

1 **Post-weaning social isolation increases Δ FosB/FosB protein expression in**
2 **the prefrontal cortex and hippocampus in mice**

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30 **Abstract**

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32 Social isolation is a growing public health concern across the lifespan. Specifically,
33 isolation early in life, during critical periods of brain development, increases the risk of
34 psychiatric disorders later in life. Previous studies of isolation models in mice have
35 shown distinct neurological abnormalities in various regions of the brain, but the
36 mechanism linking the experience of isolation to these phenotypes is unclear. In this
37 study, we show that Δ FosB, a long-lived transcription factor associated with chronic
38 stress responses and drug-induced neuroplasticity, is upregulated in the medial
39 prefrontal cortex and hippocampus of adult C57BL/6J mice isolated for two weeks post-
40 weaning. Additionally, a related transcription factor, FosB, is also increased in the
41 medial prefrontal cortex in socially isolated females. These results show that short-term
42 isolation during the critical post-weaning period has long-lasting and sex-dependent
43 effects on gene expression in brain.

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Keywords: Social isolation, Δ FosB, chronic stress, prefrontal cortex, hippocampus

64 **1. Introduction**

65
66 Social isolation (SI) during childhood and adolescence is an adverse event that increases
67 the risk for developing several psychiatric disorders later in life, including anxiety,
68 depression, and schizophrenia [1]. SI has long been recognized as a public health issue
69 among older populations [2], but recent evidence reveals it is a growing problem among
70 adolescents and young adults [3]. The potential disruption of critical developmental
71 processes compounds the negative consequences of SI for this age group. Despite the
72 wealth of epidemiological data available on the detrimental effects of SI, little is known
73 about the underlying neural mechanisms through which SI increases risk for psychiatric
74 disorders [1].

75 Some of the immediate effects of SI include impaired cognition, increased risk for
76 substance use disorders, and increased anxiety and depression. Some of these effects are
77 also observed in situations where stress response proteins are dysregulated. The
78 transcription factor FosB is transiently expressed in response to environmental stress,
79 but in situations of persistent stress, the truncated and longer-lived isoform Δ FosB
80 tends to accumulate [4]. High levels of Δ FosB are observed in response to chronic drug
81 exposure and are associated with addiction-like behaviors in rodents [5]. Increases in
82 Δ FosB are also observed in chronic social stress models, specifically in repeated social
83 defeat stress [6].

84 In social defeat animal models, Δ FosB elevation is observed in the medial
85 prefrontal cortex (mPFC), a phenomenon associated with increased susceptibility to
86 social stress, and increased anxiety- and depression-like behaviors. Viral-mediated
87 genetic overexpression of Δ FosB produces a similar behavioral profile, which suggests
88 that the transcription factor plays a causal role in the phenotype.

89

90 Δ FosB/FosB induction has been studied in the context of rodent SI models, but,
91 to our knowledge, not in models of post-weaning/adolescent isolation [7,8]. Here we
92 assessed the expression of Δ FosB/FosB in the mPFC, hippocampus, and striatum, three
93 regions involved in the behavioral response to stress, after exposure to a validated
94 model of post-weaning isolation [9–11].

95

96 **2. Materials and methods**

97 *2.1. Mice*

98 Male and female C57BL/6J mice (6-7 weeks old) were purchased from The Jackson
99 Laboratory (Bar Harbor, ME, USA) and set up as breeding pairs. Only one litter from
100 each breeding pair was used in these experiments. The isolation procedure used for
101 these studies was adapted from the procedure described by Makinodan and colleagues
102 [9]. Briefly, pups were weaned at postnatal day 21 (P21) and either housed in same sex
103 groups of three for the duration of the experiment or singly housed from P21-P35 and
104 then rehoused with another isolated littermate for the duration of the experiment
105 (Figure 1).

106

107 *2.2. Immunoblotting*

108 At P63, mice were anesthetized with isoflurane and then decapitated. The brain was
109 removed and the mPFC (infralimbic and prelimbic subregions), hippocampus, and
110 striatum were dissected using previously described methods [12] and flash frozen on dry
111 ice and stored at -80°C until processing. The tissue was homogenized and sonicated in
112 T-Per lysis buffer (Thermo Scientific, Rockford, IL, United States). The protein

113 concentration of the samples was determined using a Pierce BCA Protein Assay Kit
114 (Thermo Scientific, 23225). 40 μ g of protein was separated by NuPAGE 4-12% Bis-Tris
115 Protein Gels (Invitrogen, NP0335BOX) and transferred to a nitrocellulose membrane
116 with an iBlot[®] Transfer Stack (ThermoFisher Scientific, IB301001). After blockade with
117 Odyssey blocking buffer (LI-COR, Lincoln, NE, USA; 927-40000) for 1 h at room
118 temperature, the membrane was incubated with the rabbit monoclonal anti-FosB
119 primary antibody (dilution: 1:1000, product number: 2251S, Cell Signaling Technology,
120 Danver, MA, USA) at 4 °C overnight. Δ FosB/FosB levels were normalized to beta-actin,
121 so membranes were also incubated with a mouse monoclonal anti-beta actin primary
122 antibody (dilution: 1:5000, product number: ab8226, Abcam, Cambridge, MA, USA).
123 After TBST washing three times for 10 minutes each wash, the membrane was incubated
124 with the corresponding secondary antibodies (goat anti-rabbit IRDye[®] 800CW and goat
125 anti-mouse IRDye[®] 680LT (dilutions: 1:15,000, LI-COR) for 1 h at room temperature.
126 The western blot protein bands were captured by Odyssey CLX and analyzed by Image
127 Studio software (V3.1, LI-COR).

128

129 **3. Results**

130 *3.1. Δ FosB protein is elevated in the mPFC and hippocampus following SI stress*

131 We found that Δ FosB protein levels were increased in the mPFC ($F_{1,33} = 16.54$, $p =$
132 0.0003) and hippocampus ($F_{1,33} = 4.666$, $p = 0.0381$) of adult mice exposed to post-
133 weaning SI compared to group-housed littermates. There were no effects of sex on
134 Δ FosB levels in either region (mPFC: $F_{1,33} = 0.0270$, $p = 0.8704$; Hippocampus: $F_{1,33} =$
135 0.7638 , $p = 0.3885$) or sex X housing interactions (mPFC: $F_{1,33} = 0.0270$, $p = 0.8704$;
136 Hippocampus: $F_{1,33} = 0.9484$, $p = 0.3372$). There were no significant effects of sex ($F_{1,33}$

137 = 0.0986, $p = 0.7555$), housing ($F_{1,33} = 1.427$, $p = 0.2408$), or sex X housing
138 interactions ($F_{1,33} = 0.0986$, $p = 0.7555$) on Δ FosB in the striatum (Figure 2).

139

140 *3.2. FosB protein is decreased in male mice exposed to SI stress*

141 We also measured the amount of FosB protein in the same three brain regions. There
142 was a significant interaction between sex and housing on FosB in the mPFC ($F_{1,33} =$
143 5.708 , $p = 0.0228$). *Post hoc* analyses showed that male mice exposed to SI have less
144 FosB compared to female mice exposed to SI ($p = 0.0160$). There were no other
145 significant pairwise differences between the groups. There were no significant effects of
146 sex, housing, or sex X housing interactions in the hippocampus or striatum (Figure 3).

147

148 *3.3. Δ FosB/FosB ratio is higher in the mPFC of male mice exposed to SI stress*

149 Due to the changes in Δ FosB and FosB protein levels across multiple regions, we also
150 analyzed the relative changes in these two proteins within individual mice. We found a
151 significant interaction between sex and housing on Δ FosB/FosB ratio in the mPFC ($F_{1,33}$
152 = 8.585 , $p = 0.0061$). *Post hoc* analyses showed that the interaction was driven by an
153 increase in the ratio in SI males compared to all of the other groups ($p = 0.0017$
154 compared to group-housed males and $p < 0.0001$ compared to both group-housed
155 females and SI females; Figure 4).

156

157 **4. Discussion**

158 In this experiment, we measured the levels of Δ FosB and FosB protein in the mPFC,
159 hippocampus, and striatum of mice exposed to transient post-weaning SI. We found
160 that Δ FosB protein expression is a long-term marker of SI in this model. Specifically,

161 Δ FosB protein is increased in the mPFC and hippocampus of adult mice (P63) that were
162 socially isolated from P21-P35. Additionally, there were sex X housing interactions. In
163 the mPFC, SI females had more FosB protein than SI males, but not group-housed
164 females or males. We also measured the Δ FosB/FosB ratio in the three brain regions
165 and found that SI male mice had more Δ FosB relative to FosB in the mPFC compared to
166 the three other groups. Interestingly, these changes in Δ FosB/FosB expression are
167 present weeks after the termination of the SI stress, suggesting there are long-lasting
168 effects of SI that are not mitigated by a return to group-housing.

169 Increased Δ FosB protein is a hallmark of exposure to multiple types of stress. For
170 example, Δ FosB levels are elevated following exposure to chronic, but not acute
171 administration of multiple drugs of abuse in rats and mice [13]. Chronic restraint and
172 unpredictable stress increase Δ FosB expression in the brain as well [14]. Moreover,
173 chronic exposure to seemingly beneficial perturbations including wheel-running and
174 antidepressants increase Δ FosB expression as well [15,16].

175 Δ FosB expression, particularly in the nucleus accumbens, is associated with
176 augmented responses to drugs of abuse. Early experiments utilizing overexpression of
177 Δ FosB indicated that high levels of the transcription factor in the nucleus accumbens
178 increases the responsiveness of mice to the rewarding and locomotor-activating effects
179 of cocaine [17]. Additionally, Δ FosB is associated with increased self-administration of
180 cocaine and inhibition of the aversive effects of kappa opioid receptor activation [18,19].
181 Taken together, the combined effects of increased reward sensitivity and decreased
182 aversion could support increased drug-seeking and susceptibility to addiction. The
183 increase in drug-seeking associated with Δ FosB expression appears to be a general effect
184 because it is seen with multiple drugs of abuse, including opioids [20].

185 To our knowledge, our study is the first to investigate changes in Δ FosB/FosB
186 following transient post-weaning isolation, but there have been reports in other models
187 of social isolation. Isolation for eight weeks on adult female prairie voles increased
188 Δ FosB/FosB immunohistochemistry in the basolateral amygdala [8]. Interestingly,
189 prolonged social isolation in adult mice decreases Δ FosB in the nucleus accumbens and
190 increases susceptibility to the detrimental effects of social defeat stress [7]. We found no
191 change in Δ FosB or FosB protein in the striatum. The discrepancy may be due to our
192 sampling of the entire striatum, including both dorsal and ventral (nucleus accumbens)
193 subregions, and/or the difference in the age of the mice during isolation. There may be
194 fundamental differences in the long-term effects of SI depending on when the isolation
195 occurs.

196 We found significant changes in Δ FosB/FosB protein in the mPFC. The post-
197 weaning period we examined is critical for the development of the prefrontal cortex in
198 rodents [21,22]. Chronic administration of drugs of abuse have been shown to increase
199 Δ FosB in the PFC [13]. Additionally, chronic treatment with the antipsychotic
200 haloperidol increases Δ FosB in the PFC and the increase in Δ FosB is associated with
201 cognitive disruption [23]. Chronic social defeat stress also increases Δ FosB in the mPFC
202 [24]. These data suggest that the increased Δ FosB produced by social isolation stress
203 may be associated with detrimental behavioral effects in these mice.

204 Female mice exposed to isolation also had elevated levels of FosB. Most studies
205 investigating Δ FosB/FosB have utilized immunohistochemistry and antibodies that bind
206 both Δ FosB and FosB, making it impossible to determine which variant was responsible
207 for the signal. Here, we used western blotting techniques that allowed us to separate
208 Δ FosB and FosB by size and quantify relative changes between the two variants [25]. It

209 is unclear what the differential effects would be of having either elevated Δ FosB alone or
210 in combination with FosB. If the induction of FosB is related to acute stress and Δ FosB
211 is a marker of a previously terminated stressor, the different response between males
212 and females may represent a critical difference in the downstream effects of social
213 isolation. One study utilizing mutant mice with variable levels of Δ FosB and FosB
214 indicates that relative expression patterns may produce differential behavioral effects.
215 Specifically FosB can antagonize the effects of accumulated Δ FosB [26].

216 This study represents an initial characterization of the long-term effects of
217 transient post-weaning SI. The role, if any, of Δ FosB/FosB in the behavioral or
218 neurobiological alterations produced by this model are unknown [9,11,27]. Future
219 studies will address whether expression of genes regulated by Δ FosB/FosB are also
220 modulated by isolation and whether there is a causal relationship between Δ FosB/FosB
221 activity and the SI behavioral phenotype.

222

223 **Data Availability Statement**

224 The datasets generated by this project are available upon request.

225 **Author Contributions**

226 **Michael Noback:** Conceptualization, Methodology, Writing-Original Draft, Writing-
227 Review & Editing; **Gongliang Zhang:** Conceptualization, Methodology, Investigation,
228 Formal Analysis, Writing-Review & Editing; **Noelle White:** Investigation, Writing-
229 Review & Editing; **James C. Barrow:** Writing-Review & Editing, Supervision, Project
230 Administration, Funding Acquisition; **Gregory V. Carr:** Conceptualization,
231 Methodology, Formal Analysis, Validation, Writing-Original Draft, Writing-Review &
232 Editing, Supervision, Project Administration.

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239

240 **Figure Legends**

241

242 **Figure 1.** *Post-weaning isolation protocol.* Mice are weaned at P21 into group-housed
243 cages (3 mice/cage) or isolation cages. On P35, isolated mice are repaired with
244 previously isolated littermates. Tissue was collected at P63.

245

246 **Figure 2.** *Relative Δ FosB protein levels.* SI increases Δ FosB protein in the mPFC (a)
247 and hippocampus (b) of male and female mice compared to their group-housed (GH)
248 littermates. There were no significant differences in the striatum (c). n = 10/GH males,
249 10/GH females, 8/SI males, and 9/SI females. Data are normalized to the GH male
250 group and represent the mean \pm SEM. * $p < 0.05$; *** $p < 0.001$.

251

252 **Figure 3.** *Relative FosB protein levels.* SI increases FosB protein in the mPFC (a) of
253 female mice compared to SI male mice. There were no other significant differences in
254 the mPFC, hippocampus (b), or striatum (c). n = 10/GH males, 10/GH females, 8/SI
255 males, and 9/SI females. Data are normalized to the GH male group and represent the
256 mean \pm SEM. * $p < 0.05$.

257

258 **Figure 4.** *Δ FosB /FosB ratio.* SI increases the Δ FosB /FosB ratio in the mPFC of SI
259 male mice compared to the other three groups. There were no other significant
260 differences in the mPFC, hippocampus (b), or striatum (c). n = 10/GH males, 10/GH
261 females, 8/SI males, and 9/SI females. Data are the mean \pm SEM. * $p < 0.05$.

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Figure 1

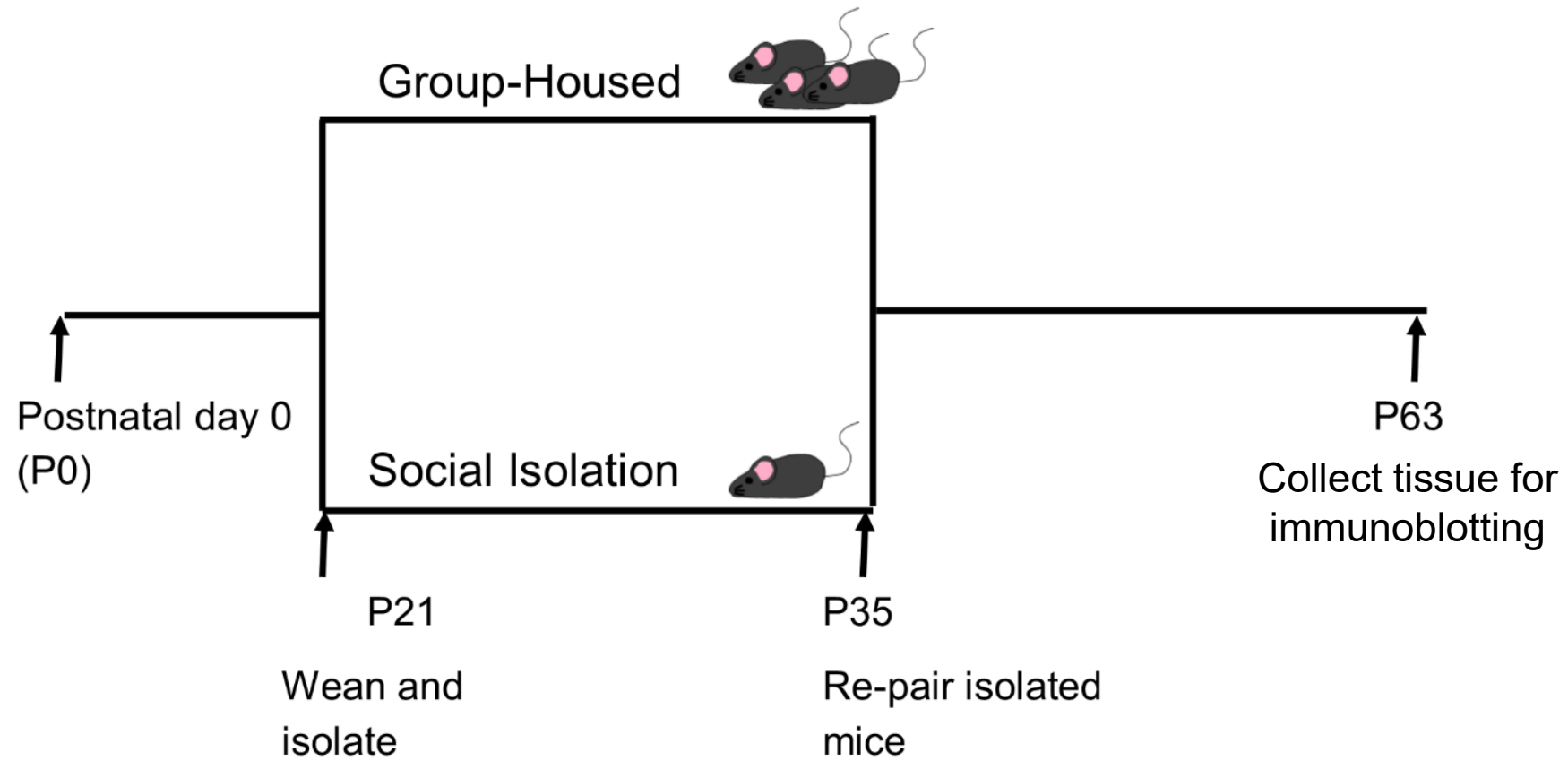


Figure 2

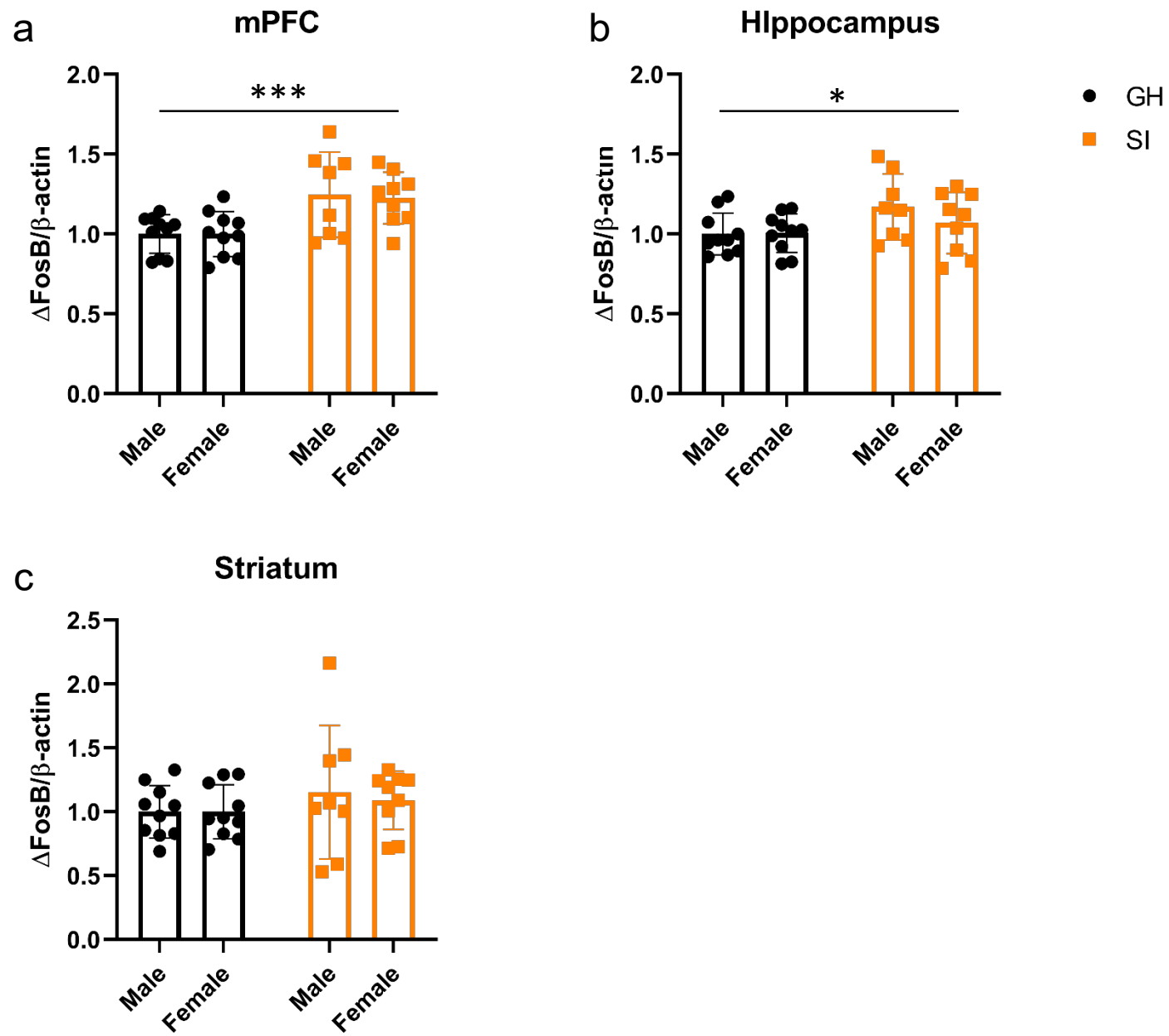


Figure 3

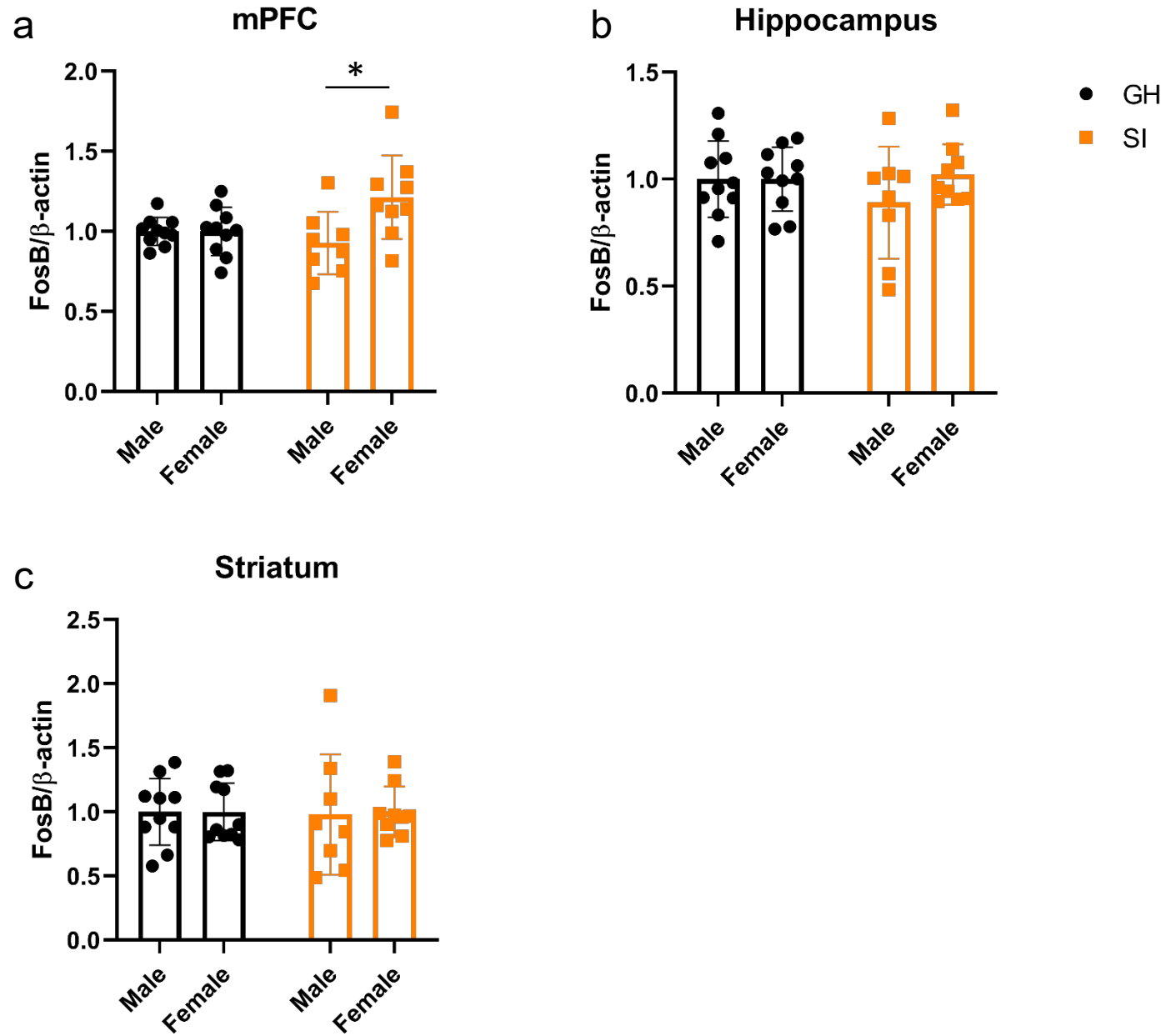


Figure 4

