lymphocytes, and endothelial cells (84, 302, 927). All MEF-2 subforms share a common genetic structure: the DNA binding domain, the MEF2 domain (provides better sequence binding specificity), and a COOH-terminal transcriptional regulatory domain, whose activity is orchestrated by multiple posttranslational modifications (1131). MEF-2 is implicated in dendritic remodeling, neuronal differentiation and proliferation, growth, and apoptosis. Dysfunctional MEF-2 has been associated with autism (724), amyotrophic lateral sclerosis (37), mental retardation, Alzheimer's, and Parkinson disease (344, 835).

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## Table 5. Selection of proteins involved in OXTR-coupled signaling cascades, their function, time frame of activity, potential behavioral or functional context, and related publication

Protein	Protein class	Timing	Tissue	Phenotype/Function	Related Publication
Ras	Kinase	3–5 min	Rat hypothalamic H32 cells	Anxiety	89
Raf	Kinase	5 min	Rat hypothalamic H32 cells	Anxiety	89
MEK1/2	Kinase	5–30 min	Rat hypothalamic H32 cells, mouse hippocampal slices, rat hypothalamic tissue, human myometrial and amnion cells	Anxiety, spatial memory, inflammation	89, 514, 515 544, 1042, 1075
ERK1/2	Kinase	10 min to 1 h	Tissue: human and rat myometrial cells, rat hypothalamic (PVN) tissue, rabbit and human amnion cells, rat hippocampal synaptoneurosome	Anxiety, spatial memory, smooth muscle contraction, PGE2 and PGF2 synthesis, inflammation, cell proliferation, differentiation, long term potentiation, anti-hypertrophic	89, 120, 261 263, 266, 305, 411, 501, 514, 515, 579, 641, 713, 793, 837, 889, 899, 955, 1004, 1017, 1021,
			HEK-293, bEEL, NCL-H345, NCL- H146, H32, hTERT- C3, MDCK		1029, 1042, 1109, 1134, 1135
			Primary cells: human primary macrophages, THP- 1, and murine macrophages		1104, 110
Ribosomal protein S6 kinase B1	Kinase	20–30 min	Caco2BB cells	?	558
RSK1/2	Kinase	?	Murine and human prostate cells, rat hypothalamic PVN	?	1140; unpublished observations
MSK 1/2	Kinase	?	Rat hypothalamic PVN	?	Unpublished observations
MEK5	Kinase	?	Myometrium	?	262
ERK5	Kinase	30 min	Myometrium	?	262
ρ38α	Kinase	?	Human and rabbit amnion cells, human myometrial, hTERT-C3 cells, rat ventricular heart tissue, ULTR cells, CHO, mouse embryonic stem cells, mouse osteoclast cells	Protein synthesis, bone formation, cardioprotection	120, 261, 459, 501, 544, 811, 1021, 1159
JNK1/2/3	Kinase	_	Hypothalamic H32 cells		Unpublished observations
PEA-15	scaffolding protein	10–90 min	Hypothalamic H32 cells	Regulation of ERK signaling	Unpublished observations
PTK2B	Kinase	1 h	Human umbilical vein endothelial cells	Angiogenesis	167
CaMKI	Kinase	5–10 min	Hypothalamic H32 cells	?	Unpublished observations
CaMKII	Kinase	5–10 min	Hypothalamic H32	?	514, 1075

Continued

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#### Table 5.—Continued

Protein	Protein class	Timing	Tissue	Phenotype/Function	Related Publication
CaMKIV	Kinase	5–10 min	Hypothalamic H32 cells	?	Unpublished observations
Caldesmon	Calmodulin binding protein	15 min	Human myometrial cells	Contraction	955
ΡΚΑ	Kinase		Hypothalamic H32 cells, mouse embryonic stem cells	Expression of connexin43	1159; unpublished observations
PKB (Akt)	Kinase	30 min	Mouse osteoclasts, rat ventricular heart, hippocampal synaptoneurosomes, MCF7, HT29, Caco2BB cells, rat H9c2, rat neonatal cardiomyocytes, human umbilical vein endothelial cells	Long-term potentiation, angiogenesis, cardioprotection	167, 392, 558, 559, 641, 713, 811, 853, 1021
PKC	Kinase	5 min	Myometrium	Smooth muscle contraction	261
$\beta$ -Arrestin	Scaffolding protein	5–10 min	Myometrium, HEK cells	Receptor desensitization	411
EGFR	Receptor	5 min	Rat hypothalamic H32 cells, rat synaptoneurosomes, MDCK and HEK293 cells, COSM6 cells	Anxiety	89, 641, 899 1174
PLC	Lipase	3 min	Human myometrial cells	Smooth muscle contraction	386, 1173
ΑΜΡΚ α1	Kinase		Mouse cardiomyocytes	Energy sensor	853
Pi3K	Kinase	?	Hypothalamic cell culture	Anxiety	1075
mTOR	Kinase		Hypothalamic H32 cells, rat hypothalamic tissue (PVN), Caco2BB cells	Central signaling kinase	558; unpublished observations
c-Jun	Transcription factor		Hypothalamic H32 cells		Unpublished observations
elk-1	Transcription factor		Hypothalamic H32 cells		Unpublished observations
MEF-2A	Transcription factor	?	Rat hypothalamic tissue (PVN)	Synaptic plasticity	Unpublished observations
MEF-2B	Transcription factor		Rat hypothalamic tissue (PVN)	Synaptic plasticity	Unpublished observations
MEF-2C	Transcription factor	?	Rat hypothalamic tissue (PVN), myometrial cells	Synaptic plasticity, autism	262, 349
MEF-2D	Transcription factor	?	Rat hypothalamic tissue (PVN)	Synaptic plasticity	Unpublished observations
CREB	Transcription factor	20 min to 1 h	Hypothalamic H32 cells, rat hypothalamic tissue (PVN), mouse hippocampal slices	Anxiety, stress, spatial memory	514, 1042
eEF2	Translation elongation factor	5–60 min	hTERT-C3 cells, rat epididymal adipose tissue	Anxiety	261, 301

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#### Table 5.—Continued

Protein	Protein class	Timing	Tissue	Phenotype/Function	Related Publication
CRTC2	Transcriptional cofactor		Hypothalamic H32 cells, rat hypothalamic tissue (PVN)	Stress	514
CRTC3	Transcriptional cofactor	10 min to 1 h	Hypothalamic H32 cells, rat hypothalamic tissue (PVN)	Stress	514
RGS2	Regulator of signaling cascades	1–2 h	Amygdala in vivo	Anxiety	806
NF-κB p65	Transcription factor	15–30 min	Human myometrial and amnion cells, mouse embryonic stem cells,	Inflammation	472, 544, 1159
IKK1 (CHUK)	Inhibitor of NF-κΒ	15–30 min	Human myometrial and amnion cells	Inflammation	544
IKK2	Inhibitor of NF-ĸB	15–30 min	Human myometrial and amnion cells	Inflammation	544
Connexin43	GAP junction channel	3 h	Mouse embryonic stem cells	Intercellular communication	1159
PTEN	Phosphatase	30 min	Caco2BB cells		559
cd38	Cluster of differentiation	5 min	Mouse hypothalamus	Social behavior	654

-, No link to OXT; ?, unknown.

There is a bifunctional regulation of gene transcription by MEF-2 proteins. This regulation is an inherent property that arises through different phosphorylation sites in the MEF-2A-D proteins. For instance, phosphorylation of MEF-2A at Ser387, Thr312, and Thr319 by p38 is known to stimulate gene transcription (415), whereas phosphorylation at Ser408 by cyclin-dependent kinase 5 turns MEF-2A into a transcriptional repressor (383). Following activation of (OXTR-coupled) signaling cascades, such as CaMKII, MEK1/2, cdk5 (82), ERK5 (467), SIK, calcineurin, and p38 (261, 343, 637, 1103, 1138), MEF-2 is phosphorylated, homo- or heterodimerizes, and is released from class II histone deacetylases (HDACs), which suppress MEF-2 activity under basal conditions (268). Each member of the class II HDACs is expressed in oxytocinergic neurons of the PVN (989), and each of the upstream kinase pathways is coupled to the OXTR (260, 499, 528), suggesting close interactions between the OXT system and the MEF-2 pathway. Indeed, activation of MEF-2 by the OXTR via ERK5 has already been shown in myometrial cells (261).

Taken together, these data strongly implicate a role of OXT-induced MEF-2 activity in the regulation of anxiety. As a transcription factor, MEF-2 was shown to regulate stress- and anxiety-related target genes, such as *Rgs2* or *Pacap* (345), which also have been implicated in the anxiolytic effect of OXT (781, 801).

# 11. OXTR, the transcription factor CREB and its cofactor CRTC (TORC)

Signaling cascades, like the above mentioned, converge on a set of transcription factors to exert their target-specific effects. In brain areas, such as the hippocampus, the OXTR-EGFR-MEK1/2 cascade has already been shown to trigger phospho-CREB-dependent spatial memory formation during motherhood (1011) and long-term potentiation (621). In support, peripheral administration of OXT either acutely or repeatedly (1 mg/kg OXT daily for 2 wk) promoted hippocampal cell proliferation, adult neurogenesis, and dendritic maturation (906). Blockade of the MAPK pathway by U0126 blocked the proliferative effects of an acute ip OXT treatment in the hippocampus (612). It is, therefore, tempting to speculate that some of the OXT-CREBregulated genes that are important for spatial memory formation are associated with synaptic plasticity, such as brain-derived neurotrophic factor (Bdnf). Indeed, a link between OXT treatment and Bdnf expression has been found in the hippocampus of neonatal and adult rats (49, 431) and mice (255). Interestingly, activation of CREB alone is not sufficient for inducing Bdnf transcription. Instead, the transcriptional regulation of Bdnf is also dependent on CRTC (TORC) (336). We have recently found a link between OXT and CRTC by demonstrating that OXTR activation delays stress-induced translocation of CRTC3 to the nu-

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cleus, thereby altering the transcription of CRTC-dependent genes (499). Surprisingly, OXT had a specific impact on CREB/CRTC3-regulated gene transcription, since the nuclear translocation of the closely related CRTC2 was not affected by OXTR activation.

The intracellular signaling pathway that couples the OXTR to CRTC3 is currently not known. One protein kinase known to regulate CRTC phosphorylation and nuclear trafficking is the salt-inducible kinase (SIK) (190, 909). SIK is a member of the mammalian AMP-activated protein kinase (AMPK) family. AMPK was found to be activated by OXT in skeletal muscle cells (347, 599). Thus it is possible that the OXTR also activates SIK, e.g., by increasing intracellular Ca<sup>2+</sup> levels.

## D. The Problem of Signal-Target Specificity: Factors to Consider About OXTR Signaling Cascades

We have to consider, how a single nonapeptide (OXT) released into different body compartments in different physiological and psychological contexts (stress, lactation, social contact, exercise...) is capable of creating target- and tissue-specific responses on a cellular or behavioral level via binding to and activation of one single receptor type: the OXTR. On a cellular level, the OXTR activates numerous  $Ca^{2+}$ -related and MAPK-related signaling cascades in a variety of cell types. However, this seemingly random and redundant activation pattern becomes meaningful when several factors are taken into account:

- 1) The OXTR can assume two different affinity states, high vs. low, depending on the presence of cholesterol and Mg<sup>2+</sup> ions in the membrane. Heterodimerization with other receptors ( $\beta$ AR, 5HT receptor, and AVP receptor), G<sub> $\alpha q$ </sub> or G<sub> $\alpha i$ </sub> coupling to the receptor, internalization, and  $\beta$ -arrestin recruitment also differentially affect downstream signaling cascades, allowing the receptor to induce a specific cellular response to OXT binding in a specific context.
- 2)  $Ca^{2+}$ -related pathways typically act faster than MAPK pathways, thereby creating a temporal pattern of signaling cascade activity that drives a cellular response from 1 to 5 min ( $Ca^{2+}$ -related) up to 4 h (MAPK-related). A typical example is the phosphorylation pattern of CREB. Although CaMKIV mediates the early phase of CREB phosphorylation, the MAPK pathway is responsible for prolonging it (1106).
- 3) A defined subset of cascades work in conjunction to activate a specific set of transcription factors and cofactors (e.g., CREB and CRTC), which in turn can only regulate genes that depend on the binding of both, the factor and its cofactor. If one of them is missing, those target genes remain silent (e.g., CRF; see Ref. 499).

4) Signaling cascades coupled to the OXTR in neurons are not necessarily present in peripheral smooth muscle cells of the myometrium, blood cells, or other organs further providing cell-specific responses to OXT.

### **VII. OXTR-MEDIATED CELLULAR EFFECTS**

The signaling cascades described above are the intracellular messengers that carry an extracellular signal to its cytoplasmic or nuclear target to orchestrate the cellular response to the stimulus. This response defines the later outcome on a circuit level, which will ultimately result in a phenotypical or behavioral adaptation of the whole organism. However, it is still largely unknown, how OXT regulates cellular, especially neuronal, functions.

Glutamatergic hippocampal neurons expressing the OXTR are an adequate cellular model that can be studied in primary in vitro cultures or hippocampal brain slices. For instance, transient stimulation of primary neuronal cultures with OXT for 3 days decreased dendritic branching in an OXTR-dependent manner, assessed by Scholl analysis (876), but exclusively in glutamatergic neurons identified via VGLUT1 expression. This effect was found to be  $G\alpha_{q/11}$ -dependent, since blockade with the PLCβ inhibitor blocked the OXT-induced morphological alterations. In addition, the overlap between VGLUT1, indicative of the presynaptic compartment, and PSD-95, indicative of the postsynaptic compartment, decreased with OXT treatment, suggesting a decrease in the number of excitatory synapses by OXT (876). In line, OXT treatment (100 nM) directly decreased synaptic transmission in glutamatergic neurons, assessed as a reduced amplitude of evoked excitatory postsynaptic currents (EPSCs) (876).

Somewhat contradicting data from human neuroblastoma (SH-SY5Y) cells showed a stimulatory effect of OXT (1  $\mu$ M) on neurite outgrowth (610). This increase was accompanied by increased expression of dendritic marker proteins, such as nestin, vimentin, cofilin, and drebrin. The contradicting reports on the actions of OXT on neurite outgrowth might be explained by the gender and species of the donor (neuroblastoma cells isolated from a 4-yr-old girl (SH-SY5Y) vs. primary neurons from non-gender-specified mouse embryos, different OXT concentrations (100 nM vs. 1  $\mu$ M), or simply by a cell type-specific effect.

In the same SH-SY5Y cells, OXT exerted a positive effect on cell viability and cell growth, assessed by an MTT-(3-(4,5-dimethyl-thiazol-2-yl)-2,5-diphenyltetrazolium bromide) assay, and cell number counting (50). Despite the high OXT dose applied, the cell number counts were dose-dependent, with the highest number of cells de-

tected at 1  $\mu$ M OXT for 96 h. This positive effect on cell proliferation was also found in the related neuroblastoma cell line SK-N-SH and the glioblastoma cell line U-87 MG (50). In addition, OXT facilitated the prolongation of neurites in the astrocyte-like cell line U-87 MG (611), although previous studies found OXT-induced retraction of glial coverage of hypothalamic neurons, consequently leading to increased excitability in those regions (1003).

### VIII. OXTR-MEDIATED REGULATION OF BEHAVIOR IN ANIMALS AND HUMANS

Social, stress-related, and anxiety-related behaviors have been evolutionarily manifested as critical factors for the survival and biological success of mammals. The development of complex social interactions and multiple forms of attachment between sexual partners, individuals of a family or a group, but also between members of different groups, appear to be a driving force for the development of complex brain structures and the enlargement of the brain (295). All kinds of social attachment provide a feeling of safety, reduce predator risk, anxiety and stress levels, and thus promote general fitness and reproduction. The various members of the OXT and vasopressin families are strongly involved in the regulation of stress- and anxiety-related responses, and in the regulation of these highly speciesspecific social behaviors. Their roles in facilitating social behaviors have been as evolutionary conserved as the molecular structure of the nonapeptides, their receptors, as well as the neuronal expression patterns within the brain (280, 398, 746). Here, we limit the discussion about the behavioral relevance of OXT to mammals including humans.

The effects on learning and memory functions (247), on sexual behavior (687), and the promotion of maternal behavior (809) in rodents were the first reported behavioral effects of the two closely related neuropeptides OXT and AVP in the 1960s and 1970s. Interestingly, in the 1980s and 1990s, the AVP system dominated scientific interest due to its anxiogenic and depressive-like effects and, thus, for the potential to target the brain AVP system in psychopathologies associated with increased anxiety level or depressionrelated symptoms (for review, see Refs. 351, 753). However, research in this direction has come almost completely to an end due to a lack of clinically efficient selective AVP antagonists (755). In contrast, the discovery of anxiolytic, anti-stress, and complex pro-social effects of OXT in various mammals has promoted the scientific focus on this nonapeptide since the 1990s. This trend has been further facilitated by the discovery of a plethora of OXT effects on human behaviors after its intranasal (i.n.) application. In general, there is strong agreement that OXT promotes multiple aspects of socio-emotional and socio-sexual behaviors, improves learning and memory abilities, modulates feeding, grooming, and drug-seeking behavior, as well as the activity of stress and pain systems, which will be discussed in detail below.

Behavioral effects of brain OXT come about after its release from axon/collateral terminals within forebrain or other limbic target regions, or from somata and dendrites within the hypothalamic PVN and subsequent binding to its receptors, as described above. Here, we will discuss studies, which revealed the role of the *endogenous* OXT system in behavioral regulation by pharmacological or pharmacogenetic manipulation of local OXT or OXTR expression, of intracerebral OXT release or of OXT-OXTR interactions. We will also discuss animal behavioral studies, which infused synthetic OXT or an OXTR antagonist either icv or directly into a brain target region expressing the OXTR. Some studies used peripheral injections of synthetic OXT, although detailed mechanisms of nonapeptide uptake across the blood-brain barrier are unknown (FIGURE 10). Most of these studies were performed in laboratory rats and mice, but also studies on sheep, voles, or non-human primates contributed significantly to our growing knowledge on the behavioral effects of OXT.

Finally, we will also discuss selected human studies using the i.n. route of OXT administration in the context of behavioral and neuronal (fMRI) effects of OXT. Since the appearance of the first human study using i.n. OXT in the context of behavioral and neuronal effects in 2003 (432) and 2005 (537, 554), the number of published human studies on i.n. OXT has been steadily growing to 18 in 2010, 83 in 2014, and 96 in 2016.

## A. Regulation of Male and Female Sexual Behavior

Sexual behaviors represent one of the most important strategies to guarantee the survival of a given species, thus being highly conserved throughout evolution. The repertoire of sexual behaviors displayed by all mammals is rather similar, of course with varying and species-dependent differences in the temporal sequences of specific behavioral patterns. OXT is one of the neuropeptides and factors, which is essential for many aspects of these stereotyped sexual behaviors in both males and females.

## 1. Male sexual behavior

The most detailed research, by far, concerning the neurobiology and neuroendocrinology of sexual behavior has been performed in rodents, predominantly in rats. Sexual behavior in male and female rodents is divided into pre-copulatory and copulatory behaviors (821, 1057). In the appetitive, pre-copulatory phase of the sexual sequence, the male displays chasing and sniffing of the sexually receptive fe-

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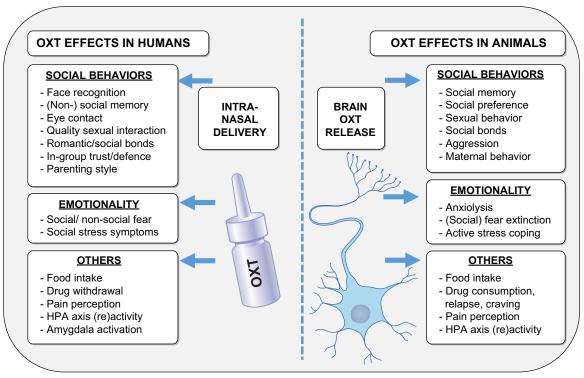


FIGURE 10. Summary of effects of synthetic or endogenous OXT on social behaviors, emotionality, and other functions reported in humans after intranasal delivery (*left*) and in animals (*right*).

male, which results in sexual arousal. The pre-copulatory phase is also characterized by the phenomenon of "desire" (380, 820, 1057). OXT significantly contributes to sexual arousal and expectancy of future reward (97), especially via interactions with the dopamine system to increase sexual desire.

Male copulatory behavior is composed of mounting, intromission, and ejaculation, with profound evidence for an involvement of OXT. Sexual cues and the performance of sexual behavior strongly activate the OXT system, as indicated by increased Fos-expression in a specific subset of parvo- and magnocellular OXT neurons of the PVN and SON of male rats (155, 766), and by increased OXTR expression in the medial preoptic area (375). As a result, OXT neuronal activity, peripheral secretion of OXT into blood (157, 237), and OXT release within the brain, e.g., within the PVN of rats (1071), are highly stimulated. In turn, peripheral and central OXT essentially promotes copulation (26, 374, 1057). Thus central infusion of OXT induced penile erection, whereas infusion of non-selective OXTR and V1a antagonists inhibited male copulatory behavior in rats (25, 27).

Projections of parvocellular OXT neurons to the spinal cord provide the neuroanatomical basis for these effects (372). The PVN is further connected with the corpus cavernosum, penile muscles, epididymis, and prostate of male rats, as shown by tract-tracing studies using pseudorabies virus injections in the respective tissue, which is retro-

gradely transported (372). The putative PVN OXT neurons projecting to the spinal cord have collateral projections to the nucleus paragigantocellularis in the brain stem, which exerts a tonic serotonergic inhibition of penile reflexes (770). The functional circuitry is completed by magnocellular OXT neurons in the PVN, which receive sensory inputs from the penis and become activated upon sexual stimulation (770). Thus, within this circuit, sensory information related to sexual cues activates magnocellular OXT neurons, which release OXT into blood and within the PVN (1071), and such local OXT may trigger activation of nearby parvocellular OXT neurons (539), which project to the spinal cord to promote genital reflexes (1058).

Extensive pharmacological manipulation of the brain OXT system provided convincing evidence for an essential role of brain OXT in erection, copulation, and ejaculation, which has recently been reviewed (26, 1057). Briefly, icv infusions of OXT increased non-contact erections (observed in the presence of an inaccessible receptive female) and reduced the latency and intervals of ejaculations in rats (27). Similar effects were observed in dominant, but not subordinate, squirrel monkeys (1098). In contrast, central infusion of an OXTR antagonist inhibited male sexual behavior by increasing the latency to first intromission, generally decreased copulatory activity, and abolished ejaculation (25, 28, 32, 689). In support, selective lesion of parvocellular PVN neurons reduced the number of OXT-immunoreactive fibers to the lumbosacral spinal cord and resulted in impairment of various aspects of copulatory behavior (7, 628).

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More detailed studies with the aim of localizing OXT effects on male sexual behavior revealed increased erection after intrathecal infusion at the lumbo-sacral, but not thoraco-lumbar, level of the spinal cord (381). Moreover, infusion of OXT into the PVN, hippocampus, ventral tegmental area, or postero-medial amygdala facilitated noncontact erections (176, 688, 690). Positive local effects on the frequency of mounting, ejaculation latency, and postejaculatory intervals were also found after micro-infusion of OXT into the medial preoptic area (374, 375). In most of these brain areas, an OXTR antagonist could block or at least attenuate the described OXT-induced effects. Interestingly, when sexually sluggish and sexually efficient male rats were compared, OXTR binding within the medial preoptic area was lower in the latter, which is likely the consequence of elevated local OXT release, high availability of OXT in the extracellular fluid, and downregulation of OXTR expression (see sect. VD). In contrast, acute mating increased OXTR mRNA, and OXTR protein levels within the medial preoptic area were found to be higher in experienced males (374, 814).

OXT may also be essential for sexual satiety effects following orgasm by flooding OXTR in relevant brain regions, such as the nucleus accumbens, resulting in their desensitization (1057).

In addition to the profound involvement of OXT in the regulation of male sexual behavior at the brain level, OXT circulating in blood is likely to contribute to these effects by directly acting on male reproductive organs; the more so as OXTR are expressed in the male genital organs (see TABLE 2). In line with this, OXT concentrations in plasma or human saliva were found to increase during orgasm in men, and during mating or sexual interactions in rats and rabbits (157, 237, 447, 565, 973, 1033). Peripheral OXT was described to facilitate ejaculation as measured in rats, rabbits, and bulls (30, 32, 33, 687, 796, 973), but may even attenuate erection (1135), which is in contrast to its central actions (see above) (192). These effects are likely mediated by OXTR located in the testis, epididymis, ductus deferens, prostate, and penis, resulting in increased contractility of smooth muscle cells involved in ejaculation (204). Nevertheless, injection of the non-peptide OXTR antagonist epelsiban (GSK557296), which easily crosses the blood-brain barrier, was most effective in inhibiting ejaculation when infused icv or intrathecally at the lumbar level, but less after iv or thoracic level, pointing toward a predominant central/ neuronal level of OXT action (191).

# 2. Interaction of OXT with other neurotransmitters in the regulation of male sexual behavior

OXT interacts with many neurotransmitters in the regulation of male sexual behaviors. For example, the pro-erectile effects of OXT are supported by dopamine, glutamate, and nitric oxide within the PVN as well as in the hippocampus, amygdala, and ventral tegmental area. In contrast, GABA, opioid peptides, melanocortin (alpha-MSH), and endocannabinoids rather inhibit the pro-sexual activity of OXT neurons (for review see, Refs. 26, 820, 1057).

Interactions with 5-HT in the context of sexual behavior seem to be particularly complex (for review, see Ref. 961). 5-HT inhibits sexual functions and increases the ejaculatory threshold via activation of 5-HT1B/2C receptors (239), whereas activation of 5-HT1A receptors facilitate ejaculation (961). 5-HT and OXT interact in various brain areas associated with male sexual behavior, such as the PVN, where 5-HT1A receptors are expressed by OXT neurons (1136). In the medial preoptic area, local OXT facilitated, whereas 5-HT inhibited, male sexual behavior (279, 374). In general, OXT and 5-HT importantly balance sexual activity and male sexual behavior by partly exerting opposing effects. These fine-tuned interactions between the OXT and 5-HT system have to be kept in mind, since alterations in 5-HT levels in the extracellular fluid can be achieved, for example, by administration of selective serotonin reuptake inhibitors (SSRI), a class of antidepressive drugs. Chronic SSRI treatment may result in delayed ejaculation, and it is currently believed that the differences between the various SSRIs in inducing ejaculation delay are related to gradual desensitization of 5-HT1A receptors on OXT neurons (for review, see Ref. 239).

### 3. Female sexual behavior

In females, sexual behavior consists of the two main components: proceptivity and receptivity, which are partly under the control of OXT (97). During proceptivity and first interactions with the male, the estrous female will start to display soliciting, proceptive behavior ("hopping" and "darting") to attract the attention of the male and to induce arousal (1058). Proceptive components also include the investigation of male genitals, vocalizations, exposure of own body parts, and ephemeral physical contacts. However, lordosis, the receptive dorsal-flexed posture displayed by the estrus female in a fixed standing position, is the most important copulatory behavior in females to allow male intromission (1057). As found in males, both magno- as well as parvocellular OXT neurons of the hypothalamic PVN were shown to become activated by sexual activity in females, as indicated by the expression of the immediate early gene product Fos (148, 342, 829, 1112). Consequently, OXT is secreted from the neurohypophysis into the periphery as reflected by increased plasma levels in sheep during vaginocervical stimulation (519) and by increased OXT concentration in saliva found in women during sexual self-stimulation (85, 237). However, sexual stimulation also triggers OXT release in various brain regions. During vagino-cervical stimulation of ewes, an increased OXT release was found within the olfactory bulb (518). During mating, OXT is also released within the hypothalamic PVN of female rats (773), and the nucleus accumbens of female monogamous

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prairie voles (886). However, in female rats, the central release of OXT was found to depend on the mating conditions; we could show that the control of mating by the female (i.e., paced mating) is required to trigger central OXT release (and to avoid an increase in anxiety after mating); accordingly, non-paced mating and absence of female control did not stimulate intracerebral OXT release (773). Somatosensory information from the female reproductive organs may reach and activate OXT neurons via the pelvic nerve as well as vagal nerve (97, 548, 713). However, regarding the elevated peripheral levels of OXT during arousal and orgasm in females, it still seems unclear whether OXT increases sexual arousal or is a natural byproduct of it (97).

It is well established that brain OXT has profound effects on lordosis and orgasm in females. These effects are strongly dependent on interactions with female sex steroids, i.e., estrogens and progesterone, and can only be seen after steroid priming, mostly performed in ovariectomized rats. Two brain regions seem to be of particular importance as target for OXT to modulate female sexual behavior: the ventromedial hypothalamus and medial preoptic area; infusion of OXT icv or directly into the ventromedial hypothalamus stimulated proceptive and lordosis behavior (679, 807), whereas infusion of an OXTR antagonist icv into the ventromedial hypothalamus or medial preoptic area before treatment with progesterone decreased lordosis posturing and inhibited female sexual behavior in rats (806). Comparable effects were reported after peripheral administration of OXT in primates (90). Therefore, it is likely that OXT acts on peripheral OXTR localized in pelvic organs involved in (pre-)copulatory behavior (770) to modulate somatosensory inputs. In addition, OXT fibers descend into the lumbo-sacral parts of the spinal cord (128, 985). Supporting the role of OXT in female sexual behavior in rats, McCarthy and colleagues showed that infusion of antisense oligodeoxynucleotides targeting the Oxtr (to reduce OXTR synthesis) into the ventromedial hypothalamus of estrogenprimed females blocked female receptivity (679).

It is of interest to note in this context that only one detailed behavioral study on the consequences of Oxt gene knockout revealed deficits in female sexual behavior. Specifically, an increase in the frequency and duration of non-receptive postures and a decrease in receptive postures were reported in Oxt knockout mice (1146). This finding is in contrast to previous reports on the sexual capacity of Oxt knockout mice (764, 1123). Oxt gene knockout was also accompanied by reduced expression of the OXTR,  $V_{1a}R$ , and estrogen receptor  $\alpha$  and  $\beta$  in various brain regions (1146).

Altogether, OXT seems indispensable for efficient female sexual behavior both in mice and rats, indicating that these functions are evolutionary conserved.

# 4. Interaction of OXT with other neurotransmitters in the regulation of female sexual behavior

As mentioned above, both estrogen and progesterone are essential for the promotion of female sexual behavior by OXT (339). Female sex steroids induce OXTR synthesis in the ventromedial hypothalamus (see sect. V; Ref. 922), thus modulating local OXT binding and OXT signaling. Interestingly, a high proportion of ER $\alpha$ -immunoreactive neurons within the ventromedial hypothalamus co-express OXTR (259), giving further support to the essential interactions between OXT and female sex steroids in female sexual behaviors.

Classical neurotransmitters were also shown to interact with OXT in the control of female sexual behavior and to be present in OXT-fibers (339, 678). OXT neurons are capable of co-releasing glutamate within or close-by the ventromedial hypothalamus, and glutamatergic agonists were shown to exert a local inhibitory effect on female sexual behavior (371, 677, 678). Glutamate and steroid interactions are also present in the ventromedial hypothalamus contributing to the complexity of fine-tuned female sexual behavior.

### 5. OXT and sexual behavior in humans

Besides the finding of increased OXT plasma concentrations during sexual arousal and orgasm in both men and women (see above and Refs. 85, 158, 237, 727, 778), there is only one study monitoring central OXT concentrations during sexual behavior in humans using a serial CSF sampling method (566); however, CSF OXT (as well as AVP and prolactin) remained unchanged, whereas CSF norepinephrine increased during masturbation in healthy men. Nevertheless, several studies demonstrated effects of i.n. OXT on related physiological and behavioral parameters mostly studied in men. Thus, after i.n. OXT, men were faster to detect the valence of positive stimuli conceptually associated with sexuality, bonding, and social relationships (1038) and had augmented epinephrine plasma responses to sexual activity (135). In addition, i.n. OXT increased the intensity of orgasm and contentment following sexual intercourse in heterosexual couples (67). In this study, men additionally indicated higher levels of sexual satiety after sexual intercourse; women felt more relaxed or indicated better abilities to share sexual desires. However, i.n. OXT did not alter "classical" parameters of sexual function, such as sexual drive, ar, ousal or penile erection and lubrication (67).

## **B. Social Bonding/Pair Bonding**

The phenomenon of pair bonding, i.e., the selective preference for a particular mate, can only be found in ~4% of mammalian species. Remarkably, pair-bonded monogamy

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has been explicitly associated with the development of larger relative brain sizes, when comparing, for example, pair-bonded and non-pair-bonded species of bats and carnivores (295). This implies that it may have been the complex social and cognitive demands of pair bonding that contributed to the development of large brains in mammals.

The North American prairie vole (Microtus ochrogaster) has become an important animal model for investigating the role of OXT, and also of AVP, in pair-bonding behavior (164, 475, 1096, 1121). The prairie vole is a monogamous, biparental rodent, which exhibits enduring pair bonds characterized by selective affiliation, i.e., partner preference, and aggression against other conspecifics after mating. The importance of brain OXT in pair bonding, especially in female voles, has been demonstrated by a conclusive chain of evidence. First, species-dependent differences in regional OXTR and AVPR expression were found to form the neuroanatomical basis of monogamy. Higher OXTR densities have been revealed in the nucleus accumbens and caudate putamen of female (475) as well as male (787) prairie voles compared with relatively asocial, non-monogamous vole species such as the montane vole (Microtus pennsylvanicus). In addition, the expression of the AVPR subtype V1AR in the medial amygdala, ventral pallidum, and mediodorsal thalamus was higher in monogamous prairie voles compared with non-monogamous species (476). This implies that the variable expression of OXTR and AVPR in specific brain regions may be an important mechanism in evolution of species-typical differences in social bonding and affiliative behavior. Moreover, icv infusion of synthetic OXT induced partner-preference in female prairie voles without prior mating (164), whereas infusion of an OXTR antagonist into the nucleus accumbens prevented matinginduced partner preference formation both in female (1121) as well as male (494) prairie voles.

Further evidence for an involvement of OXT in pair bonding was provided by a preliminary study using RNA interference to knock down selectively the OXTR in the nucleus accumbens of female prairie voles. Infusion of an adenoassociated viral vector expressing a short hairpin RNA targeting *Oxtr* mRNA resulted in reduced density of OXTR in the nucleus accumbens of female prairie voles and impairment of both alloparental behavior and partner preference formation (513). Along the same line, increasing OXTR density in the nucleus accumbens using viral vector gene transfer was found to accelerate the formation of a partner preference in female prairie voles (886).

With respect to the gender-specific involvement of OXT and AVP and their receptors in female and male pair bonding in prairie voles, respectively, it originally appeared that OXT is essential for female pair bonding, whereas AVP is crucial for male alloparental behavior and partner preference (182, 1096). However, accumulating evidence summarized above supports the view that OXT plays a crucial role in pair bonding in males as well (182, 494, 787, 1121).

Consistent with the hypothesis that mating, affiliation, and partner preference are highly rewarding (23, 471, 627), OXT seems to significantly contribute to conditioned reward learning (1121). Axon collaterals of magnocellular OXT neurons in the PVN and SON project to the nucleus accumbens and may release OXT during mating, as shown in a few female voles (885). Subsequently, locally released OXT may act on dense local OXTR and strongly interact with the local dopaminergic system, which becomes highly activated by mating (627). Consequently, the rewarding and hedonic properties of mating may become coupled with olfactory cues of the mate, resulting in conditioned partner preference and pair bonding (1121).

Moreover, OXT signaling in the brain, which is reinforced by mating and, in the presence of the partner, is important for emotional stability and facilitation of active stress coping styles, opposing depression-like behaviors. Indeed, separation from the partner prairie vole for a few days resulted in passive stress coping (103) and severely impaired central OXT signaling at several neuronal levels, as described in detail below (see sect. VIIIE) (100).

Another aspect of social behavior mediated by brain OXT in the context of pair bonding is consolation behavior. Consolation behavior and empathy were thought to have been established only in primates, elephants, and other developed mammals with the evolution of advanced cognitive capacities (245, 841). However, Burkett et al. (134) recently showed that pair-bonded voles display increased grooming behavior toward the partner during their reunion after the partner had repeatedly experienced an extremely stressful situation in isolation. This has been interpreted as consolation behavior and has been shown to be dependent on OXTR-mediated signaling within distinct brain regions. Infusion of an OXTR antagonist into the anterior cingulate cortex, where abundant OXTR were identified in prairie voles, blocked the consolation behavior of the partner (134).

#### 1. OXT and pair bonds in humans

The few human studies on OXT and pair bonding support the notion of OXT promoting partner interactions and social relationships (for review, see Refs. 465, 695). Thus, compared with singles, basal concentrations of OXT in blood were described to be increased in couples during the early stages of romantic love and stay significantly elevated in couples remaining together 6 mo later (919).

Moreover, i.n. OXT motivated pair-bonded, but not single, men to keep a greater distance between themselves and an attractive female stranger, but only under very specific ex-

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perimental conditions (e.g., presence of a female, but not male, experimenter, in the experimental room, who was not moving). The same results were confirmed under photograph-based test conditions (917). Interestingly, viewing the face of a romantic partner activated reward-associated regions such as the ventral tegmental area and nucleus accumbens (2, 58). In healthy pair-bonded men, i.n. OXT further increased the neural responses in the VTA and nucleus accumbens when viewing pictures of the female partner's face but not when viewing pictures of an unfamiliar woman. This effect was paralleled by a more favorable perception of attractiveness of the female partner (918). Viewing pictures of the romantic partner also reduced selfreported thermal pain (1124).

Collectively, these data in men suggest that OXT may rather contribute to romantic bonds and the maintenance of an already established pair bond rather than to promote a new partnership. This is partly controversial to the role of OXT in prairie voles, where the peptide has mostly been described to be necessary for the formation of new pair bonds (see above).

### 2. OXT and other forms of social bonds

In addition to pair bonding, complex bonds are found, e.g., among non-human primates, which form strong, enduring social bonds, especially between genetically related individuals (925, 935). These relationships are defined by high rates of cooperative behaviors including grooming (921), and have been associated with general fitness and reproductive benefits (147, 936). As seen in other animals showing bonding behavior, the general (re)activity of the OXT system also seems to contribute to social bonds in primates, although direct evidence is limited. In chimpanzees, urinary OXT concentrations reflecting magnocellular OXT neuronal activity and peripheral OXT secretion were higher after grooming in bond partners compared with non-bond partners (212). Also, peripheral administration of OXT to social, free-living meerkats (Suricata suricatta), which live in larger groups, increased rates of several cooperative activities (e.g., digging, guarding, pup-feeding) (654) and decreased hostile and aggressive interactions.

### 3. OXT and social bonds across species-borders

The ability of OXT to reinforce enduring bonds does not seem to be restricted to monogamous species or to social bonds within members of a given species. OXT was also found to promote individual social bonding outside a reproductive context and even across species borders, for example, between dogs and their owners. Gazing at their owners, domestic dogs responded with elevated urine OXT levels, which correlated with the duration and intensity of dog-to-owner gazing (734, 884). Moreover, it could be shown that i.n. treatment of dogs with synthetic OXT increased dog gazing behavior toward their owner, who, in turn, responded to this intense social interaction with elevated OXT secretion as assessed in urine samples. These findings implicate an OXT-mediated positive social loop between domestic dogs (but not hand-raised wolves) and their owners.

Although it is difficult or almost impossible to show directly, there is no doubt that intense and individual social interactions (such as gazing between the dog and its owner) result in intracerebral release of OXT within distinct brain regions. An indication of this possibility is the finding that simple social exploration and interactions, i.e., sniffing at a same-sex conspecific, increased OXT release within the lateral septum in mice, as assessed by microdialysis (1148). Another likely brain target of OXT in the context of close social interactions is the reward circuitry, since intense social interaction with your own dog is highly rewarding, thus increasing the motivation to do so. Intranasal OXT also promoted social motivation to approach and interact with other same-sex dogs and with human partners, which is the basis for the formation of stable social bonds (884).

# C. Regulation of Maternal Care and Aggression

Maternal behavior is common to all mammals, although to various degrees. It includes maternal care of the young as well as their protection based on the strong attraction between a mother and her infant(s). This is in strict contrast to the relatively few species displaying pair bonding, i.e., bonding between adult opposite sex conspecifics. Under the influence of hormonal fluctuations during pregnancy, profound adaptations of the maternal brain were described (126, 748, 772, 951), which also severely affect the activity of neuropeptides such as OXT (see below), AVP (105, 588, 1073), CRF (540, 619, 1073), and prolactin (1019), which are all important mediators and regulators of maternal behavior (for review, see Refs. 630, 951).

#### 1. High activity of the OXT system peripartum

The behavioral adaptations seen at the end of pregnancy and in lactation are directly associated with the increased activity of the OXT system. In the first instance, the elevation of hypothalamic OXT synthesis (1147) contributes to an increased availability of OXT in magnocellular neurons to meet the demands of increased neurohypophysial OXT secretion and elevated OXT concentrations in blood during birth and lactation. In addition, the increase in OXT synthesis is also the prerequisite for higher levels of OXT release within several hypothalamic and limbic brain regions in response to parturition- and suckling-related stimuli (see sect. IV) (517, 520, 586, 714, 743). In this context, a higher number of OXT-positive fibers were found within the lateral septum of lactating mice (692a). Higher levels of

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OXTR expression and OXTR density within many brain regions such as the PVN, BNST, septum, hippocampus, medial preoptic area, ventral tegmental area, or olfactory bulb further contribute to the high activity state of the brain OXT system peripartum (107, 166, 685, 1046). As a consequence of increased availability of both OXT in the extracellular fluid as well as local OXTR, neuronal OXTRmediated signaling cascades were described to become highly activated during lactation, as studied in detail in the hypothalamic PVN (500).

Recently, the expression of the oxytocinase enzyme (placental leucine aminopeptidase) in magnocellular OXT neurons of the SON and PVN was found to be higher in lactating compared with pregnant or virgin rats (1009). This enzyme is mainly expressed peripherally, where it promotes and controls OXT degradation in the uterus, placenta, and plasma during pregnancy. Inhibition of central enzyme activity by icv infusion of amastatin increased the frequency of reflex milk ejections in lactating dams during suckling, indicating its role in the regulation of auto-excitatory OXT actions during the milk-ejection reflex (1009). However, its role in in the fine-tuned regulation of OXT-mediated behaviors peripartum remains to be elucidated.

OXT-dependent behavioral adaptations peripartum include many aspects of maternal care, maternal aggression, improved spatial memory, offspring recognition including sensitive auditory processing of offspring vocalization, reduced anxiety and fear-responses, and an attenuated neuroendocrine stress response (for review, see Refs. 104, 748, 772, 951). The simultaneous activation of peripheral and central OXT systems is a wonderful biological example for the synergistic action of a neuropeptide acting in two distinct compartments of the body. Circulating in the periphery and acting on OXTR abundantly expressed in myometrial and myoepithelial cells, OXT facilitates the birth process and provides milk for the young, respectively. In the brain, OXT promotes the essential behavioral adaptations of the mother promoting the onset and maintenance of complex maternal behaviors and mother-offspring bonds. Both physiological and behavioral aspects of OXT functions are essential for the survival of the young in mammals. Moreover, the anxiolytic and anti-stress effects of OXT, which are particularly pronounced peripartum (951), contribute to the optimal preparation of the mother for motherhood.

### 2. Maternal care and mother-infant bonding

In some mammals, including primates and ungulates such as sheep, horses, or elephants, there exist strong, enduring, and selective mother-offspring bonds based on an individual recognition processes. For example, sheep form selective bonds with their individual offspring within 2 h of giving birth based on the formation of an individual olfactory memory. This allows the ewe to distinguish her own lamb from others of the herd, which she will consequently reject. The development of a mother-infant bond consists of a two-step process: a recognition process and a persistent attraction process (772). The following studies provide evidence that brain OXT is important for both aspects.

In ewes, OXT is released within the olfactory bulb, medial preoptic area, BNST, and substantia nigra during birth and suckling (517, 520). These brain regions form essential components of the neural circuitry regulating maternal behavior (772). Central infusion of OXT into estrogen- and progesterone-primed sheep site-specifically promoted maternal behavior. Whereas, in the PVN, synthetic OXT induced full maternal responses (219), only partial maternal responses, i.e., reduced aggression toward another lamb, were found after infusion into either the olfactory bulb or the medial preoptic area (516). Within the olfactory bulb, OXT orchestrates individual social memory (272; see below) and thus may promote individual lamb recognition. These site-specific effects suggest that simultaneous or at least coordinated OXT release in these OXT target regions during birth, suckling, and/or mother-lamb interactions are essential for full maternal responsiveness and lamb recognition.

Such individual bonds are lacking in rat and mice dams, which give birth to altricial young. However, the performance of intense maternal behavior, including care for and defense of pups, is crucial in those species that give birth to relatively undeveloped offspring. As mentioned before, both OXT release within the SON and PVN as well as extra-hypothalamic release of OXT within the septum and dorsal hippocampus were found during birth and/or suckling in lactating rats (see sect. IV). However, whether such local release is the consequence of physiological stimuli associated with the Ferguson reflex and the milk ejection reflex, respectively (716), or directly linked to the performance of maternal behavior remains to be studied.

Pharmacological evidence for the role of OXT in maternal behavior has also been provided in rodents. In steroidprimed virgin female rats, short-latency maternal responses were found after icv infusion of OXT (809). In support, infusion of an OXTR antagonist into the cerebral ventricles or directly into the medial preoptic area or lesion of the PVN (the major source of brain OXT) delayed both the onset of maternal behavior, i.e., pup retrieval and assuming a nursing posture over pups after birth and during lactation (474, 808, 1046) as well as ongoing maternal behavior (105). Chronic icv infusion of OXT, starting on lactation day 1, increased the frequency of arched back nursing over 5 consecutive days in those rat dams, which showed a relatively low level of maternal care before treatment (105). Despite the fact that bilateral infusion of an OXTR antagonist into the medial preoptic area impaired maternal care, local OXT release was found unchanged during the perfor-

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mance of maternal behavior (104). Therefore, the robust increase in OXTR expression also found in the medial preoptic area during lactation (685) might provide the basis for the fine-tuned regulation of maternal care, even under relatively constant levels of local OXT in the extracellular fluid (107).

In addition to the medial preoptic area, OXT actions within the ventral tegmental area seem to be important for maternal behavior, since local OXTR binding is highest around parturition (808). Although, in parturient rats, local infusion of an OXT antagonist ([d(CH2)5,O-Me-Tyr2,Thr4, Tyr9,Orn8]-vasotocin (304) delayed this behavior (808), local OXT infusion in estrogen-primed virgin female rats stimulated the onset of maternal care (316). Furthermore, OXT release and binding within the dorsal hippocampus (741) have been linked to maternal behavior in the context of memory processes, especially in spatial memory. In lactating mice, OXT was found to promote long-term spatial learning, which is likely mediated by OXTR-stimulated elements of MAP kinase cascade, CREB phosphorylation, and generation of profound long-term potentiation within the hippocampus (see sect. VI). This is an important finding, since an improved hippocampus-dependent learning and memory, and possibly an improved spatial memory during motherhood, may help the dam to return to the nest after searching for food at more distant locations (1011).

In an elegant study, Marlin et al. (670) could demonstrate another aspect of maternal behavior regulated by OXT in mice, using optogenetic stimulation of OXT neurons within the PVN. After viral transfection, those neurons express a specific channel rhodopsin variant under the control of the Oxt gene. Optogenetic, i.e., blue light stimulation of these PVN neurons, reduced the latency of virgin female mice to become maternal. They also described lateralization of the OXTR expression in the left auditory cortex, which they found essential for the initiation of pup retrieval behavior induced by ultrasonic vocalization of the pups. In addition, the left auditory cortex proved to be part of an OXT-sensitive circuitry for the onset, but not maintenance, of maternal behavior (670). Here, OXT may increase neuronal sensitivity, thereby transforming weaker behavioral responses in virgins into more robust maternal responses postpartum.

Recently, a cluster of potential dopaminergic neurons in the anteroventral periventricular nucleus of the hypothalamus was revealed as another neuroanatomical mechanism contributing to the OXT-mediated control of maternal behavior in mice. These neurons relay a monosynaptic input to OXT neurons in the PVN, but not SON, and may project to other relevant regions such as the medial preoptic area. Upon stimulation of these neuronal clusters by optogenetic means, OXT neurons became activated, resulting in increased OXT levels in blood as well as in a higher maternal responsiveness (922a). Another aspect of maternal care deserves attention in the context of OXT actions, i.e., licking and grooming of the pups. Naturally occurring variations in maternal licking and grooming were found in Long-Evans rats and were related to the expression of the OXTR. Females that were more maternally responsive to pups and that showed increased levels of pup licking/grooming also showed higher OXTR levels, for example, in the PVN, medial preoptic area, lateral septum, central amygdala, and BNST. Infusion (icv) of an OXTR antagonist to high licking/grooming mothers abolished the differences in pup licking and grooming, suggesting that OXT and OXTR are functionally related to this specific component of maternal behavior (169, 350).

In other brain regions, such as the medial preoptic area, ventral tegmental area, and nucleus accumbens, OXT was found to boost maternal motivation and attraction to the young. For example, within the nucleus accumbens, OXT interactions with dopamine promote and sustain maternal attraction to the young throughout the entire postpartum period, also in absence of peripartum hormone fluctuations (772). Furthermore, in the substantia nigra as part of the basal ganglia and the motoric system, OXT is likely to promote the quiescent posture of the mother essential for allowing the offspring to suckle; in rats and mice, arched back nursing describes this posture best (104).

The described findings in sheep, rats, and mice provide substantial evidence for OXT being central to the onset and maintenance of, and motivation for, maternal behavior. However, this view was initially challenged by the finding that OXT knockout mice had no obvious dysfunctions in maternal behavior [except they could not provide milk due to the lack of functional milk ejection reflexes (764)]. However, C57Bl6 mice, from which the knockouts are originating, are spontaneously maternal in the presence of pups (1123). Later, more-detailed behavioral observations revealed impaired pup retrieval and reduced pup licking in nulliparous OXT knockout mice (811). Moreover, OXTR knockout mice showed an increased latency until the initiation of maternal care, whereas no differences in other aspects of maternal care could be identified (867), further supporting the essential role of OXT for the establishment and fine-tuned maintenance of maternal behavior.

### 3. Maternal aggression

An important aspect of maternal behavior is maternal aggressive behavior of the lactating animal directed against any threat toward the offspring. In laboratory rodents, maternal aggression can be assessed during the maternal defense test. During the test, either a male (631) or a virgin female (758) intruder is placed into the home cage of the lactating resident, taking into account that the intensity of maternal aggression increases dramatically in postpartum rats due to hormonal fluctuations (166).

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The involvement of OXT in the regulation of maternal aggression is still partly contrasting, since the effects seem to be species- and brain region-dependent, and dependent on the treatment schedule as well as on the innate state of maternal aggression of the lactating animal studied (99). For example, in rats selectively bred for low (LAB) vs. high (HAB) anxiety-related behavior, which display low and high maternal care and maternal aggression levels, respectively (102), chronic icv administration of OXT increased maternal aggression in LAB, whereas chronic icv infusion of the OXTR antagonist reduced the defensive response of HAB dams (104). In contrast, in non-selected Wister rats, acute icv infusion of an OXTR antagonist did not alter maternal aggression toward the virgin intruder rat (758). Furthermore, differences in the availability of endogenous OXT, e.g., within the PVN and the central amygdala, were found to contribute to differences in maternal aggression in HAB and LAB dams (101, 102), and local OXT release was found to correlate with the level of maternal aggression. Both within the PVN and central amygdala, bilateral blockade of OXTR by local retrodialysis of an OXTR antagonist decreased the aggressive behavior in HAB dams (102). In support of the role of OXT in the central amygdala promoting maternal aggression, repeated local administration of OXT enhanced maternal aggression toward the male intruder in lactating hamsters (332). In contrast, OXT infusions bilaterally into the central amygdala of rat dams were found to reduce some aspects of maternal aggression, such as the frequency of biting and frontal attack (199). With respect to the PVN, bilateral electrolytic lesion of the PVN reduced the frequency and duration of attacks in rats, indicating impaired maternal aggression (200).

OXT may also act within the BNST to regulate maternal aggression in the lactating dam, and more as local OXTR are upregulated during lactation (106, 166, 685). However, infusion of synthetic OXT into the BNST before the maternal defense test lowered the frequency of biting the male intruder rat (199).

Thus, although the available studies support a general role of brain OXT in the promotion of maternal aggression, final conclusions about the brain regions involved are not yet tangible.

### 4. OXT and caregiving behavior in humans

Studies conducted in human parents indicate that OXT potentially affects parenting and infant-caregiving styles. According to one study (323), baseline plasma OXT concentrations during pregnancy predict postpartum attachment of the mother to the child, more specifically, soft hugs, caresses or baby talk by mothers, and tossing the baby (387). More than baseline levels, differences in stimulusdependent release of OXT into blood predicts the mother's response to the child's needs and her readiness for social reciprocity (977). In contrast to the hypothesis of a positive correlation between plasma OXT levels and attachment style, urine OXT levels in mothers who play with unfamiliar children were described to be higher than in mothers who play with their own children (80). To which extent stress factors contribute to this finding remains to be shown. Preliminary data also reveal correlations between CSF or urine OXT concentrations and early life adversity or trauma in children and mothers (359).

Synthetic OXT applied i.n. was found to affect maternalinfant or paternal-infant interactions. For example, i.n. OXT-treated fathers exhibited longer episodes of touch and gazed at their child faster with reciprocal effects on the child's social behavior (321). In this context, it would be of interest to examine whether OXT secretion, as assessed, for example, in saliva is increased in non- or placebo-treated fathers during interactions with their child.

## D. Regulation of Inter-Male and Inter-Female Aggression

### 1. OXT and rodent aggression

Since OXT promotes essential affiliative behaviors described above, the question arose to which extent OXT is involved in the regulation of aggressive, antisocial, or egocentric behaviors. In mammals, aggressive behaviors are important for the defense of offspring (see above) but also to fight for territory, food resources, and attractive mating partners. In laboratory animals, especially rats and mice, the resident-intruder test is most often used to quantify inter-male (553, 759), and also inter-female (236), aggressive behavior. In these standardized tests, the experimental animal (the resident) is confronted with a slightly smaller same-sex conspecific intruder in the resident's home cage where it had established its home cage territory. The latency until the resident first attacks, the amount of aggressive behaviors, as well as qualitative aspects, such as ferociousness of attacks and attacks of vulnerable body parts, are scored.

Generally, in contrast to AVP, the involvement of the brain OXT system in rodent aggression is rather understudied. In wild-type Groningen rats, high inter-male aggression was associated with reduced OXT synthesis in the PVN, but not SON, and increased OXTR binding in the central amygdala and BNST (144). Similarly, in virgin female Wistar rats that displayed aggressive behavior and attacked the female intruder, we found a lower level of activation of OXT neurons (using pERK1/2 as a co-marker) compared with females that tolerated the intruder (236). Likewise, in the eusocially organized naked mole rat (*Heterocephalus glaber*), exposure to an intruder increased the activation of OXT neurons in the PVN in non-aggressive worker males but not in aggressive soldier males (426). It is interesting to note that the higher activation of the brain OXT system in

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socially tolerant compared with rather aggressive individuals was not reflected by increased OXT concentrations in blood (297, 1025).

Indications for a role of endogenous OXT in aggression also come from studies using environmental manipulations early in life, which have long-lasting effects on various emotional and social behaviors. As such, the maternal separation paradigm (3 h of daily separation of the pups from the mother during the first 2 postnatal weeks), which has been mainly used in rats (779, 828, 1088) and mice (800, 882), resulted in increased intermale aggression (1055, 1056; for review, see Ref. 413). Although hypothalamic OXT synthesis was not altered, maternal separation resulted in reduced OXTR binding in the caudate putamen and lateral septum, and elevated binding in the medial preoptic area in adult male Wistar rats (646). However, whether increased OXTR binding indeed reflects reduced OXT neurotransmission (due to reduced availability of the ligand in that brain area; see above and Ref. 1148) still needs further investigation.

An opposite effect of early life stress was described in adult male mice, in which a reduced inter-male aggression was accompanied by an increased number of OXT-immunoreactive neurons in the PVN (1032). This is again in support of the hypothesis that brain OXT rather suppresses male aggressive behavior.

To characterize the possible link between the endogenous OXT system and aggression, intracerebral microdialysis has been performed during ongoing behavioral testing in the resident-intruder test. Whereas intracerebral release of AVP has been monitored in various brain regions during the display of aggression (1054; for review, see Ref. 759), there is only one preliminary report about the central release of OXT in males and virgin females. Thus OXT release in the PVN was found to be increased in male rats during aggressive encounters with an intruder, but the amount of OXT detectable in the 30-min dialysates did not correlate with the extent of aggression (238). In contrast, in trained virgin female rats, which generally display a low amount of aggression, levels of OXT release within the PVN were relatively low; nevertheless, the increase in local OXT correlated negatively with the duration of aggression (238).

These studies support the assumption that brain OXT rather exerts an inhibitory effect on aggressive traits and acute inter-male and inter-female aggression. Studies using male *Oxt* or *OXTR* knock out mice only partly support this view, since both an increase as well as a decrease in aggression were reported in mice lacking OXT (243, 596, 852, 1097). These differences were explained by the different breeding protocols, since in some studies Oxt knockout mice were born to conditional Oxt knockout mothers, whereas in others they were born to heterozygous Oxt mothers. The latter condition, however, allowed transient

exposure of Oxt knockout offspring to maternal OXT during gestation and lactation, which may impact on the level of aggression in adulthood (262, 991). In contrast, consistently increased levels of aggression were observed in the complete absence of OXTR in Oxtr knockout mice (262, 429, 898, 899, 991). However, in case the Oxtr knockout was induced after weaning rather than at fertilization and was limited to forebrain areas, the effect on inter-male aggression disappeared (262). Limiting the ablation of Oxtr to serotonergic neurons in the dorsal and median raphe nucleus, on the other hand, reduced male aggression (795).

In line with the above-mentioned assumption on the role of endogenous OXT, central infusion of synthetic OXT was reported to inhibit aggression in male and female rats independent of the route of administration and the dose used (between 1 and 1,000 ng icv) studied so far. For example, acute icv infusion of OXT reduced inter-male aggression in both male wild-type Groningen rats (143) as well as in virgin Wistar rats (236). Similarly, in male mice (C57Bl/6), acute icv infusion of OXT reduced aggression after cohousing with unfamiliar male conspecifics, whereas an OXTR antagonist had the opposite effect (24). Interestingly, a similar effect on inter-male aggression was found in socially isolated and high aggressive C57Bl/6 mice after i.n. administration of OXT (508). In support of an anti-aggressive effect of OXT, steroid-primed female prairie voles treated icv with OXT also displayed reduced female-tomale aggression (1099). In contrast, in male prairie voles, male-to-female aggression was not affected by OXT (657, 1099), and chronic icv infusion of OXT over 24 h did not affect mating-induced aggression of male prairie voles against male intruders (1096). In male squirrel monkeys, acute OXT was reported to even increase aggressive behavior but only in dominant, but not in subordinate, males (1098).

The few attempts to localize the anti-aggressive effects of OXT within the brain revealed the central amygdala in male rats (145) and the medial preoptic area and anterior hypothalamus in virgin female Syrian hamsters (423) to play a prominent role.

Although we can conclude from the partly controversial results summarized above of a general anti-aggressive effect of OXT, more research into the gender- and the speciesdependent role of endogenous vs. synthetic OXT in the different aspects of defensive vs. offensive aggression is needed.

#### 2. OXT and human aggression

In humans, *endogenous* OXT has been correlated with parameters of trait aggression, although access to the OXT system is restricted to blood or saliva, indicating peripheral OXT secretion. Only the first of these studies reported a positive correlation between plasma OXT and indirect ag-

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gression and irritability (1039); subsequent studies revealed the opposite. For example, plasma OXT concentrations correlated negatively with aggression and positively with empathy in boys with attention deficit and hyperactivity disorder (252). Young adult women with bipolar disorder had lower peripheral OXT levels compared with healthy controls, which correlated negatively with trait aggression (78). Similarly, basal OXT concentrations in saliva correlated negatively with "callous and unemotional traits" in boys with conduct problems (615). Confirming a negative link between aggression and OXT, OXT concentrations in the CSF also correlated indirectly with aggression levels of men and women (603). A similar trend was found in a cohort of female, but not male, suicide attempters, when aggression was specifically assessed (496). It is worth mentioning that OXT-reactive immunoglobulin G and M autoantibodies were slightly elevated in blood of men diagnosed with conduct disorder or convicted of a violent crime compared with healthy men (333), which is most likely associated with reduced OXT activity.

In addition, genetic variations and epigenetic modifications of the *Oxtr* gene have been linked to aggression. Specifically, the level of methylation of *Oxtr* was positively correlated with "callous and unemotional" traits in boys with conduct problems and was negatively correlated with OXT concentrations in plasma (222).

Following the hypothesis that low activity of the brain OXT system is associated with elevated aggression scores in animals and humans, it is obviously tempting to treat aggressive and violent behavior with synthetic OXT, preferably via the i.n. route. So far, the effects of i.n. OXT on aggressive behavior were mainly assessed in various competitive computer games in healthy volunteers, which revealed varying, mostly moderate effects in men and women depending on the specific test conditions. The observed effects reached from no acute effects (12, 13) and modest increase in both reactive and proactive aggression in healthy men and women (738) to decreased aggression in women with higher state anxiety (151). In young adult female patients suffering from a bipolar disorder associated with high trait aggression, i.n. OXT reversed their disorder-induced high threat sensitivity, as reflected by a higher dynamics of eye fixation and increased amygdala reactivity (measured with fMRI) in response to angry faces (77).

A series of studies from De Dreu and his colleagues reported effects of i.n. OXT on parochial altruism, an evolutionary conserved variety of social behaviors, which have strong survival functions (234). In their study, OXT-treated healthy men displayed more in-group trust and in-group love, but did not display more out-group hate and outgroup distrust compared with placebo-treated individuals (234). In line with the role of OXT in the defense of offspring and "own genes" (see above), they also showed that i.n. OXT promoted defensive forms of out-group aggression, when out-group threat was eminent. OXT also facilitated in-group conformity and cooperation, while increasing anti-social tendencies toward out-group individuals (235). Interestingly, i.n. OXT modulated the selection of specific allies, which are potentially beneficial during intergroup conflicts to protect their in-group. OXT-treated men considered high-threat targets (faces) as more useful allies and, therefore, selected them more frequently into their team than low-threat targets (233).

In line with a role of OXT to support in-group members and in-group harmony, couples given i.n. OXT manage their conflicts more constructively (269).

Although these results on OXT and aggression support the hypothesis that a "hypo-oxytocinergic state" is associated with an elevated trait aggression and may even predict aggression (662), they do not equivocally support the theory that i.n. OXT treatment is capable of inhibiting aggressive behavior in humans. However, i.n. OXT seems capable of modifying various aspects of complex human social behaviors related to cooperation and support of in-group members. It may shift the individual from being focused on self-interest toward the interests of the members of the in-group.

# E. Regulation of Anxiety, Fear, and Stress Coping

Anxiety and depression-related disorders are among the most common psychiatric illnesses, with a high lifetime prevalence of ~30% and 25%, respectively (522) and a high level of comorbidity. Both psychopathologies are characterized not only by severe emotional and stress-coping dysfunctions but also by social deficits such as social withdrawal or social fear, impaired social memory, or various aspects of aggression. The brain OXT system has become a potential target system, e.g., for the treatment of anxiety and fear-related disorders including social anxiety disorder (SAD) and posttraumatic stress disorder (PTSD). This is mainly due to the fact that 1) the endogenous OXT system responds to anxiogenic and stressful stimuli, 2) brain OXT is involved in the regulation of anxiety, stress responses, and various social behaviors, and 3) synthetic OXT exerts robust anxiolytic, anti-stress, and pro-social effects both in rodents and humans (for review, see Refs. 280, 591, 652, 694, 746, 753, 755).

# 1. OXTR-mediated effects on anxiety and stress responses in animal studies

Stressful, challenging and potentially threatening situations robustly activate the OXT system. The increased neuronal activation has been monitored by electrophysiological means, in situ hybridization and assessment of

OXT mRNA within OXT neurons of the PVN and SON, quantification of OXT secretion into the blood stream by measuring OXT concentrations in plasma or human saliva, as well as monitoring intracerebral release within distinct brain regions using microdialysis as described above. Relevant stressful stimuli, which have been extensively studied in rats and mice in this context, include restraint, forced swimming, shaker stress, social defeat of male rats by an aggressive conspecific, or social defeat of female rats by an aggressive lactating resident dam (maternal defeat) (101, 298, 309, 310, 373, 487, 593, 747, 765, 785, 1088, 1093, 1100; for review, see Refs. 312, 591, 750).

However, no obvious differences in the brain OXT system were detectable in individuals with either high or low trait anxiety. Neither the expression of *Oxt* or *Oxtr* within the brain, nor the release of OXT within the hypothalamic SON and PVN under basal or stimulated conditions differed between Wistar rats selectively bred for high (HAB) and low (LAB) anxiety-related behavior (1089). In this rat model of extreme differences in innate anxiety, the anxiogenic neuropeptide AVP seems to play a dominant role; it is highly expressed in HAB rats due to a SNP in the promoter of the *Avp* gene (512, 726, 1089).

Various animal studies aimed to reveal the role of endogenous OXT in anxiety and stress responses. This was particularly successful during periods of high activity of the endogenous OXT system, including lactation and sexual activity (755). The peripartum period is generally characterized by a reduction in emotional and physiological stress responsiveness as found in various mammals (for review, see Refs. 126, 163, 747, 951) including women (15, 246, 433, 686; for review, see Ref. 435), and this has been associated with high levels of OXT in the brain (see sect. VIIIC). However, in rats and mice, the alterations in general anxiety-related behavior peripartum were described to be controversial, with elevated anxiety levels observed in late pregnancy, and unchanged or even reduced anxiety reported in lactation, dependent on the experimental conditions and species studied (282, 419, 757, 758, 760, 1095). However, we could identify a highly consistent reduction in cued and social fear expression in lactating mice in models of cued and social fear conditioning, respectively, which was found to be strictly OXT-dependent (692a).

The brain OXT was repeatedly found to efficiently reduce anxiety, stress, and fear responses peripartum. Central infusion of an OXTR antagonist applied either icv or directly into the PVN or central amygdala, thus blocking OXTRmediated effects, consistently elevated anxiety levels in pregnant and lactating. In contrast, a similar effect of endogenous OXT could not be revealed in virgin or male rats, indicating that OXT exerts a robust inhibitory influence on anxiety only at times of high OXT system activity (Refs. 500, 757; for review, see Refs. 755, 951).

What about males at times of high OXT activity? As described above (see sect. VIIIA), brain OXT is also highly activated during sexual activity, as reflected by increased Fos expression in hypothalamic OXT neurons (148, 342, 829, 1112), elevated levels of OXT release within the rat PVN (1071), and the mouse lateral septum (Jurek B, Grossman C, Sommer C, Menon R, Neumann ID, unpublished observations) during successful mating. It was shown that 30 min of mating resulted in reduced anxiety-related behavior of male rats in different behavioral tests, which lasted up to 4 h (329, 1071), and in attenuated fear responses after contextual (45) and social (Grossman C, Sommer C, Menon R, Neumann ID, unpublished observations) fear conditioning in rats and mice, respectively. Infusion of an OXTR antagonist into the lateral ventricle (immediately after mating) prevented the observed mating-induced anxiolysis in male rats (1071), indicating an involvement of centrally released OXT.

Interestingly, in female rats, a similar effect of mating on anxiety-related behavior was only found under paced-mating conditions (773). Only during paced mating, i.e., when the female can control the speed and frequency of mating, but not during unpaced mating, there was an increased OXT release within the PVN in female rats, preventing the rise in anxiety levels as seen in female rats after non-paced mating (773).

Behavioral data from OXT knockout mice provide additional support for the importance of endogenous OXT in anxiety regulation, since female knockout mice showed greater anxiety-related behavior than their wild-type counterparts (20).

To further study the role of OXT in the regulation of anxiety, synthetic OXT has also been applied to alter the availability of OXT in distinct brain regions in various experimental settings. For instance, acute local infusion of synthetic OXT directly into the PVN, central amygdala, or prefrontal cortex resulted in a robust anxiolytic effect in both male and female rats and mice, as measured, for example, on the elevated plus-maze, elevated zero-maze, in the light-dark box, or in the fourplate test (51, 89, 747, 752, 757, 761, 896). However, only one study was able to show an acute anxiolytic effect of synthetic OXT in mice, when applied icv shortly after surgical intervention (874). So far, in most studies, the anxiolytic effect of OXT was reported regardless of sex (51, 89, 500, 752, 896). A sex-specific anxiolytic effect of OXT is mediated via a specific cluster of interneurons of the medial prefrontal cortex. These OXTRexpressing, GABAergic interneurons may release CRF

binding protein upon OXT stimulation, thus inhibiting the anxiogenic effect of CRF (616).

OXT may further interact with and facilitate the anxiolytic effects of diazepam via actions on the GABAergic system within the central amygdala (1068). This finding has important clinical implications, suggesting OXT as an add-on therapy to improve the therapeutic effects of established anxiolytic drugs such as diazepam.

The robust anxiolytic effect of OXT within the PVN was found to be dependent on the sequential activation of several OXTR-mediated intraneuronal signaling pathways. Specifically, the activation of the MAPK pathway (89, 500), as well as of TRPV channels and subsequent entry of extracellular Ca<sup>2+</sup> (1044), seem to be essential for this local effect (for details, see sect. VI).

Other studies on the mechanisms underlying the anxiolytic effects of OXT, particularly within the PVN, reported that these effects are dependent on the activation of GABAa receptors by GABA (956), subsequently diminishing CRF gene transcription (131, 956). CRF is both an anxiogenic neuropeptide as well as the essential stimulator of the HPA axis, when released into the portal blood system of the pituitary stalk to activate ACTH synthesis and secretion. Thus CRF is a likely target substrate for OXT to modulate anxiety and stress responses. Indeed, acute OXT attenuated the response of hypothalamic CRF neurons by reducing stimulated *Crf* expression directly in the PVN of male rats in vivo and in vitro (499) (see sects. IV and VI).

In support of its anti-stress effect, OXT also severely attenuates the activity and responsiveness of the HPA axis, especially at times of high brain OXT system activity, such as seen in lactation. Thus central infusion of an OXTR antagonist did elevate basal ACTH and corticosterone plasma levels, and further increased the response of the HPA axis to acute stressors in virgin female and male rats (761). The same treatment potently reversed the significant attenuation of HPA axis responses in late pregnant and lactating rats, indicating that OXT-together with other brain factors activated in lactation such as prolactin (1020)-contributes to the reduced hormonal stress response in the peripartum period (757). Also in males, sexual activity and mating, associated with elevated OXT release within the hypothalamic PVN (see above; Ref. 1071), reduced the neuronal reactivity within the PVN in response to an acute stressor as indicated by lower levels of neuronal c-Fos expression (1072).

### 2. Effects of chronic OXT on anxiety in animal studies

Since OXT is considered a realistic treatment option, for example for anxiety and stress-related disorders, it seems of particular importance and clinical relevance to assess the effects of chronic, or intermittent repeated OXT treatment in emotionality and stress parameters. Attempts to assess the consequences of chronic OXT application in animal studies revealed differential behavioral effects dependent on the species and gender, duration and dose studied. Chronic icv infusion of OXT (10 ng/h) via implanted osmotic minipumps in ovariectomized, steroid-primed female rats over 5 days revealed an anxiolytic effect and an attenuation of the hormonal stress response of the HPA axis (1094, 1095). Similarly, an anxiolytic effect of icv chronic OXT treatment over 5 days was found in female, but not in male, HAB rats, whereas acute OXT did not alter their behavior (950). Moreover, daily subcutaneous injections of OXT over 14 days attenuated social isolation stress-induced symptoms in female voles (399). In support of a possible gender-dependent effect, chronic OXT (7 days, 20 ng/h) did not alter anxiety-related behavior in male rats (431).

In male mice, icv chronic infusion of OXT over 14 days even exerted opposite effects in a dose-dependent manner; at higher dose (10 ng/h), male mice displayed an increased level of anxiety, whereas, at lower dose (1 ng/h), anxietyrelated behavior remained unchanged (815). The increase in anxiety and, in other studies, the impairment of social behaviors observed in mice and prairie voles (54, 460) after chronic icv or repeated i.n. application of OXT were accompanied by a consistent reduction in OXTR binding in several brain regions (e.g., lateral septum, amygdala, nucleus accumbens, median raphe nucleus, hippocampus) (460, 815). These studies again support the hypothesis that the abundant presence of synthetic OXT in the regional extracellular fluid results in downregulation of its receptor (see above and sect. VF).

When chronically infused at a lower dose (1 ng/h) during 14 days of chronic psychosocial stress (855), OXT was able to prevent some of the observed chronic stress-induced symptoms, such as hyper-anxiety, thymus atrophy, and adrenal hypertrophy in mice (815). This data conveys the option of OXT being used in the context of treatment of stress-related diseases.

Moreover, repeated icv OXT treatment facilitated woundhealing under stress conditions in Siberian hamsters, whereas repeated icv infusion of the OXTR antagonist over several days before the induction of a dermal wound delayed wound-healing possibly via dis-inhibition of the HPA axis (256).

Taken together, there is convincing evidence for the OXT system playing a powerful role in the regulation of anxiety and stress responses, and being functionally linked to the HPA axis in a reciprocal and complex manner (1017). The anxiolytic and anti-stress effects of OXT are particularly prominent during periods of activated OXT system, such as in lactation or during sexual activity.

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# 3. OXT in anxiety and stress responses in human studies

There is also abundant evidence for OXT exerting effects on anxiety and stress responses in humans. This is not surprising given the fact that the human OXT system is responsive to stressful stimuli (see sect. IVE). A stress-induced increase in plasma or saliva OXT has been reported in response to physical exercise (running; Refs. 237, 439, 584) and exposure to the Trier Social Stress Test (TSST), a psychosocial stress situation consisting of public speaking and mental arithmetic in front of an audience (237, 823).

In addition, long-lasting stress effects were described to affect the reactivity of the human OXT system. Thus adult subjects having experienced a life-threatening illness in childhood or adolescence tended to have higher OXT saliva levels in response to an acute challenge (TSST), whereas mean levels of OXT did not differ between sexually abused and control subjects (824).

In husbands and wives with high, but subclinical, depressive symptomatology scores, increased OXT concentrations were found in plasma and saliva, which were at least partly mediated by higher perceived stress (452). Interestingly, in this study, warm touch intervention was able to minimize these OXT differences linked to subclinical depression.

Trait anxiety scores were found to be indirectly linked to the human OXT system activity; parallel collection of CSF and plasma samples from child and adult patients undergoing clinically indicated lumbar punctures revealed that OXT concentrations in both compartments negatively predict trait anxiety scores (159). Importantly, the authors were able to show that OXT levels in CSF and plasma samples correlated with each other, thus providing empirical support for the use of blood measures of OXT as a surrogate for central OXT activity (but see Ref. 502).

Associations between OXT concentrations in plasma or CSF, OXTR gene polymorphisms, and anxiety disorders have also been described, which seem to be dependent on gender and age (for review, see Ref. 755). A positive relationship between (basal) plasma OXT and state anxiety has been reported in women (452, 1013). In contrast, plasma (and CSF) OXT concentrations negatively predicted trait anxiety scores in a mixed-gender and mixed-age cohort (159), and in male subjects (1083). Similarly, high plasma OXT concentrations have been associated with reduced hormonal responses to a psychosocial stressor (996) and with lower levels of anxiety in patients with depression (913).

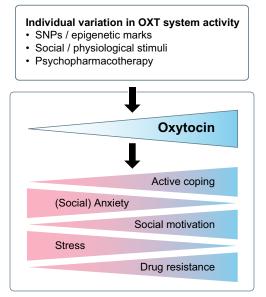
Moreover, associations between OXTR polymorphisms and anxiety were described with two SNPs (rs53576 and rs2254298) found to be associated with separation anxiety in depressed patients (207) and to interact with the level of anxiety symptoms in adolescent girls (1004). Similarly, in a large study assessing multiple *OXTR* SNPs, a link between *OXTR* genotype and depression, anxiety, and stress scores as well as retrospectively assessed early life stress exposure was found (732). However, the physiological consequences of *OXTR* polymorphisms for the functioning of the OXT system remain unknown (see sect. XII).

The existing data from animal and human studies suggest that stressful events activate both peripheral and central OXT release (see TABLE 3). This is an important observation with implications for human studies, since it speaks in favor of peripheral OXT measures being a potential biomarker of the general reactivity of the endogenous, including the intracerebral OXT system under the condition of defined stimulation or of impaired OXT signaling linked to psychopathologies (159). However, several limitations have to be considered in this context (see sect. XIII; Ref. 753). Recently, the Regensburg Oxytocin Challenge (ROC) Study has been published, which included saliva sampling both under basal conditions and in response to well-defined stressful activities, such as running and sexual activity (237). Both running as well as sexual self-stimulation induced a rapid 2.5-fold increase in salivary OXT after 10-15 min, with similar levels found in men and women. Moreover, a profound increase in salivary OXT was also found in response to exposure to psychosocial stress, as induced by the TSST. In contrast, breastfeeding did not result in any measureable increase in salivary OXT; it is possible that the short pulses of OXT secretion that are characteristic for lactation were simply missed during the sampling procedure. Taken together, the ROC test might provide a useful paradigm for humans to assess the ability of the body's OXT system to respond to defined physiological challenges as a biomarker (237).

Taken together, the activity of the endogenous OXT system, including basal and stress-induced neuronal OXT synthesis, intracerebral and peripheral OXT release, OXTR expression and binding, might essentially predict an individual's trait anxiety and fear responsiveness (753). Genetic, epigenetic, or physiological (see below) factors may influence this balanced activity to the right or left side of an emotionality continuum contributing to individual differences in anxiety and stress responses (**FIGURE 11**).

However, despite the profound anxiolytic effect of OXT shown in rodents, only a few studies assessed the potential anxiolytic properties of i.n. OXT in patients with general anxiety disorders (652, 755). Only a slight but beneficial effect of daily OXT administration over 3 wk could be shown in male anxiety patients (320).

With respect to OXT effects on general anxiety, it has also been shown that the positive correlation between higher trait anxiety in male students and their poor perceptions of



**FIGURE 11.** Hypothetical model depicting the *1* influence of genetic and epigenetic factors, social and physiological stimuli, and psychopharmacotherapy (e.g., i.n. OXT) on the activity of the brain OXT system and availability of OXT in the brain [from low (*left*) to high (*right*)], and *2*) its implications for behavioral regulation from mental health to psychopathology.

speech performance in a naturalistic social stress task, which was found in placebo-treated students, disappeared after i.n. OXT (19). These results indicate that synthetic OXT may reduce negative cognitive self-appraisals and attenuates negative cognitive responses to stress in anxious individuals.

In a study differentiating predictable and unpredictable fear and anxiety responses, respectively, i.n. OXT was found to increase anxiety. Specifically, defensive stress responses, i.e., startle responses to unpredictable, but not to predictable, threat (shock) were elevated by OXT (396). The authors discussed the interesting hypothesis that this effect of OXT to enhance defensive responses to uncertain contexts is in line with the observation that OXT boosts defensive, partly aggressive behaviors toward unfamiliar individuals (235), which may trigger unpredictable social situations.

A possible reason for the few reports on general anxiety after OXT treatment in humans is the fact that i.n. OXT seems to be rather effective for the treatment of symptoms of social fear in patients suffering from social anxiety disorders rather than for general anxiety disorder. Thus an overwhelming and still rising number of studies reports on i.n. OXT effects on various, sometimes only slightly differing aspects of social behavior and responsiveness to social stress-related stimuli in healthy subjects and social anxiety patients. Here, a few examples can only be explained, and the reader is referred to detailed reviews elsewhere (465, 652, 694, 755). Several recent studies described a social stress-buffering effect of i.n. OXT in healthy humans. For example, i.n. OXT reduced anxiety levels, increased calmness, and lowered the skin conductance level throughout the test in healthy men, who were exposed to the TSST (242, 432). Importantly, the antistress effects of OXT were particularly prominent, when men received social support by a best friend (432). The same effect of OXT on cortisol responses to public speaking was found in individuals with impaired emotional responsiveness (850). Another study showed that i.n. OXT improved communication behavior in both men and women during a couple conflict and reduced plasma cortisol levels during the conflict (269).

Importantly, i.n. OXT was found to reduce social anxiety symptoms in patients with social anxiety disorder (for review, see Refs. 652, 755). In one study, i.n. OXT was applied as an adjunct to exposure therapy, and it was found that OXT improved the positive evaluation of appearance and speech performance. However, OXT did not affect symptom reduction, dysfunctional cognition, or life-impairment measures, but rather improved mental representations of self following exposure therapy (404). In fragile X patients, who also display symptoms of social anxiety, i.n. OXT improved eye gazing and reduced cortisol response to a social challenge (412).

Kirsch et al. (537) were the first using functional magnetic resonance imaging (fMRI) to show that i.n. OXT potently reduced the neuronal activation of the amygdala in response to non-social or social fear-inducing visual stimuli (537). Furthermore, i.n. OXT reduced the coupling of the amygdala to brain stem regions implicated in autonomic and behavioral manifestations of fear. The reduction in amygdala activation by i.n. OXT was more pronounced when volunteers were exposed to threatening social stimuli (fearful faces) than to non-social scenes (537). These data are in line with several subsequent reports on inhibitory OXT effects on amygdala responses to facial expression, which were found to be independent of the emotional valence, i.e., OXT reduced neuronal amygdala reactivity to happy, angry, or fearful faces in men (276, 506; for review, see Refs. 694, 755). Another study compared i.n. OXT effects in patients with general anxiety disorder in comparison with healthy controls. They described that OXT attenuated the heightened amygdala reactivity to fearful faces in anxiety patients only, whereas it had no effect on neuronal activity in healthy controls (576).

OXT applied i.n. also modulated the amygdala-prefrontal connectivity, a neural circuit known for social threat processing and emotion regulation and found to be aberrant in patients with social anxiety disorder. Specifically, i.n. OXT "normalized" the neuronal activity within this circuitry under resting-state conditions and in response to fearful faces in social anxiety disorder patients (273, 388). The effects of

i.n. OXT on amygdala reactivity seemed to be gender-dependent, since, in contrast to men, enhanced neuronal activation was found in the left amygdala and other regions in response to scenes depicting social (fearful) faces as well as non-social threatening stimuli following i.n. OXT treatment in women (277, 623). It was concluded that in females OXT might promote the detection of threatening stimuli in the environment (623) (FIGURE 12).

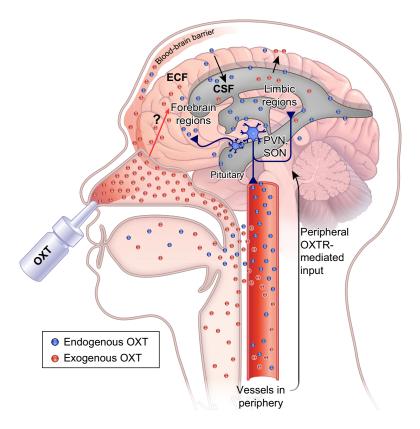
# 4. OXTR-mediated regulation of fear in animal studies

Several psychiatric disorders such as PTSD, social anxiety disorders (SAD), and panic disorder are characterized by the inability to extinguish fear memories. In the context of OXTRmediated effects, it appears to be important to distinguish between non-social and social causes of trauma. Therefore, to reveal the underlying neurobiological mechanisms, and the involvement of OXT in fear extinction, animal models of cued and context fear conditioning (mimicking general fear and PTSD) (149, 788, 851, 943) and of social fear conditioning (mimicking social fear and social trauma) (1023) have been established (for review, see Refs. 755, 1022).

A) OXTR-MEDIATED EFFECTS ON CUED AND CONTEXT FEAR. With respect to non-social fear, it has been shown that OXT neurons are activated following fear acquisition and fear extinction, implicating a role for the endogenous OXT system (1144). However, the effects of OXT on cued or context fear expression and extinction seem to depend strongly on the sex, species, timing and brain region studied, and the doses of OXT or its agonists used. For example, in male Wistar rats, icv OXT infused before *cued fear acquisition* did not affect cued fear conditioning and learning of the association between the conditioned and unconditioned stimulus, but reduced cued fear expression and accelerated fear extinction 24 h later (1023). In support, infusion of OXT or its agonists at relatively low doses (between 3 ng/0.3  $\mu$ l and 75 ng/0.3  $\mu$ l) into the central or basolateral amygdala of Wistar rats before context conditioning even impaired fear acquisition and reduced fear expression (freezing) on the next day, suggesting weaker encoding of the context-shock association (150).

In contrast, icv OXT infusion before *cued fear extinction* training even impaired fear extinction in both rats and mice (1023). This is in line with the observation in Wistar rats of enhanced expression of context fear by infusion of synthetic OXT or the selective OXT receptor agonist, TGOT, into the central amygdala of Wistar rats *before fear extinction* (150).

In contrast to these results, another study reported that OXT infusion bilaterally into the central amygdala of female Wistar rats before context fear extinction decreased freezing responses in fear-conditioned rats without affecting cardiovascular fear response. The authors hypothesized that OXT signaling as part of an inhibitory network within the amygdala (462) can modulate the central amygdala out-



**FIGURE 12.** The brain OXT system: projections, release, neuronal OXTR-mediated input from the periphery, and external application. ECF, extracellular fluid; CSF, cerebrospinal fluid; PVN, paraventricular nucleus of the hypothalamus; SON, supraoptic nucleus; AN, accessory nuclei.

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puts through separate neuronal circuits, thereby individually steering behavioral and physiological aspects of the fear response (1067). Confirming these findings, optogenetic stimulation of OXT neurons within the PVN before fear extinction resulting in the local release of endogenous OXT within the rat central amygdala also reduced cued fear expression (544, 1067). Specifically, OXT was found to modulate excitatory inputs from the basolateral amygdala and cerebral cortex, thereby affecting distinct neuronal populations in the central amygdala, the major output region of the amygdaloid complex (462, 597). The inhibition of central amygdala outputs by OXT was described to be realized through separate neuronal circuits, allowing separate reduction of, for example, freezing responses or cardiovascular responses in fear-conditioned rats (1067). In line with these results, pre-extinction infusion of OXT directly into the basolateral amygdala also suppressed context fear in an OXTR-dependent way (150).

Partly contrasting and brain region-dependent effects were found when synthetic OXT, or the OXTR agonists TGOT or WAY-267464, were infused in higher doses into male Sprague-Dawley rats (544, 579). For example, infusion of the OXT agonist WAY-267464 or TGOT, but not of OXT, into the central amygdala before fear conditioning reduced context fear expression, whereas OXT infusion enhanced freezing and impaired extinction when infused into the basolateral amygdala. When OXT was infused before fear extinction, impaired extinction was reported after infusions into the basolateral amygdala, but not central amygdala, of male rats; infused into the infralimbic medial prefrontal cortex before extinction, OXT or WAY-267464 facilitated fear extinction (579).

In summary, these partly controversial findings imply a critical role for OXT signaling in amygdala-based regulation of aversive learning. OXT may inhibit but also enhance context and cued fear expression and extinction dependent on 1) the site of action within amygdalar subregions, 2) the doses used, 3) the precise time point of application of OXT or its agonists, 4) the precise quality of fear, and 5) sex, species, and strain studied. Thus increasing local OXT neurotransmission during traumatic events may prevent the formation of aversive memories, whereas, in contrast, OXT treatment before fear extinction training cannot be excluded to even delay and impair cued or context fear extinction. Since treatment before extinction training would be the comparable time point for psychotherapy in PTSD patients, caution is needed before recommending OXT for the add-on treatment of PTSD, especially in case the trauma is of non-social nature (see below).

B) OXTR-MEDIATED EFFECTS ON SOCIAL FEAR. Social anxiety and social phobia are major symptoms of social anxiety disorder (SAD) and PTSD, and characteristic for various other psychopathologies, such as major depression or autism (523, 1022). SAD is characterized by the persistent fear and avoidance of social situations. In line with its profound prosocial effects, brain OXT was found to be essential for naturally occurring social preference behavior in rats and mice (648): When intracerebral OXTR were blocked, male rats and mice avoid unknown conspecifics, which they would otherwise prefer to explore with high interest. Moreover, icv infusion of OXT reversed social avoidance and rescued social preference behavior in male rats after they were socially defeated by a slightly larger, aggressive conspecific resident (648). These findings support the hypothesis that brain OXT generally contributes to naturally occurring social preference and social competence. It is of interest to note that OXT knockout mice display normal social preference behavior, indicating other factors contributing to this essential behavioral phenotype and replacing OXT functions (210).

In support of a role of OXT in social defeat stress-induced social fear, it was shown that adeno-associated virus-induced OXTR knockdown and OXTR overexpression within the lateral septum reduced and enhanced freezing responses, respectively (410). Furthermore, social stress-induced conditioned freezing was prevented by infusion of an OXTR antagonist into the lateral septum, whereas infusions of synthetic OXT were without effect (410).

To model social phobia specifically and to study OXT involvement in social fear, a mouse model of social fear conditioning has been established (1024). In this social fear conditioning paradigm, mice receive a mild electric footshock, when actively investigating a conspecific during social fear acquisition, resulting in robust social fear 24 h later. The brain OXT system showed distinct alterations in socially fear-conditioned mice. First, an elevated OXTR binding was found in regions associated with the fear circuitry (dorsolateral septum, central amygdala, hippocampus, median raphe nucleus), which was reversed after social fear extinction (1023). The second consequence of social fear conditioning was an attenuated release of OXT within the lateral septum during social interactions, which was, in contrast, strongly stimulated in non-conditioned mice during social exploration (1148). Thus lack of availability of OXT in the local extracellular fluid may at least partly be responsible for increased OXTR expression and social fear (see sect. VD and Ref. 815).

Similarly, an increased OXTR expression has been described in the lateral septum of chronically defeated mice (624), and a virus-induced overexpression of the OXTR within the lateral septum has been associated with increased social stress-induced fear expression (see above; Ref. 410). These results indicate a specific role of OXT in the lateral septum in social fear and suggest a social fear- or social stress-induced reduction in the availability of the OXTR ligand, i.e., by reduced local OXT release. Consequently,

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increasing local OXT concentration by intraseptal (but also icv) OXT infusion before social fear extinction training strongly abolished fear expression and reinstated social preference behavior in male mice (1148). In support, physiological conditions associated with high activity of the brain OXT system, such as lactation and sexual activity, have recently been linked to lower social fear expression, with endogenous OXT being strongly involved in these behavioral alterations (692a).

The consistent findings on a prominent involvement of the brain OXT system in social fear and the efficient effects of synthetic OXT to reverse or prevent social fear substantiate the assumption that the brain OXT system is of particular importance for the etiology of social fear-related disorders and may become a realistic treatment option for SAD.

# 5. OXT regulation of non-social and social fear in human studies

In addition to i.n. OXT effects on acute anxiety and stress responses (see sect. VIIIF), OXT was also tested in the context of fear conditioning in humans. In a Pavlovian fear conditioning/extinction paradigm, i.n. OXT was administered to healthy men before *non-social* fear conditioning and was found to strengthen the conditioning effect, since faster behavioral and neuronal (fMRI) responses to the conditioned stimuli were seen (301). This indicates that OXT increased the learning performance during fear acquisition and is in line with the observation that i.n. OXT increased the startle response to unpredictable shocks (396).

However, when OXT was applied after conditioning, i.e., 45 min before fear extinction training, an increase in fearpotentiated startle responses was found during the early stage of extinction training but a facilitated fear extinction recall on the next day (6). Similarly, at the same time point before extinction training, OXT increased electrodermal responses along with prefrontal cortex signals to conditioned fear found in the early phase of extinction, but a more rapid decline of skin conductance responses was detected in the late phase of extinction (300). It is interesting to note that i.n. OXT did not affect amygdala functions in the context of fear conditioning responses, suggesting that the observed behavioral and psychophysiological effects result from activity changes in extra-amygdalar regions (301).

In the context of *social fear*, an important association between epigenetic markers of the endogenous OXT system and the symptoms of SAD has been reported. Thus reduced OXTR methylation in blood cells of patients with SAD was associated with the severity of the disease, stress-induced cortisol responses, and increased amygdala activity (1145). Decreased methylation is possibly indicative of increased OXTR expression. Although there is still uncertainty to which extent epigenetic markers of blood cells predict unidirectional alterations in neurons, these data support the finding of elevated OXTR expression in various brain regions in socially fear-conditioned mice (1148).

The first study on effects of OXT and social fear involved Vietnam veterans with PTSD (826). However, no beneficial effects of OXT on physiological responses to combat imagery were observed. A variety of subsequent studies demonstrated the ability of OXT treatment to attenuate social stress and fear conditioning responses. For example, it was shown that OXT attenuated and partly reversed the negative (verbal) evaluation and likability rating of faces, which have been aversively conditioned by co-administration of an electric shock to the healthy test person (819). Although mood ratings remained unchanged, i.n. OXT also prevented the rise in neuronal activity in the extended/dorsal amygdala, fusiform gyrus, and other regions relevant for fear conditioning as assessed by fMRI (819). These data provide direct support for the effects of OXT on social fear as seen in socially fear-conditioned mice (1148).

Taken together, in the context of fear conditioning and PTSD, the time point of OXT application as well as the context (social vs. non-social) have to be carefully considered before i.n. OXT can be used as a safe treatment option for traumatized patients. Specifically, the data from human studies, which partly support data from rodents, suggest that OXT may promote fear learning by a rapid and flexible adaptation to nonsocial fear signals but may also delay and impair fear extinction processes, especially extinction of non-social fear. Thus, in response to non-social fear signals, OXT may even elevate the vulnerability for a pathological manifestation of the trauma. In contrast, in a social context, beneficial effects of OXT have consistently been shown in animal and human studies, indicating that OXT may become a realistic treatment option for social anxiety disorders and social trauma emphasizing its translational potential.

## F. Regulation of Depression-Related Behavior

# 1. OXT and depression-related behavior in animal studies

Given that half of the patients diagnosed with major depression disorders (MDD) meet criteria for co-morbid anxiety disorder (521) and that MDD is accompanied by severe social dysfunctions, which include social withdrawal, social fear, impaired social recognition, or aggression, it is reasonable to assume that OXT has a potential role in the pathophysiology of MDD. Thus the anxiolytic and pro-social effects of OXT described above also in humans may be of therapeutic benefit in these patients (for review, see Ref. 950). Moreover, there is accumulating evidence for an involvement of OXT also in the regulation of depression-like behaviors, such as passive vs. active stress coping style, escape behavior, or anhedonia, which is summarized below.

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Various results arriving from animal studies suggest a significant role of OXT in depression-related behaviors, as shown in tests assessing passive vs. active stress coping strategies, such as the forced swim test in rats, mice, and voles (216, 297, 948), or the tail suspension test in mice and voles (103, 949, 970). In these tests, passive coping behavior is interpreted as depression-related behavior. Also, escape behavior in the learned helpless test is taken as indicative of depression-like behavior (215). Since anhedonia is a core symptom of MDD, tests for anhedonia such as the sugar preference test are also employed.

Thus it was demonstrated that OXT, applied repeatedly intraperitoneally (ip) over 10 days in mice decreased the immobility time in the forced swim test (35). The same effect was replicated after acute ip injection in the tail suspension test in aged rats and mice (34, 875). Similarly, subcutaneous OXT decreased the number of escape failures in the learned helpless test (771), indicative of an antidepressant-like effect (215). However, we have to keep in mind that peripherally applied OXT has only limited access to the brain compartment, even when applied in supraphysiological amounts. Therefore, it seems important that antidepressant-like effects of OXT were also shown after icv administration in the tail suspension test performed shortly after surgery (875). However, in this study, administration of the small-molecule OXTR agonist WAY-267464 failed to induce an anti-depressant effect, even at supraphysiological doses.

Similarly, in a psychopathological rat model of anxiety, i.e., HAB rats, which display a strong depression-like phenotype, we failed to demonstrate an anti-depressive effect in the forced swim test after either acute or chronic icv OXT infusion (950). In addition, the activity of the brain OXT system (expression of OXT or OXTR, OXT release) was not detectably altered in HAB rats (1089).

With respect to the endogenous OXT system, exposure to various stressors, including forced swimming, stimulates the release of OXT within the central amygdala and the PVN (see sect. IV) in rats. This again suggests a link between OXT and stress coping. However, local administration of an OXTR-A revealed that OXT release within the central amygdala during forced swimming is rather linked to a more passive stress-coping style in male rats (297).

However, within the PVN, locally released OXT has been shown to attenuate stress-induced hypothalamic CRF neuronal activity (131, 499, 768, 956), with CRF being a potent promoter of depression-like, i.e., passive behavior (512). Since central OXT actions have also been linked to the promotion of sleep shown in male rats (582), the possibility exists that brain OXT contributes to a generally reduced arousal and physical activity, which is difficult to distinguish from possible anti-depressive effects. Antidepressive and sedative effects might be strictly brain regionspecific. In general, from few animal studies, the existing evidence for the role of the endogenous OXT system in active vs. passive stress coping, interpreted as depressionlike behavior, is rather inconclusive.

In a model of pair separation-induced depression-like behavior in monogamous prairie voles (Microtus ochrogaster; Refs. 103, 981), partner loss compromised the brain OXT system (100). Separation from the female partner reduced OXT synthesis in the PVN as well as OXT release and OXTR density in the nucleus accumbens shell. Further evidence for brain OXT being involved in depression-related behavior in bonded prairie voles after separation is given by the fact that local pharmacological blockade or knockdown of OXTR using short hairpin RNA (shRNA) targeting the prairie vole OXTR within the nucleus accumbens shell increased their passive stress-coping. In contrast, local infusion of OXT prevented passive stress coping after separation. Interactions of the CRF receptor CRFR2 and the OXT system were hypothesized to maintain the balance between active and passive stress-coping in response to social stimuli and to mediate the emotional consequences of partner loss (100).

#### 2. OXT and depression in humans

Several clinical studies aimed to correlate plasma OXT concentrations with depressive symptomology. Some studies found reduced plasma OXT concentrations in patients suffering from major depressive disorder (MDD) compared with controls in male (352, 1130) and female (794) patients. However, after successful antidepressive treatment (SSRI or tricyclic antidepressants) as measured by the Hamilton Depression Rating Scale, there was no change in plasma OXT in relatively small cohorts of patients.

OXT has also been studied in relation to electroconvulsive therapy (ECT), which is one of the most effective treatments for severe MDD, with a relatively rapid effectiveness. Although an ECT-stimulated increase in plasma OXT has been repeatedly shown (257, 959), a clear relationship between ECT, plasma OXT, and clinical outcome could not be confirmed (258, 958). Thus the acute rise in plasma OXT in response to the stressful ECT is likely to reflect a stressinduced event.

Other studies could not find any differences in plasma OXT between MDD patients and healthy controls (511; see also Ref. 891) but found a larger variation within the MDD group (218, 1047). The larger variation of OXT levels in MDD patients is likely due to correlations of plasma OXT with the severity of various symptom clusters in MDD. Thus a positive correlation was found, for example, between plasma OXT and 1) severity of MDD symptoms as assessed during an affiliation-associated imagery session (218), 2) impulsiveness and negative emotionality (73), and

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3) reward dependency and novelty seeking, as assessed in a temperament and character inventory (70).

A negative correlation between OXT and depression- and anxiety-symptom severity in depressed patients has also been reported (913). As one study reported, gender-specific plasma OXT levels and responsiveness may explain some of the contradicting results of previous reports. In more detail, depressed women exhibited lower mean OXT concentrations than depressed males and healthy female controls. However, depressed men exhibited a trend toward increased plasma OXT levels compared with controls (1126). A brain gene expression profiling study, using RNA-sequencing with samples from healthy controls, untreated suicidal MDD and sudden death, non-suicidal MDD patients, revealed lower expression of genes involved in oligodendrocyte differentiation, regulation of glutamatergic neurotransmission, and OXTR expression in both groups, suicide and depression, independent of sex (798).

However, in general, plasma OXT of MDD patients assessed under basal conditions rather seems inconclusive and is certainly not a reliable biomarker of MDD.

A number of studies has also assessed OXT concentrations in the CSF of MDD patients. Quantification of OXT in the CSF seems generally to be a more promising way to assess the link to a given behavioral phenotype, since it integrates processes of intracerebral release, central diffusion, and degradation of OXT within the brain. However, either no difference in OXT concentrations in CSF between MDD and control subjects (253) or only a trend toward lower OXT concentrations in a small number of MDD patients, who were further characterized as dexamethasone suppressors (827), was found.

Several postmortem studies assessed the number of hypothalamic OXT neurons and OXT mRNA levels, which consistently suggested an increased activity of the OXT system in MDD. Thus the number of OXT-immunoreactive neurons in the PVN was increased in tissue samples of both MDD and bipolar patients compared with controls (846). Also, increased OXT mRNA levels were found in the PVN, but not SON, of melancholic MDD patients compared with non-melancholic subjects using in situ hybridization (696). In line with this, a trend toward increased OXT mRNA levels in the PVN of the MDD group compared with agematched controls was found by quantitative PCR in snapfrozen brain tissue after dissection of the SON and PVN by laser capture microscopy (1077). The increased activity of OXT neurons in MDD has been hypothesized to be linked to the eating disorders in depression (983).

Similar to the effects of antidepressive drugs such as selective serotonin reuptake inhibitors (SSRI) (421, 422, 769), several human studies have revealed a positive effect of i.n. OXT on the processing of both positive and negative facial cues as well as decreasing amygdala activity to fearful faces as described above (267, 276–278, 537). Thus i.n. OXT may reduce the salience of threatening social cues. Together with the general demonstration of robust pro-social effects of OXT, these data implicate that OXT may be useful as an adjunctive agent in MDD patients, especially in those with high ratings in social dysfunctions and social phobia.

OXT has also been studied in the context of postpartum depression. Thus women who received intravenous OXT during delivery to promote labor and to accelerate the birth process were tested for postpartum depression disorder within the first year postpartum. Surprisingly, women with or without a history of depressive disorders had a higher relative risk of developing MDD or an anxiety disorder when they have been treated with OXT during delivery compared with women who were not exposed to OXT (564). To which extent this is related to possible complications around birth making OXT treatment necessary remains to be shown.

In a recent study on a cohort of mothers and their offspring, children of depressed mothers showed low baseline urine OXT levels and attenuated OXT response interaction. When maternal OXT levels were low, the OXT response of the child was negatively affected by maternal depression. However, when maternal OXT levels were high, child OXT was unaffected, suggesting that maternal OXT functionality buffers the effects of depression on the child (840).

Taken together, the evidence from animal and clinical studies suggests a potential role of the OXT system in the pathophysiology of MDD. This, however, is neither consistently reflected by increased plasma or CSF OXT concentrations, nor by treatment effects. Nevertheless, there is a potential therapeutic benefit of OXT in at least some subsets of MDD patients and on some symptoms accompanying MDD. Its significant involvement in aspects of behavioral and neuroendocrine regulation, including its anxiolytic and antistress effects, the promotion of various social behaviors and of social reward, make the brain OXT system a promising candidate central to possible add-on therapeutics. Furthermore, OXT interacts with various classical neurotransmitter and neuropeptide systems central to MDD, such as the serotonin, noradrenaline, dopamine, and the CRF systems (see sect. IVF5).

## IX. LEARNING AND MEMORY

Learning and memory involve acquisition and the preservation of new environmental information based on neuronal plasticity within specific brain circuitries (1052). An adequate behavioral response to defined environmental stimuli, both social and non-social, can only be displayed when new and relatively stable patterns of interneuronal commu-

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nication are generated at cellular levels. Various aspects of OXT affecting learning or memory processes have already been touched above, e.g., in the context of social bonding (mother-infant bonding, pair-bonding) or fear conditioning, which require the storage of information regarding a conspecific or a context. In this section, we will specifically focus on the involvement of brain OXT on non-social (active and passive avoidance, spatial memory, object memory) and social (juvenile recognition) learning, as revealed by numerous animal studies, as well as on non-social vs. social memory effects of i.n. OXT in humans.

### A. OXT and Non-Social Memory in Animals

One of the first behavioral effects of OXT (and AVP) observed was that on memory retention in rats (248). Thus icv administration of synthetic OXT after a learning session attenuated passive avoidance responses induced by an electric shock. In addition, icv OXT increased the extinction of (active) pole-jumping avoidance behavior (466). Accordingly, brain OXT was first considered an amnesic neuropeptide, supported by the finding that an OXT antiserum, in contrast to an AVP antiserum (1051), facilitated memory processes (Ref. 248; for review, see Ref. 560). However, site-specific effects (dorsal septum vs. hippocampal dentate gyrus, raphe nucleus) on passive avoidance memory contradicted the assumption that OXT may act as a general amnestic peptide in this behavioral test (Ref. 555; for review, see Ref. 314).

As mentioned above (see sect. VIIID), OXT was described to act at the OXTR within the dorsal hippocampus to improve spatial memory during lactation (1011). This memory effect of OXT was shown to be due to the facilitation of long-lasting, long-term potentiation at the synapses from Schaffer collateral fibers onto CA1 pyramidal cells in hippocampal slices (1011). Since icv OXT also improved longterm spatial memory in virgin mice, it was concluded that the effects of OXT on synaptic plasticity and spatial memory are more general and not restricted to the peripartum period when the brain OXT system is generally active. In support of this assumption, chronic icv OXT infusion over 7 days slightly improved object recognition in male rats (431). However, the general memory-enhancing effect of brain OXT was challenged by the finding that OXT knockout mice showed an unchanged spatial memory performance in the Morris-Water-Maze and the Y-Maze (328). In line, object recognition as assessed in the object discrimination test was not affected by icv OXTR antagonist in male mice (649), indicating that brain OXT may rather play a minor role in learning and memory functions associated with the processing and storage of non-social information.

## **B. OXT and Social Memory in Animals**

Consistent effects of OXT on memory processes were found in a social context, both in laboratory animals and in humans. In rodents, social memory can be tested, for example, in social recognition (228) and the social discrimination (313) tests. In the social recognition test, repeated exposure to a conspecific animal (juvenile or ovariectomized female) should result in a declined interest to investigate it, reflecting social memory. In the social discrimination test, simultaneous exposure of the known and a novel conspecific leads to increased investigation toward the novel one, reflecting social discrimination abilities and social memory.

OXT infused into the cerebral ventricles of male rats enhanced social memory, but only at low doses (74, 832), whereas it may interfere with social memory at high doses (228, 831). Region-specific effects were found in the lateral septum and the medial preoptic area, where OXT improved juvenile recognition abilities in adult male rats (833).

In support of a role of endogenous OXT in social discrimination abilities, OXT was found to be released in the lateral septum in male mice during social interaction and investigation of adult male conspecifics (1148), and in male rats during retrieval, but not during the acquisition or maintenance, of social memory in the social discrimination test (649). Infusion (icv) of an OXTR antagonist and blockade of OXTR immediately after acquisition of social memory impaired the maintenance of social memory and social discrimination abilities in both rats and mice (649). However, the impact of the social stimulus seems important for social memory abilities; male rats recognized a previously encountered male juvenile for only 60 min, whereas social recognition of a female adult rat lasted for 120 min. OXT actions within the lateral septum were found to mediate both juvenile and female recognition, whereas, within the medial amygdala, OXT facilitated memory for adult females only (649).

Another region where OXT may promote olfactory coding and, subsequently, social memory is the olfactory bulb, which contains few OXT fibers and OXTR (777, 1040). Bilateral OXT infusion into the olfactory bulb prolonged the memory performance in the social discrimination paradigm in male rats. Although a local OXTR antagonist by itself did not alter social memory (271), it blocked the local effects of OXT, demonstrating a specific, OXTR-mediated mechanism within the olfactory bulb (270). Moreover, the olfactory bulb norepinephrine system was found to be activated by local OXT, and the resulting activation of alphaadrenoreceptor seems important for the memory-enhancing effect of OXT within that region (270), as for memory and recognition responses in general (395, 501, 525).

Oettl and coworkers (777) described that OXT promotes olfactory coding already at the level of the anterior olfactory nucleus, the most anterior portion of the olfactory cortex, which is among the brain regions with highest OXTR expression (358, 1028, 1040, 1117; see TABLE 2)

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and receives dense innervation from OXT neurons of the PVN (544). Local OXT actions are required for olfactory information processing and social memory in female rats and male mice, since deletion of OXTR within the anterior olfactory nucleus impaired social recognition in female rats. These local effects are likely due to glutamate-mediated top-down effects on glomerular cells in the main olfactory bulb.

An involvement of endogenous OXT in female social memory formation was also found after icv infusion of an OXTR antagonist, which interfered with the ability to establish short-term olfactory memory (311). However, in contrast to male rats, icv administration of synthetic OXT did not alter social memory formation in female rats.

In female mice, the medial amygdala has been identified as a possible site of action of OXT to promote social memory, as shown by local infusion of antisense oligonucleotides targeting OXTR expression in a locally and spatially specific way, which resulted in impaired social memory abilities (185). Interestingly, these antisense-treated mice also showed an initial increase in risk-assessment behavior, supporting the role of OXT in attenuating social fear. In proestrus females, interindividual differences in social recognition abilities were related to the differential expression of OXT and AVP, ER $\alpha$  and ER $\beta$  specifically within the medial preoptic area. In contrast, the initial social motivation for investigation correlated with the expression of estrogen, progesterone, and OXTR in the dorsolateral septum, suggesting that these receptors may modulate social interest without affecting social recognition (194).

Activation of the endogenous OXT system as seen peripartum seems to boost special aspects of memory formation in females. In addition to improved spatial memory, as found in mice (1011; see above), OXT released within the olfactory bulb peripartum facilitates social recognition of a ewe for her lambs (516, 524; see sect. VIIIC). In support, optogenetic stimulation of PVN OXT neurons triggering intracerebral release of OXT prolonged social investigation and, subsequently, improved social recognition in virgin female rats (777).

The importance of the brain OXT system for social memory processes was further demonstrated in male OXT knockout (328) and OXTR knockout (991) mice. These knockout mice showed an impaired ability to recognize a female ovariectomized mouse used as social stimulus. Acute infusion of OXT either icv or directly into the medial amygdala before memory acquisition (and social investigation) rescued social memory in OXT knockout mice (327, 328), indicating that locally released OXT and subsequent OXTR-mediated signaling are both necessary and sufficient for social recognition in the mouse. Similar deficits in social memory were also described in female OXT knockout mice (328).

In a conditional OXTR knockout mouse line (601), where OXTR expression was prevented specifically within the forebrain, resulting in OXTR reduction in the lateral septum, hippocampus, and ventral pallidum, but not in the amygdala, impaired social memory of male mice for familiar females was reported (601).

Indirect support for a role of OXT in social learning and memory abilities arrived from an above-mentioned study using CD38<sup>-/-</sup> mice, with CD38 being an essential transmembrane glycoprotein for neuronal OXT release (489; sect. IVD). These mice, in which low OXT plasma concentrations were found, failed to recognize familiar conspecifics; however, to which extent the lack of CD38 indeed affects intracerebral OXT release has not been shown (749).

In addition to rodents, OXT motivates social memory functions also in monkeys. Acute, aerosolized OXT improved working memory (i.e., the ability to briefly hold and process information) and gaze-following (i.e., tracking the direction of others' gazes) in infant macaque monkeys (*Macaca mulatta*), but only in males (939). These unexpected sex differences may be due to interactions with gonadal steroids and indicate possible sex-dependent effects of OXT on learning and memory.

Overall, these results show that brain OXT is an essential factor specifically for social memory in male and female mammals that, depending on the biological relevance of the social stimulus, acts within distinct brain regions such as the lateral septum, amygdala, and olfactory bulb to improve social discrimination abilities.

## C. OXT and Memory in Humans

A number of studies have reported an impact of OXT applied via the nasal route on human cognitive and memory functions using an identical placebo treatment containing all ingredients except active OXT for control. In most cases, either a within- or between-subject design has been applied. These studies convincingly demonstrate that the context of information to be recognized or stored significantly matters. Thus there are numerous studies on the differential effects of i.n. OXT on long-term memory of either non-emotional stimuli (e.g., non-emotional words, objects, neutral faces) or emotional stimuli (e.g., emotional words, faces, pictures), which have extensively been reviewed by Brambilla et al. (110). In addition, differential effects of OXT were found on the storage of social vs. non-social information (for review, see Ref. 405).

In the context of long-term, *non-emotional* information storage and retrieval, a general impairment has been de-

scribed independent of the precise time point of i.n. OXTtreatment. For example, the first study reported that the ability to recall neutral word pairs after learning and in later recall decreased in men treated with 15 IU of OXT (331). Similarly, OXT (10 IU) administered during the memoryretrieval phase, but not before the encoding phase, decreased memory performance (318). OXT (20 and 24 IU, respectively) was also found to reduce the number of correctly remembered words after the initial presentation and impaired the efficacy of storage, when administered before learning a word-list (125). These effects were found irrespective of the meaning of the words (434) and of nonsocial vs. social stimuli [i.e., houses vs. faces (438)].

There are also studies reporting a temporary impairment of verbal episodic memory in women during pregnancy and postpartum (117), and it has been concluded that OXT may have an important biological function by inhibiting acquisition of aversive experiences during labor (434).

Only a few studies reported a positive effect of i.n. OXT administration on non-emotional face recognition. For example, acute i.n. OXT improved face recognition in a very specific context, i.e., when faces of people from another race (black) compared with same race faces (white) had to be recognized by participants of Caucasian ethnicity (86). When OXT was administered before the encoding phase, it increased the percentage of correct responses to previously seen faces of other race members.

Moreover, patients with schizophrenia reported a beneficial effect on long-term verbal memory for non-emotional stimuli after 3 wk of daily i.n. OXT administration (319).

In contrast to non-emotional information processing, several recent studies reported rather positive, but also partly contrasting, effects of i.n. OXT on long-term memory of specific emotional stimuli (e.g., faces with emotional expressions of anger, happiness or fear, aversive pictures, emotional words) (for review, see Ref. 110). For example, OXT enhanced the accuracy in a recognition memory task and familiarity ratings for happy faces, but not for neutral or angry faces, in adult men (403). In contrast, others found improved identity recognition selectively for faces with a neutral or angry expression, but not for happy faces after i.n. OXT (911). In line with OXT-promoting information storage and processing with emotional value, such a promnestic effect of OXT was also found for the memory recall of emotional words with positive valence as estimated in a small study (267) and for aversive (vs. neutral) pictures (978).

Further studies led to the assumption that OXT is particularly important for the recognition of social cues (e.g., faces) but not for non-social cues (colors, objects). In some studies, this difference was found to be independent of gender and emotional expression of the faces (459, 464, 872), whereas others showed a gender difference in the effects of OXT on social memory abilities (437) and on social cognition (276, 277, 671; for review, see Refs. 110, 405).

In addition to the gender studied, contrasting effects of OXT on learning, memory, and social recognition were generally found to be dependent on the timing of i.n. OXT application, i.e., whether treatment was performed during pre- or post-memory encoding, post-learning, or the re-trieval phases. Moreover, OXT effects were found to be dependent on the dose and the treatment regime, i.e., whether single or repeated application of i.n. OXT was used (156, 1082; for review, see Ref. 110).

In summary, the reported findings in humans suggest that i.n. OXT selectively improves processes of attention, and recognition of and memory for socially relevant and emotional information, but may negatively affect non-emotional, nonsocial information processing. However, since the emerging picture is rather complex, thorough investigation of possible amnestic and promnestic effects of OXT, in a dose- and sexdependent manner, are essential before repeated or intermittent application of OXT can be considered a safe treatment option for various psychiatric diseases accompanied by memory dysfunctions (195, 694, 753).

Overall, considering both animal and human studies, the emerging picture indicates that OXT is a substantial modulator of memory storage and recall, with the potential to improve processing of information with high biological relevance, i.e., in particular emotional and social information.

## X. FOOD INTAKE AND SATIETY

## A. OXT and Food Intake in Rodents

OXT has been considered to have potent anorectic properties and to play an important role in satiety and energy balance (for review, see Ref. 894). OXT neurons of the SON and PVN are regulated by appetite- and nutritionrelated signals (362, 783, 859). For example, increased Fos protein expression—an indicator of elevated neuronal activity—has been found in OXT neurons of both the SON and PVN soon after the onset of food intake (495) by gastric distension and after administration of the satiety peptide CCK-8 (154, 859). Peripheral administration of CCK-8 was also reported to activate OXT secretion from the neurohypophysis into blood (574) and somato-dendritic release within the SON (742). In contrast, fasting resulted in reduced OXT expression in the PVN (569).

In this context, the PVN receives projections from various neuronal populations and brain regions, such as the primary leptin- and ghrelin-receptive neurons of the arcuate nucleus, orexigenic neurons co-expressing neuropeptide Y

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(NPY) and agouti-related peptide, and pro-opiomelanocortin (POMC)-containing neurons in the arcuate nucleus, which also express the potent satiety peptide  $\alpha$ -MSH (1041). In turn, the PVN regulates various aspects of the body's energy metabolism via 1) thyreotropin releasing hormone-synthesizing neurons, regulating the thyroid gland and thyroxin release (14, 762), 2) CRF neurons regulating pituitary ACTH and adrenal glucocorticoid secretion as major parts of the HPA axis (436), and 3) the sympathetic nervous system (325). Specifically, parvocellular OXT neurons of the PVN project to the nucleus tractus solitarius (NTS) (873), where OXT was shown to modulate efferent vagal pathways that regulate gastric motility (675). Stimulation of PVN OXT neurons also inhibited gastric motility via the dorsal motor nucleus of the vagus, which also contains OXTR (292, 341, 881). Thus these OXT neurons seem to be a critical part of the gastrointestinal-vago-vagal reflex and of a circuitry that is triggered by food intake, gastric distension, and the secretion of CCK-8 from the duodenum (341, 894). In turn, CCK-8 is likely to activate afferent vagal neurons, leading to activation of brain stem structures, specifically within the NTS (940), which itself is densely innervated by OXT fibers originating from parvocellular OXT neurons of the PVN (88).

Regarding food intake, first studies from the 1980s demonstrated that lesion of hypothalamic nuclei containing OXT (but also other) neurons resulted in increased food intake and, consequently, elevated body weight gain (536, 605, 933, 941). In support, icv administration of synthetic OXT to rats at a relatively low dose was reported to inhibit food intake, and to delay the onset and reduce the duration of food intake independent of the satiety state of the animal (31, 783). Similarly, direct optogenetic activation of PVN OXT neurons resulted in suppressed food intake (42). Although chronic infusion of OXT into the brain reduced body weight gain in rats given a high-fat diet, it did not alter total food intake or the duration of food intake, which was in contrast to the reported acute effects of OXT. Instead, chronic OXT rather stimulated lipid metabolism in adipose tissue (249). OXT actions within the ventromedial nucleus of the hypothalamus are likely to underlie such effects and to contribute to the regulation of appetite, since the VMNH expresses OXTR at high density (1028). The ventromedial hypothalamus is particularly important for the regulation of energy balance, among others (see sect. VIIIA).

Further support for OXT-induced suppression of food intake comes from OXTR- and OXT-deficient mice. Male (but not female) OXTR knockout mice developed an obese phenotype in later adulthood, despite food intake and motor activity being generally unchanged (990). Also, adult OXT knockout mice showed an elevation in body weight and fat stores without alterations in food intake or motor activity in both males and females (764). In the context of its role in regulating general caloric metabolism, osmotic homeostasis, and sodium balance, it has to be mentioned that dehydration and systemic sodium loading are potent stimuli for the OXT (and AVP) system, resulting in elevated OXT secretion into blood and within the brain, while inhibiting appetite at the same time (340). Plasma OXT is likely to promote renal natriuresis (1061), whereas elevated OXT release in distinct brain regions as demonstrated in response to intraperitoneal hypertonic saline within the septum, dorsal hippocampus, and the SON (590, 743) may be part of a circuitry involved in the suppression of food intake and regulation of the body's osmotic homeostasis, at least in rodents.

As a final aspect of OXT regulating food intake and feeding behavior, its effects on the reward system have to be mentioned. Humans and other mammals alike are highly attracted by selected palatable foods, resulting in food intake just for pleasure, and not by metabolic demands. This is called hedonic feeding. As for any other hedonic behavior, hedonic feeding is thought to be associated with activation of the dopaminergic mesolimbic system originating from neurons in the ventral tegmental area and increased dopamine release within the nucleus accumbens, as discussed in detail below (see sect. XI). Briefly, OXT fibers from the PVN project to mesolimbic dopaminergic neurons (964, 979), and OXT was found to reduce drug-induced dopamine release within the nucleus accumbens (979). OXTdeficient mice have an enhanced preference selectively for, and consumption of, sweet solutions in the two-bottle choice test (21, 83), whereas no comparable effects on palatable high-fat liquid formulation was found (700). Several lines of evidence further suggest that regular sugar intake generally blunts the response of OXT neurons to food intake independent of the composition of the food. Well, in case you managed to read this extensive review until here, you deserve a large piece of German chocolate sent to you. However, OXT may also exert its satiating effect in dependence on specific components of diet rather than as a general effect (894).

In summary, the existing evidence supports the assumption that OXT plays an essential role in the inhibition of food intake via inhibition of food intake-induced activation of the reward system.

## **B. OXT and Food Intake in Humans**

The role of OXT in food intake in humans has not been directly studied. Indirect evidence comes from studies describing an association of alterations in the gene coding for the transcription factor single-minded 1 (Sim1) and the development of obesity in humans (317, 450). A closer look at this gene in rodents indicates that Sim1 is expressed in the SON and PVN (699). Heterozygous Sim1 knockout mice (homozygous mice do not survive) were

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reported to have low levels of OXT expression in the SON and PVN, are hyperphagic, and become obese (698), which can be reversed by icv OXT (569). In support of this, mice overexpressing Sim1 do not increase their food intake when they are given a high-fat diet; they are also resistant to diet-induced obesity (570).

More preliminary evidence for a role of OXT in food intake in humans comes from patients with Prader-Willi syndrome, who suffer from morbid obesity due to extreme hyperphagia. In postmortem tissue of a very small number of these patients, fewer OXT neurons were found within the hypothalamus (984), which supports the hypothesis of OXT being important to control and reduce food intake within physiological limits. This assumption is supported by findings in mice with knockout of genes associated with the Prader-Willi syndrome, which are characterized by hyperphagia and late-onset obesity, a deficient OXT synthesis in the hypothalamus (275), and reduced number of OXT neurons (730).

In contrast to the negative correlation between obesity and OXT in Prader-Willi patients, OXT levels in anorexia nervosa patients characterized by pathologically low amounts of food intake are lower compared with healthy controls (10). There are, however, contrasting reports regarding the correlation of symptoms of anorexia nervosa with anxiety and depression, with both negative (10) and positive (594)correlations being described. In a comprehensive metaanalysis, no correlation at all was found (891). In another eating disorder, bulimia nervosa, characterized by binge eating followed by purging, OXT plasma levels were not found to be correlated with the severity of the illness (712), indicating a specific role in the perception and regulation of pre- and post-meal-induced stress (594). In addition to plasma, urinary, and salivary OXT levels (448), OXTR polymorphisms (carrier of A allele in rs53576 and rs2254298) have also been linked with the severity of eating disorder symptoms (3).

## **XI. OXT AND ADDICTION**

### A. OXT and Addiction in Animal Studies

Substance-use disorders, or addictions, are severe, chronic brain disorders and major causes of global burden of disease (552). The use of tobacco, alcohol, and illicit substances was calculated to be responsible for a staggering 15% of all deaths worldwide each year (WHO 2012). However, treatment of these relapsing disorders is extremely limited. A growing body of evidence mainly from rodent studies suggests that the brain OXT system interacts with neuronal systems that underlie the development and maintenance of addiction, and that OXT may interfere with several stages of addiction, such as bingeing and intoxication, withdrawal and negative affect, and pre-occupation and anticipation that triggers relapse and further consumption (563).

Thus OXT was shown to reduce self-administration of alcohol or other drugs mostly shown after its peripheral administration in rodents. For example, heroin self-administration was inhibited by subcutaneous application of OXT or OXT fragments in heroin-tolerant male rats and mice (556, 557). Similarly, self-administration of stimulants, such as methamphetamine (160) and cocaine (75) was reduced by ip OXT in male Sprague-Dawley rats. OXT also inhibited self-administration of ethanol within 2–3 h, when applied ip to rats that had been chronically consuming ethanol in a continuous access paradigm (109).

We could recently also show that icv administration of OXT reduced alcohol consumption in male Wistar rats that had been consuming alcohol in a chronic intermittent consumption paradigm for  $2 \mod (816)$ . This demonstrates that the described OXT effects on ethanol consumption are likely to be centrally mediated-at least in rats. In contrast, comparing ip vs. icv application of OXT in mice revealed that the inhibitory effect of OXT on ethanol consumption was only found after ip but not icv administration (814). Interestingly in this context, ip OXT reduced ethanol consumption only in non-stressed mice, but not in mice that were exposed to a chronic psychosocial stress paradigm for 3 wk (814, 816, 854). Although the underlying mechanisms of these contrasting effects are unknown, the discrepancy in the effectiveness of OXT in dependence of the mode of administration, i.e., central vs. peripheral, may be due to the different amounts of OXT applied ip vs. icv in that study.

Further evidence for an inhibitory effect of OXT on the rewarding effects of drugs has been revealed in the conditioned-place preference test. In this test, the preference of the experimental animal for an environment previously associated with the rewarding effects of a specific drug is assessed (563). OXT seems to be particular effective to attenuate the establishment of the place preference as well as to promote its extinction. Thus, applied either icv or ip, OXT inhibited the acquisition of methamphetamine-induced place preference and promoted the extinction of an established place preference, whereas it had no effect on the expression of an established methamphetamine-conditioned place preference (55, 848).

Interactions of OXT with the mesolimbic dopamine system, which is essential for the rewarding nature of drugs, and thus for addiction (552), are likely to underlie its effects on drug consumption and reward. OXT fibers terminate within the mesolimbic dopamine system, specifically in the nucleus accumbens (100, 161, 945), where it affects the drug-induced rise in dopamine signaling (563). For instance, OXT reduced the cocaine-induced increase in dopamine turnover in the nucleus accumbens and decreased

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methamphetamine-induced activation of the nucleus accumbens (160, 847). Moreover, icv OXT completely blocked ethanol-induced dopamine release within the rat nucleus accumbens shell, after both acute and repeated ethanol administration (816). On a behavioral level, local infusion of OXT into the nucleus accumbens inhibited heroin self-administration in rats (559), attenuated the formation of a methamphetamine-conditioned place preference, and inhibited the reinstatement of methamphetamine-seeking (55, 56).

OXT was also found to attenuate the acute intoxicating effects of drugs, which include both hyper-locomotion and stereotyped behaviors (cocaine, ecstasy), as well as sedative and ataxic effects (alcohol, opioids). The sedative effects and the acute impairment of locomotor activity by ethanol are particularly dangerous and substantially contribute to alcohol-related injuries or even deaths. It has been shown that icv OXT reduced methamphetamine-induced hyper-locomotion and cocaine-induced stereotyped sniffing behavior in rats (160, 558, 847, 908). Moreover, an inhibition of the acute sedative, myorelaxant, and ataxic effects of ethanol by icv OXT has recently been reported in rats (109). The mechanism underlying this OXT effect on ethanol-induced locomotor impairment could be revealed to involve interactions with GABA<sub>A</sub> receptors (109). Activation of GABA<sub>A</sub> receptors with GABA generally underlies all ethanol effects, and OXT was found to completely block ethanol-GABAA receptor interactions and thus to prevent ethanol-induced locomotor dysfunctions. These effects were due to a direct, previously unknown, non-OXTR-mediated action at  $\delta$  subunit-containing GABA<sub>A</sub> receptors (109).

Another important aspect of drug research in the context of OXT is its influence on the development of drug tolerance, whereas its effects on established tolerance seems minor (for review, see Refs. 161, 559). Thus OXT or its fragment administered sc or icv inhibited the development of tolerance to the hypothermic, ataxic, and myorelaxant effects of ethanol, the cocaine-induced stereotyped sniffing, and opioid-induced analgesia, in a dose-dependent manner. OXT also affects the opposite phenomenon, i.e., that drugs can induce behavioral sensitization, and OXT has been shown to rather facilitate the development of sensitization, as demonstrated in the context of hyper-locomotor effects of cocaine in mice (908).

OXT was further found to interfere with alcohol and drug withdrawal symptoms partly in a dose-dependent manner. For example, higher doses of sc OXT prolonged the onset of tonic seizures during ethanol withdrawal induced by picrotoxin in alcohol-dependent mice and reduced the withdrawal-induced mortality rate, with low doses showing the opposite effect (559). Also, ip OXT reduced nicotine withdrawal symptoms induced by an antagonist in nicotine-dependent rats (665). The withdrawal and negative affect stage of addiction is

importantly characterized by severe alterations in emotionality, increased anxiety and stress responses, low mood, anhedonia, and loss of motivation for social interactions. As discussed above, OXT is considered an anxiolytic, anti-stress, and pro-social neuropeptide—in rodents and humans alike (see sect. VIIIF); therefore, it has a great potential to interfere with long-lasting symptoms of drug withdrawal, particularly with emotional dysregulation, symptoms of stress, and social deficits. In support, ip injection of the OXT analog carbetocin reduced the level of withdrawal-induced anxiety and depression- and social anxiety-like behaviors in morphine-dependent mice. In the first human study on drug withdrawal, i.n. OXT applied to alcohol drinkers during ethanol withdrawal reduced anxiety and tension levels (810).

In this context, it is worth mentioning that morphine withdrawal induced by the opioid antagonist naloxone in morphine-dependent, anesthetized rats induced a supraphysiological activation of the endogenous OXT system, resulting in high levels of OXT release both from the neurohypophysis into blood and from soma and dendrites within the SON (890). However, whether morphine withdrawal also induces OXT release, for example, within the nucleus accumbens, or whether the profound OXT release described is a compensatory mechanism to cope with the withdrawal symptoms remains to be elucidated.

Considering the described effects of OXT in addiction, the question arises whether OXT also prevents relapse to drug consumption after periods of abstinence (563). Drug relapse in humans can be induced by stress or exposure to drug cues, and is a major clinical problem in the treatment of substance abuse. In preclinical models, OXT has also been shown to significantly interfere with drug relapse. For example, OXT at varying doses inhibited stress-induced reinstatement of methamphetamine-conditioned place preference in mice (848), the reinstatement of methamphetamine- and cocaine-seeking (55, 75, 160, 208, 721), and cocaine cue-induced anxiety (721) in rats. Whereas most of the studies on the effects of OXT on addiction were performed in male rodents, the effects of OXT on stress-, prime-, and cue-induced reinstatement of methamphetamine-seeking were found to be sex-dependent (208). Also, a long-lasting reduction in alcohol consumption and preference were described in male and female alcohol-preferring rats, further suggesting that OXT may support longterm abstinence (681).

Glutamatergic projections from the prefrontal cortex to the nucleus accumbens and ventral tegmental area are suggested to control neuronal activity in the nucleus accumbens and thus to control prime- and cue-induced reinstatement of drug seeking (370, 552). Indeed, OXT was reported to suppress glutamatergic transmission in the infralimbic prefrontal cortex (370), which may provide an underlying mechanism of the above-described effects of OXT on drug

reinstatement. In contrast, stress-induced reinstatement of drug seeking should rather be mediated by the activation of CRF and other stress-related systems in the amygdala. Therefore, OXT effects on stress-induced relapse are likely due to actions on the CRF system within the hypothalamus (221, 499) or the amygdala (544). Moreover, OXT may enforce the connectivity between the frontal cortex and amygdala (763), and the cortical control over stress-induced behavioral impulses (563).

According to another hypothesis, OXT may promote a switch from seeking out object-based rewards (such as drugs) to pursuing social reinforcement (681). In support, OXT infused into the prefrontal cortex reestablished normal social behavior in parallel to restoring normal baseline functioning of the nucleus accumbens dopamine system in prairie voles that had been chronically exposed to amphetamine (1118).

### B. Clinical Studies on OXT and Drugs of Abuse, and Other Clinical Trials on OXT

To date, the number of clinical studies performed on patients with substance-abuse disorders is very limited. In a randomized double-blind placebo-controlled trial, i.n. OXT inhibited stress-induced craving in cannabis-dependent humans (684). Also, alcoholics undergoing medical detoxification required less lorazepam during treatment, had less severe withdrawal symptoms including reduced anxiety and tension levels, and had inhibited alcohol craving after i.n. OXT (810). OXT also specifically reduced alcohol cue-induced craving in alcohol users (without alcohol-use disorder) with an anxious attachment style, whereas the opposite was found in individuals with less anxious attachment (701). Rather complex results were found with i.n. OXT effects on cocaine-, heroin-, or opioidinduced craving (602).

Although there are currently 11 registered clinical trials, including exploratory and phase I, II, III, and IV clinical trials, which explore intranasal OXT as a treatment for substance-use disorders, specifically investigating the effects of i.n. OXT on nicotine, opioid, alcohol, amphetamine, cocaine, and marijuana dependence (108), more clinical studies are needed before i.n. OXT can be safely used in patients with drug-abuse disorders.

In this context, it should be noted that there are currently 564 registered clinical trials on OXT, with at least 171 examining the effects of i.n. OXT (www.clinicaltrials.gov/ ct2/results?term=oxytocin&pg=1) on all different aspects of social and emotional behavior, genetics, intrace-rebral activity patterns (fMRI), and reproductive physiology, both under healthy and disease conditions. For example, trials are listed in the context of i.n. OXT as a treatment option for general anxiety disorder, major depressive disor-

der, Prader-Willi-syndrome, sexual dysfunction, trauma, or various substance-use disorders (see sect. XIII and Box 4).

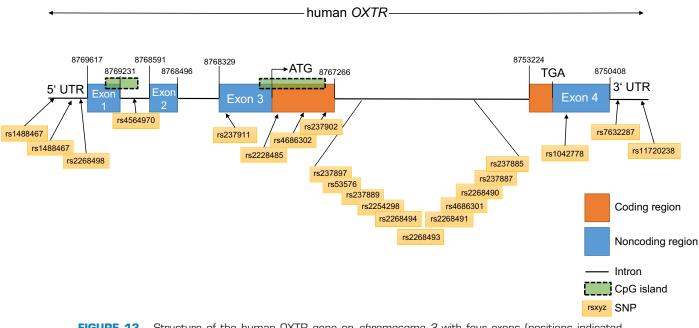
## XII. OXTR SNPs AND ASSOCIATED PSYCHOLOGICAL TRAITS

Single nucleotide polymorphisms (SNP) are variations of single nucleotides that occur at distinct positions in the genome with a frequency of occurrence larger than 1% of a certain population (https://ghr.nlm.nih.gov/primer/genomicresearch/snp). Each identified SNP is encoded with a unique reference number, for instance rs53576, and can be found in online databases (www.snpedia.com&#x003B; www.ensembl.org). According to the "ensembl" database, the human OXTR gene contains 367 variations of different types (also see **FIGURE 13**). However, only a subset seems to affect the phenotype or behavior, and therefore we focused only on those in this review. The human haplotype map project (353) revealed several dozen SNPs in the OXTR that have been genotyped in association studies of various traits and behaviors in humans. Various OXTR SNPs have been, among others, associated with generous behavior (479), social behavior (547), empathy and social communication (1021), amygdala and hypothalamus functioning (1021), reduced physiological reactivity to stress (879), increased benefits from social support (175), and greater parenting sensitivity (46).

## A. OXTR SNPs and Autism Spectrum Disorder

However, the most intensely studied and controversially discussed association is that of OXTR SNPs and autism spectrum disorder (ASD) (47, 802, 992). In this context, the question of particular importance is whether variations in the OXTR gene (intronic and exonic) are associated with various symptoms of ASD. Although researchers have estimated the heritability of ASD as being between 55 and 80% (633), there is a considerable heterogeneity among studies regarding the evidence peaking in favor of or against an association of OXTR SNPs and ASD. For instance, a significant correlation between OXTR rs237887 and face recognition was detected in ASD patients using the so-called Warrington Recognition Memory Test for faces (946); however, when other tests for face recognition were applied (Cambridge Face Memory, Mooney Face Test, Glasgow Face Matching Test, Composite Face Test), no correlation could be detected anymore (1063). Another recent study found that OXTR SNPs and plasma OXT level predict social impairments in children with or without ASD (802). These contradictory results implicate that the presence of a specific OXTR SNP identified in ASD patients does not necessarily contribute to the etiology of ASD.

Therefore, meta-analyses have been conducted to determine whether SNPs in the OXTR gene are indeed linked to symp-



**FIGURE 13.** Structure of the human OXTR gene on *chromosome 3* with four exons (positions indicated above), three introns, position of SNPs, and CpG islands. Only SNPs that have been associated with psychological or psychiatric traits have been included. The total number of annotated variations within the OXTR gene is 367, including missense, synonymous, frameshift, and coding sequence variant, but also stop gain and inframe deletion. Data extracted from ensembl data base.

toms of ASD. One recent meta-analysis of 16 OXTR SNPs included 3,941 individuals with ASD. The authors found a significant association between ASD and the SNPs rs7632287A, rs237887A, rs2268491T, and rs2254298A (633). One SNP, rs7632287A, was located in the promoter region of the OXTR, where it may potentially alter transcription factor binding and therefore expression of the OXTR. However, experimental evidence regarding the functional significance of this SNP is still missing. In continuation of this study, a second meta-analysis corroborated the finding of LoParo and Waldman by adding data from five so far unpublished studies on ASD patients (562). Remarkably, the authors call for functional studies to "delineate the neurobiological implications of this and other association findings" (562).

## B. OXTR SNPs and Other Psychological Traits

Although human research has mostly addressed the association between autism and two OXTR SNPs, i.e., rs53576A and rs2254298A, fewer studies focused on other OXTR (rs7632287A, rs1042778, rs2268494, rs2268490), OXT (rs2740210, rs4813627, rs4813625), and CD38 (rs3796863, rs6449197) SNPs (322) in the context of other psychological traits such as trait empathy, depression, bulimia nervosa, or style of parenting (also see **TABLES 6, 7**, and **8**). For instance, the rs53576 SNP is an intronic silent G to A change in the OXTR gene on *chromosome 3*. Although silent, a large number of studies has associated this SNP with mostly adverse psychological traits. Carriers of the A allele are associated with greater levels of loneliness (1048), symptoms of emotional withdrawal (418), impaired sociability (1021), seeking of social support at times of distress (527), decreased empathy (879), and decreased maternal sensitivity (46). In contrast to A allele carriers, two independent studies could demonstrate that SNP rs53576 GG predicts aggression or antisocial behavior under circumstances of high social stress in females (127, 952).

The variability in the OXTR gene (concerning following SNPs: rs75775, rs1488467, rs4564970, rs4686302, rs237897, rs53576, rs2254298, rs2268493, rs237887, rs1042778, rs7632287, rs11720238) has been found to strongly predict aggressive behavior in competitive computer games (632). However, the emerging picture on specific SNPs underlying aggression or antisocial behavior is rather complex; an association between SNP rs237885AA and high "callous and unemotional" traits was found within high-aggressive subjects (68), whereas a direct link between SNPs rs237898A and rs237902C and high aggression was found in boys (663). Furthermore, SNP rs1042778TT was found to be associated with high aggression in boys and girls with conduct problems (223) as well as with increased amygdala activation, when exposed to angry faces in men (1074). High amygdala activation is considered to be an established neuropsychological marker of antisocial behavior. SNP rs7632287AA was strongly associated with Life History of Aggression interview scores and Self-Reported Delinquency scores in two cohorts of

G Allele Carriers, Association Wit	h	A Allele Carriers, Association With		
Increased trusting (men, not women)	791	Higher scores on symptoms of emotional withdrawal	429	
Higher susceptibility for bulimia nervosa in Korean women	547	Increased intergenerational transmission of depression	1036	
Increased reward in social interactions (men)	327	Greater level of loneliness if social network is perceived negatively	1080	
Increased susceptibility to social ostracism	705	Decrease in hypothalamic gray matter, increase in amygdala gray matter in males	1053	
Impaired affect recognition	828	Higher social support seeking at times of distress	542	
Maltreated children perceive lower social support in adolescence	466	ADHD children have better cognitive ability	827	
Higher general psychopathology scores	737	Decreased empathy	907	
Increased symptoms of depression in maltreated children	706	Decreased maternal sensitivity	44	
Higher trust behavior than A allele carriers	581			
Emotional dysregulation in urban African American children	110			

#### Table 6. Publications on OXTR SNP rs53576 associations with psychological traits

children representing the normal Swedish population (455). SNPs rs4564790C and rs1488467C were predictive of higher levels of aggression, as measured in a competitive computer game and various questionnaires, but only in adult males who were under the influence of alcohol (491, 492).

These phenotypes were related to behavior by the Tridimensional Personality Questionnaire to quantify the effects of the SNP on self-reported prosocial temperament (1021). The association between the SNP and the self-reported social behavior was sex-specific, since it was absent in females (1021). There is some evidence for a mechanistic cause of the association between OXTR SNPS and these psychological traits. Tost and colleagues found, using the voxel based morphometry method, that male rs53576A allele carriers have an increased amygdala gray matter volume, whereas the gray matter volume in the hypothalamus is decreased, compared with G allele carriers (1021). Using correlative structural covariance methods to map the connectivity between brain areas, the authors also found a better coupling of the amygdala to the hypothalamus in male risk allele carriers.

These sex-dependent consequences of the presence of rs53576A allele were also found in 9/11 victims, where the association between genotype and posttraumatic stress symptoms were assessed in a negative environment (e.g., personal conflicts) or under economic stress. For female risk allele rs53576A carriers, a negative social environment increased posttraumatic stress symptoms, regardless of the economic situation, whereas in male risk allele rs53576A

carriers the daily functioning was most affected by economic stress, i.e., times of financial restraint (638).

Another SNP, rs2254298A, has been associated with higher plasma levels of OXT compared with GG carriers (324); however, a functional explanation how this SNP alters the secretion of OXT into the plasma has not been provided.

In general, the literature provides some evidence for the involvement of OXTR, OXT, or cd38 SNPs in social behavior but also suggests that other factors, such as sex, origin, and early life experiences often confound attempts to replicate initial findings. In summary, the initial results provide evidence for associations between the genetic variations in the OXTR or OXT and various aspects of human social and stress-related behavior. However, the neuronal mechanisms underlying the contribution of particular SNPs to a behavioral phenotype are still unclear. For instance, it remains to be explained mechanistically whether or how those mostly silent and intronic SNPs may alter processes of gene transcription or translation, may alter intracellular trafficking and neuronal release, or may affect receptor binding or OXTR downstream signaling, and how those effects culminate in a change of gray matter volume or size of (only) the amygdala (see also sect. XIII).

There is initial evidence that one SNP (rs2268498) in the promoter region of the *OXTR* nearby a p300-responsive element regulates the expression level of the *OXTR* gene in hippocampal samples from human patients (861). Despite some limitations of the study (unknown sex and age of the patient, unknown subregion of the hippocampus), this is a

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SNP ID	Locus on <i>Chromosome 3</i>	Localization	Comment/Association Context
rs11720238	8749653	3' UTR	Autism
rs7632287	8749760	3' UTR	Trait empathy, pair bonding, social behavior, autism
rs1042778	8752859	Exon 4	Prosociality, autism
rs237885	8753857	Intron 3/4	Prosociality, schizophrenia
rs237887	8755356	Intron 3/4	Trait empathy, social behavior, autism
rs2268490	8755399	Intron 3/4	Prosociality
rs4686301	8756900	Intron 3/4	Schizophrenia
rs2268491	8758712	Intron 3/4	Autism, trait empathy
rs2268493	8759154	Intron 3/4	Trait empathy, affiliative behavior
rs2268494	8760360	Intron 3/4	Autism, empathy
rs2254298	8760542	Intron 3/4	Anxiety, ASD, depression, amygdala volume
rs237889	8760797	Intron 3/4	Autism, prosociality
rs53576	8762685	Intron 3/4	Silent G to A change, affect loneliness, autism, parenting style
rs237897	8766599	Intron 3/4	Trait empathy, prosociality
rs237902	8767498	Exon 3, coding sequence	Preterm birth, aggression, drug addiction, stress response
rs4686302	8767536	Exon 3, coding sequence	Trait empathy, preterm birth
rs2228485	8768017	Exon 3, coding sequence	Affect, loneliness and intelligence
rs237911	8768322	Exon 3, non-coding sequence	Preterm birth
rs4564970	8768722	Intron 1/2	Aggression and alcohol intake
rs2268498	8770725	5' UTR	Social perception
rs1488467	8771545	5' UTR	Aggression and alcohol intake
rs1488467	8771545	5' UTR	Aggression and alcohol intake

#### Table 7. OXTR SNP localization within the gene and associated psychological traits

SNPs are listed from 3' to 5' end, including SNPs in the 3' and 5' untranslated regions of the OXTR gene. Data extracted from http://www.ensembl.org and http://www.SNPedia.com.

promising first step toward a functional understanding of the results of genome wide association studies.

#### XIII. CONCERNS AND UNSOLVED ISSUES IN HUMAN AND ANIMAL OXT RESEARCH

The remarkable and still growing number of reports about intriguing effects of synthetic OXT on a number of human and animal social and cognitive behaviors as well as stress-related neuronal and physiological parameters reviewed above have recently brought about severe concerns. Although the main concerns, i.e., invalid statistical means and biased publication, also exist in other fields of psychology (48, 937) or neuroscience in general (141), the increasing number of studies on the overwhelming effects of i.n. OXT on human behavior attract massive interest and raise particular hope to many patients suffering from autism spectrum disorder, schizophrenia, social and other anxiety disorders, or drug-use disorders. Therefore, we are convinced that the OXT scientific community has a particular responsibility to publish scientifically, statistically, and methodologically sound results.

Given the complexity of OXT effects on behavior and brain functions, the concerns and unsolved issues sum-

	17 0	
Allele Carrier, rs2254298	Association With	Reference
G allele	No effect on emotional withdrawal	429
A allele	Global social impairments	827
G allele	Smaller volume of amygdala, posterior brain stem, and dorsomedial anterior cingulate cortex	368
A allele	Increased attachment security in non-caucasian children	176
AA, AG	No effect on bulimia nervosa	547
CC, CT, TT	No effect on Alexithymia	565

 Table 8.
 Publications on OXTR SNP rs2254298 associations with psychological traits

1874

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marized below seem to be important and need to be resolved for the translational success of the OXT field.

## A. Concerns Regarding Statistical Analyses

In the context of statistical analyses, Walum and colleagues carefully evaluated published results on i.n. OXT effects (1075). Their overall conclusion was that 1) human i.n. studies are in most cases underpowered, 2) the statistical means to present a selected data set are often invalid, and 3) methodological approaches are often not validated. Although human studies are costly, even in studies with small sample sizes and low statistical power the scientific community expects a more critical and careful interpretation of the mostly positive results. Therefore, a healthy skepticism toward i.n. OXT studies is advisable, since Walum states a high probability that most of the published i.n. OXT findings do not represent true effects. In addition, failure to replicate a properly performed original study can be caused by an underpowered replication study. Recently, various suggestions were published to increase the trustworthiness and reliability of OXT-related research in humans (141, 607, 1075). These include the performance of a priori power calculations and, consequently, the performance of sufficiently powered original and replication studies by increasing the sample size. This could be achieved, for example, by collaboration of several research teams and statistical combination of their volunteer or patient cohorts, provided identical experimental protocols have been employed.

## **B. Concerns Regarding Biased Results**

The necessity for healthy skepticism is highlighted by the overwhelming and almost exclusive pro-social and other positive effects of i.n. OXT reported in highly ranked journals: from increasing social trust, improving romantic relationships, and maternal and paternal interactions with the child, to promoting empathy and altruism. In addition, it attenuates withdrawal-induced symptoms in alcoholics, often with one behavioral parameter only slightly changed, and only under very specific experimental conditions. It seems that i.n. OXT is capable of doing it all. In other words, as Walum and colleagues wrote, "If all of the conclusions from human OXT research were true, one might characterize OXT as the elixir of the social brain" (1075). Publications that fail to report an OXT effect or report on negative effects are largely missing. Therefore, the publication of positive, negative, and null results should strongly be encouraged to correct the emerging picture of OXT, also in the popular press.

#### C. Concerns Regarding the Amount of OXT Applied Intranasally

The value and interpretation of human or animal studies using supraphysiological amounts of OXT applied i.n. have been identified as another major concern (607). The authors argued that the human pituitary contains ~14 IU of OXT, as estimated by a bioassay; thus, given the biological activity of synthetic OXT in the range of 500 IU/mg, and the molecular weight of the OXT molecule of 1,007 g/mol, the human pituitary content is ~28  $\mu$ g OXT. In most human studies, OXT is applied i.n. in amounts of 24 IU (i.e., 48  $\mu$ g), which exceeds the entire pituitary content and results in supraphysiological amounts of the nonapeptide in the body. Despite this, only a very small percentage of synthetic OXT (0.002%) can be found in the brain cerebrospinal fluid (693). Here, the question arises about the fate of these large amounts of OXT applied. 1) Most of the i.n. applied OXT will be swallowed, thus, reaching the mouth cavity (and can be found in massive amounts in the saliva), will enter the intestinal tract, where it will be digested, fragmented, and excreted. 2) Another large portion enters the blood stream via nasal or mouth endothelial capillaries and thus will target all peripheral OXTR, which are abundantly expressed in various peripheral organs, such as heart, skin, intestinal tract, or autonomic nervous system (see sect IVF). To which extent peripheral OXTR-mediated mechanisms contribute to the observed central effects of OXT is still a matter of debate (see below). 3) Most importantly, only a minor part of the applied OXT will indeed enter the brain compartment, although the routes of transport are still a matter of debate (see sect. XIIIF). Since the blood-brainbarrier efficiently protects against the uptake of peripherally circulating peptides, at least at physiological concentrations (315) it has been estimated that only a very limited amount of i.n. OXT [estimated to be 0.002-0.005% at best (226, 607, 693, 754] has access to the brain compartment. Therefore, it seems likely that the high doses of OXT applied i.n. are in fact needed for the many observed central and behavioral effects. To provide evidence for this hypothesis, proper dose-response studies are essentially needed, especially those using significantly lower doses of i.n. OXT, i.e., one to two orders of magnitude lower than the dose of 24 IU most frequently used.

## **D. Concerns Regarding OXT Assays**

Another major concern of human and animal OXT research alike is the quantification of endogenous OXT in various body fluids (saliva, plasma, urine, CSF). Originally, OXT has been assessed by a bioassay in mammary or myometrial tissue, but soon a sensitive radioimmunoassay (RIA) was established in the 1970s and 1980s (173, 181, 230, 583). Later, competitive enzyme-linked immunosorbent assays (ELISA), immunosensing with microdialysis probes containing antibody-based electrodes, and capillary

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liquid chromatography combined with electrospray ionization-mass spectrometry (202, 585) were developed, suitable for quantifying plasma OXT (839). Sandwich ELISAs are increasingly commercially available; however, the quality of these assays depends on the affinity and specificity of the antibody used. In recent studies, a tandem liquid chromatography and mass spectrometry (LC/MS) has also been successfully used to assess OXT quantities (1134).

There is a general agreement that physiological OXT concentrations in the plasma are in the range of 0.1–10 pg/ml, which has repeatedly been validated by bioassays, RIA, and LC/MS by means of physiological stimuli known to trigger OXT secretion into blood. However, to yield reliable and physiological concentrations of OXT in blood, e.g., from humans, monkeys, rats, or mice, plasma samples need to be essentially extracted to eliminate potentially interfering plasma proteins, which is also highly recommended by the respective suppliers (see, for example, http://www.enzolife sciences.com/fileadmin/redacteur/pdf/adi/ADI-900-153.pdf). Thus, in unextracted plasma samples, OXT concentrations were found to be 100-1,000-fold higher than measurements in extracted samples (607, 680, 878), and such supraphysiological high levels are clearly due to substances other than OXT. As a consequence, parallel analysis of plasma samples by ELISA with and without prior extraction procedure did not reveal any correlations (878, 982, 987).

Although the high concentrations of OXT in unextracted plasma samples may reflect both free, i.e., biologically active, as well as binding protein-bound OXT, as revealed by the use of a nano LC/MS platform (112), the origin and biological relevance of bound OXT is questionable.

Importantly, OXT in saliva can be assayed without prior extraction procedure (237). This fact, in combination with the convenient sampling procedure, especially for patients or young volunteers, makes saliva OXT an interesting alternative to assess the dynamics of peripheral OXT levels (237).

In summary, the use of inappropriate and questionable detection assays strongly contributes to uncertainties among OXT researchers. Thus the extension of existing and further development of highly sensitive, specific, accessible, and affordable OXT assays for the reliable and standardized quantification of OXT represents one central objective for OXT research.

### E. Concerns Regarding the Interpretation of Peripheral OXT Levels

In this context, another concern of human and animal OXT research needs to be mentioned. Due to limited access to CSF or brain extracellular fluid, which can be

collected more easily in animals, most human (but also many animal) studies rely exclusively on peripheral OXT analyses, i.e., blood and saliva. However, caution is warranted when it comes to the interpretation of OXT levels in peripheral fluids. As discussed above, OXT secretion into blood from neurohypophysial terminals was found to occur simultaneously to, but also independently of, intracerebral release. Although a stimulated increase in plasma OXT has been shown to be accompanied by an increase in OXT release within distinct brain regions (e.g., during suckling, birth, stress, exercise) (591, 753), some stimuli also trigger central, but not peripheral, OXT release. In addition, release within the brain and into the blood occurs in differential temporal patterns (see above). Moreover, OXT release into blood and brain has never been consistently monitored and compared under basal conditions. Consequently, information is lacking, whether basal plasma or saliva OXT reflects the fine-tuned basal OXT release within distinct brain regions. Thus elevated levels of OXT in blood sampled under resting conditions, for example in patients suffering from anxiety disorders, would be an unreliable predictor for elevated brain OXT activity. Moreover, basal plasma or brain OXT levels might strongly depend on individual events occurring within the last hour(s) before sampling (e.g., fear of hospital or laboratory, prior eating, rushing to the laboratory, or sex) or on the time of the day. One possibility to circumvent this concern is, in addition to baseline, to stimulate the OXT system under defined experimental conditions, thus revealing the true responsiveness of the OXT system, as reflected by increased OXT concentrations in plasma or saliva in distinct patient cohorts and healthy controls. Recently, the Regensburg Oxytocin Challenge (ROC) test was established, demonstrating reliable increases in OXT saliva levels sampled from healthy volunteers in response to physical exercise (10 min of running), sexual stimulation, and the TSST. Whether the ROC test or another adapted OXT challenge test is suitable as routine test for the assessment of the OXT system responsiveness needs to be shown. In this context, it is interesting to note that, so far, no diurnal rhythm of OXT release within the PVN or SON has been detected, and OXT release from the suprachiasmatic nucleus, as the pacemaker of diurnal rhythms, was below the detection limit (504, but also see Refs. 655, 1133).

An alternative approach to the above-discussed scenario is to measure OXT in CSF, which might better reflect its availability in the brain (502). However, regional fluctuations in OXT levels will essentially be ignored. Furthermore, this invasive method is not feasible for routine use in humans.

Generally, engaging the endogenous OXT system in human studies on OXT, for example by assessing OXT

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concentrations in body fluids or genetic variations in the *OXTR*, would be a step forward for the field. In this way, we may be able to distinguish between individuals who respond to i.n. OXT treatment (OXT responders) and those who do not (OXT non-responders), possibly based on differences in the endogenous OXT activity.

# F. Unknown Routes of Uptake or Information Transfer of i.n. OXT to the Brain

The routes of uptake of OXT into the brain are completely speculative and, therefore, still a matter of concern. Thus several possible transport routes of synthetic i.n.-applied OXT (and other peptides) from the nasal mucosa to the brain have been critically discussed (263, 607, 753, 754). They include 1) uptake into the olfactory and trigeminal nerves connecting the nasal passage to the olfactory bulb and other central targets, 2) uptake via vascular connections from the nasal mucosa with high density of capillaries, and 3) limited OXT transport across the blood-brain barrier after uptake of i.n.-applied OXT into peripheral blood circulation with the limitations discussed above. Moreover, the role of circumventricular organs lacking the blood-brain barrier (including choroid plexus, pituitary and pituitary stalk, organum vasculosum of the lamina terminalis, subfornical organ, area postrema, and subcommisural organ) (9, 954, 1116), where OXTR are also expressed, and their neuronal connections to various hypothalamic and other brain regions need to be seriously considered.

In an attempt to monitor the uptake of OXT after i.n. application of supraphysiological amounts, OXT has been analyzed in CSF and brain extracellular fluid [as measured by microdialysis (754)] in both animal (rats, mice, macaques) and human studies. However, rather inconsistent results were reported (96, 226, 704, 754), which were only consistent in the demonstration that a maximal central uptake of 0.005% of applied OXT can be achieved.

In contrast, i.n. OXT has consistently been shown to result in elevated plasma OXT concentrations. Therefore, OXT interactions with OXTR in the periphery, for example at gastric vagal nerve endings (482) or in the heart (515), need to be seriously considered as a plausible mechanism of action of i.n. OXT transferring the peripheral OXT signal to the brain. As reviewed above (see sect. X), peripheral OXT was described to regulate metabolic processes including the secretion of insulin and glucagon (18), gastric motility (1085), activation of vagal afferent neurons (482), and increasing heart rate variability after i.n. application in humans (515). G. Unknown Mechanisms of Association Between OXTR SNPs and Psychological Traits

A high level of uncertainty also exists regarding the functional impact of associations between SNPs described in the *OXTR* gene and various behavioral traits (see above), including the degree of loneliness (1048), symptoms of emotional withdrawal (418), sociability (1021), empathy (879), maternal sensitivity (46), aggression and antisocial behavior (127, 952), or plasma levels of OXT (324). Although some data on the functional relevance of a SNP residing in the promoter region has been published (888), it is completely unknown how the mostly silent and intronic SNPs that are mainly associated with psychological traits (e.g., rs53576, rs2254298) affect OXTR physiology and functioning, for example OXTR expression, ligand affinity and binding capacity, or OXTR-coupled intraneuronal signaling cascades.

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# DISCLOSURES

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