

Noradrenergic–glucocorticoid mechanisms in emotion-induced amnesia: from adaptation to disease

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Abstract

Discussions The interaction of emotion and episodic encoding has costs and benefits. These costs and benefits have been characterized in oddball experiments, where a violation of prevailing neutral context through aversive oddballs is associated with subsequent hypermnesia for the aversive oddball and peri-emotional amnesia for the neutral context. Both hypermnesia and peri-emotional amnesia are amygdala-dependent and vary as a function of noradrenergic–glucocorticoid input to the amygdala during emotional episodic encoding. Pharmacological enhancement of this input allows to model the maladaptive effects of emotion on episodic encoding. Extrapolation of these findings to conditions of emotional trauma suggests that disinhibited noradrenergic–glucocorticoid signaling could serve as a crucial etiological contributor to the pathogenesis of peri-traumatic amnesia (PTA) and post-traumatic stress disorder (PTSD).

Conclusions Immediate pharmacological blockade of noradrenergic–glucocorticoid signaling might prove effective in the secondary prevention of PTA and PTSD.

Keywords Emotion · Memory · Encoding · Amnesia · Noradrenaline · Cortisol · Stress · Trauma · PTSD

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Introduction

From an evolutionary perspective, emotion, whether of an appetitive or aversive nature, signals an event that is likely to have immediate and future relevance to survival and reproductive success. Thus, enhanced episodic (autobiographical) memory for emotional events is of adaptive importance (Hamann 2001). However, the interaction of emotion and episodic memory is associated with two contradictory effects in the form of emotion-induced increments and decrements in memory (Christianson 1992). The underlying neurochemical mechanisms and their potential contribution to maladaptive influences of emotion on episodic memory provide the focus of this article. Four topics are explored: (1) emotion–consolidation interactions, (2) emotion–encoding interactions, (3) peri-emotional amnesia, (4) peri-traumatic amnesia and post-traumatic stress disorder.

Emotion–consolidation interactions

Emotional episodic memories constitute the core of human personal history. This has been well documented in naturalistic observations and laboratory studies of flashbulb memories (Brown and Kulik 1977), particularly for shocking events such as the assassination of US President Lincoln (Colegrove 1899), the Loma Prieta earthquake in 1989 (Neisser et al. 1996), or the terrorist attacks on 9/11 (Talarico and Rubin 2003; Sharot et al. 2007). A striking feature of the neurobiology of emotional episodic memory is a dependence on the amygdala (Dolan 2002). Patients with selective bilateral amygdala calcification lesion caused by congenital lipid proteinosis of Urbach and Wiethe (OMIM 247100) typically lack an advantage in recall of emotional items (Adolphs et al. 1997). The crucial role of

the amygdala is also evidenced by elegant studies using positron emission tomography (PET; Cahill et al. 1996) and functional magnetic resonance imaging (fMRI; Canli et al. 2000; Dolcos et al. 2004), where amygdala responses during encoding of emotional items predict later memory for these items (the so-called *difference-due-to-subsequent-memory* or *Dm* effect; Paller and Wagner 2002). Importantly, amygdala responses to both appetitive and aversive items are predictive of later memory (Hamann et al. 1999). The emotional *Dm* effect has been interpreted in support of the *memory modulation hypothesis* (Dolcos et al. 2004; LaBar and Cabeza 2006), which posits a malleability of episodic consolidation in the service of emotion (McGaugh 2000, 2002, 2004). Episodic consolidation refers to a time-dependent stabilization process, whereby fresh memories become increasingly resistant to interference from competing or disrupting amnesiogenic agents, including the encoding of new lists of items (the so-called *retroactive inhibition*; Müller and Pilzecker 1900; see also Lechner et al. 1999), cerebral trauma (McDougall 1901; Burnham 1903), electroconvulsion (Duncan 1949; Gerard 1949), or the administration of protein synthesis inhibitors (Davis and Squire 1984). Human lesion studies have shown that episodic consolidation is hippocampus-dependent (Scoville and Milner 1957; Zola-Morgan et al. 1986; Rempel-Clower et al. 1996; Stefanacci et al. 2000), although, with time, stored memories may become reorganized in a way that makes their retrieval gradually less dependent on the hippocampus (the so-called *system-level consolidation*; Teng and Squire 1999; Eichenbaum 2000; Squire et al. 2004).

Since the seminal findings of Kleinsmith and Kaplan (1963), behavioral studies in humans have accumulated evidence that retention advantages for emotional items relative to neutral items are greater when episodic memory is tested after long (e.g., 1 h to 1 day), relative to short (immediate) delays (LaBar and Cabeza 2006). Findings that *Urbach–Wiethe* patients are impaired in delayed recall and recognition tests of emotional words, pictures, and narratives (Markowitsch et al. 1994; Cahill et al. 1995; Adolphs et al. 1997) support the *memory modulation hypothesis* and suggest that emotion interacts with episodic memory by engaging the amygdala to modulate hippocampal plasticity during episodic consolidation. The involved anatomical and neurochemical substrates have been extensively studied in lesion and pharmacological experiments in rodents that provide evidence for an endogenous modulation of amygdala function by activation of adrenal stress hormones (McGaugh 2000, 2002, 2004): Adrenaline (epinephrine) does not freely pass the blood–brain barrier and is thought to modulate memory consolidation via activation of β -adrenergic receptors located peripherally on vagal afferents projecting to the nucleus of the solitary tract in the brainstem; noradrenergic (norepinephrine, NE) projections

from this region influence neuronal activity in other brain regions, including the basolateral amygdala (BLA; McGaugh 2000, 2002, 2004). In contrast, adrenal glucocorticoids such as cortisol (CORT) readily enter the brain and promote gene expression by interacting with glucocorticoid receptors (McGaugh and Roozendaal 2002; de Kloet et al. 2005). In addition, there is increasing evidence for instantaneous nongenomic CORT action (Losel and Wehling 2003; Tasker et al. 2006; see also Grundemann et al. 1998). BLA activation is critical for mediating the memory-enhancing effects of adrenaline and CORT because pharmacological manipulations and lesions of the BLA eliminate these effects (McGaugh 2000, 2002, 2004). In humans, an emotion-induced enhancement of episodic consolidation can be blocked by administration of *propranolol* (40 mg p.o.; Cahill et al. 1994), a nonselective β -adrenoreceptor antagonist used for hypertension and social anxiety disorder. This blockade is centrally mediated (van Stegeren et al. 1998) and equivalent to that observed in *Urbach–Wiethe* patients (Cahill et al. 1995), thus, providing indirect evidence that the amygdala is a critical locus for *propranolol*'s effects.

The neural circuitry underlying the modulatory impact of emotion on episodic consolidation in humans has been characterized in PET (Kilpatrick and Cahill 2003) and fMRI studies (Kensinger and Corkin 2004; Dolcos et al. 2004) that provide evidence of amygdala–hippocampal interactions. Specifically, the evidence suggests a functional coupling of amygdala and hippocampus during emotional episodic encoding (Richardson et al. 2004). However, these demonstrations of amygdala–hippocampal connectivity per se do not confirm that the amygdala's role in emotion–memory interactions stems from its exclusive influence on consolidation rather than encoding of episodic memories. Moreover, no consensus has evolved on the time course of emotional episodic consolidation. Even if the shorter estimates (several hours of slow-wave sleep) are correct (Holland and Lewis 2006; Hu et al. 2006; Wagner et al. 2006), it is evident from numerous observations that episodic memories can be enhanced by emotion even at immediate delays (Hamann 2001). Thus, there must be relevant interactions of emotion and episodic memory that take place during encoding, i.e., before the onset of consolidation.

Emotion-encoding interactions

The observation that humans note and remember the exceptional over the mundane has been the subject of extensive electrophysiological research using oddball paradigms, where a deviant or novel stimulus, i.e., the oddball, violates the prevailing context and elicits a P3 event-related potential (ERP; Goldstein et al. 2002; Ranganath and Rainer 2003). Multiple lines of evidence suggest similari-

ties between conditions evoking the P3 ERP and those evoking phasic responses in the locus coeruleus (LC; Nieuwenhuis et al. 2005)—a collection of neurons (~16,000 per hemisphere) that resides in the dorso-rostral pons and provides the principle source of ascending NE projections in the brain (Berridge and Waterhouse 2003; Aston-Jones and Cohen 2005a, b). Findings of diminished neural responses to oddballs after administration of *propranolol* (40 mg p.o.) confirm that oddball detection critically involves phasic LC–NE signaling (Strange and Dolan 2007). Isolating an oddball against a homogeneous background of standard stimuli facilitates episodic encoding of the oddball (Fabiani and Donchin 1995), particularly if the oddball is emotional (the so-called *von Restorff* or *VR* effect; von Restorff 1933; see also Wallace 1965; Wiswede et al. 2006).

However, psychological evidence indicates that the influence of oddballs on episodic encoding is associated with two phenomenologically contradictory effects in the form of enhanced (the *VR* effect) and impaired memory. In a pioneering study, Tulving (1969) described a behavioral effect of retrograde amnesia in a single-trial immediate free-recall task of word lists including 15 items, produced by inserting semantic oddballs (names of famous people such as *Columbus*, *Freud*, *Aristotle*). This novelty-induced retrograde amnesia was interpreted as a premature termination of episodic encoding and stimulated a burst of studies of experimental amnesia, which revealed that amnesic responses are largest to emotional oddballs and affect standard items that precede (retrograde amnesia) and/or follow (anterograde amnesia) emotional oddballs (Detterman and Ellis 1972; Loftus and Burns 1982; Christianson 1984; Angelini et al. 1994). The experimental strategy typically used in these studies was to expose subjects to a series of neutral slides (e.g., pittoresc landscapes), in which were randomly inserted slides of aversive content (e.g., mutilated bodies).

The question raises about the neurobiological substrates of the emotional *VR* effect and the peri-emotional memory changes that occur in response to this effect. Because abundant evidence implicates both amygdala- and β -adrenergic-dependent mechanisms in an emotional modulation of episodic memory at long retention intervals (Cahill et al. 1994, 1995; McGaugh 2000, 2002, 2004), similar modulatory mechanisms could hold for emotion-induced memory increments and decrements at short retention intervals. This prediction was tested in a landmark series of behavioral experiments involving an oddball paradigm that allowed to demonstrate a phenotypic variation in retrograde amnesia as a function of the underlying emotional *VR* effect (Strange et al. 2003). It turned out that both phenomena are coupled and depend on a common neurobiological mechanism, in that memory increments and decrements are abolished by *propranolol* (40 mg p.o.), as

well as by bilateral amygdala damage in a patient (A.M.) with *Urbach–Wieth* disease (Strange et al. 2003).

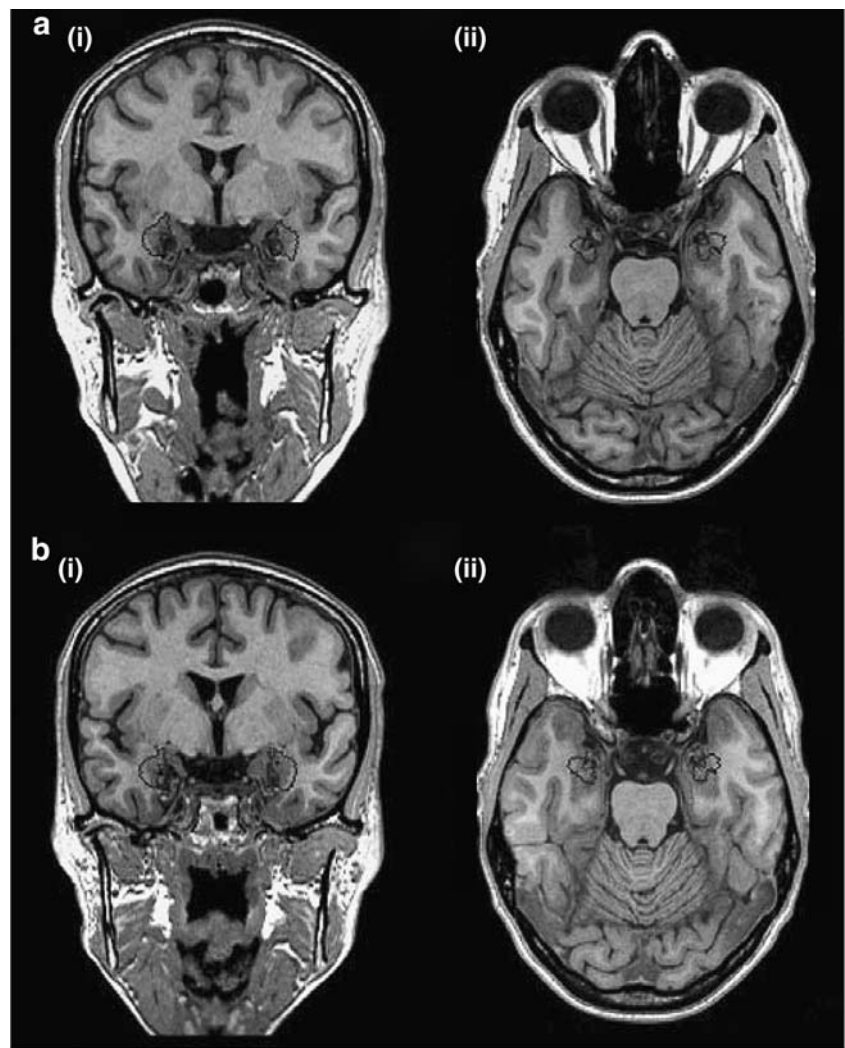
Follow-up experiments showed that—consistent with a widely accepted psychological taxonomy of emotion along the orthogonal dimensions of valence and arousal (Russell 1980; Lang 1995; Lang et al. 1997)—there is a dimensional organization of emotional-cognitive interference underlying peri-emotional memory changes (Hurlemann et al. 2005): Retrograde interference is primarily determined by valence, with negative emotion evoking amnesic responses and positive emotion evoking hypermnesic responses, whereas anterograde interference is primarily determined by arousal, with both negative and positive emotion eliciting amnesic responses. Both retrograde and anterograde interference are absent in two monozygotic female twins (A.M. and B.G.) with *Urbach–Wieth* disease and a focal disease emphasis on the BLA (Fig. 1; Hurlemann et al. 2007a). Moreover, both retrograde and anterograde interference are eliminated by *propranolol* (40 mg p.o.) and enhanced by *reboxetine* (4 mg p.o.), a NE reuptake inhibitor (NARI) with antidepressant activity (Hurlemann et al. 2005). Together, these findings point to NE as a control neurochemical substrate of emotion-induced amnesia and hypermnesia.

Peri-emotional memory changes induced by emotional oddballs have been interpreted as resulting from dissociable forms of emotional-cognitive interference: Anterograde amnesic responses might be caused by an emotional arousal-evoked fixation of attention, whereas retrograde amnesic vs hypermnesic responses might reflect a valence-dependent filter mechanism that operates during emotional episodic encoding and controls access to consolidation upon criteria of behavioral significance indexed by emotion (Hurlemann 2006). Such filter mechanism may originate in amygdala-hippocampal interactions that are modulated by ascending LC–NE input and descending inputs from prefrontal cortex (PFC; Hurlemann 2006). This hypothesis is in line with the prevailing concept that BLA-dependent arousal signals transmitted to anterior hippocampus render it susceptible to valence input from PFC subregions (Dolcos et al. 2004; Kensinger 2004; Kensinger and Corkin 2004). According to this model, negative vs positive valence assessment in medial PFC (mPFC) is critical for a differential expression of retrograde amnesic vs hypermnesic effects, with the magnitude of these effects varying as a function of BLA activation. Specifically, it has been suggested that positive valence input triggers associative encoding of an appetitive item and nonpredictive items preceding this appetitive item, whereas negative valence input eliminates encoding of preceding items to prioritize encoding of an aversive item (Hurlemann 2006).

This circuitry might be dysfunctional in pathological conditions such as borderline personality disorder (BPD), which has been conceptualized as a hyperarousal-dyscontrol

Fig. 1 Superposition of BLA stereotaxic cytoarchitectonic probabilistic maps on the calcified amygdalae of two female patients A.M. and B.G. with congenital lipoid proteinosis of Urbach and Wiethe (OMIM 247100). Equiprobability contours in *black* indicate a 50% likelihood of a given voxel to be localized within the BLA.

a Medial temporal lobe of patient A.M. in coronal (*i*) and horizontal view (*ii*). **b** Medial temporal lobe of patient B.G. in coronal (*i*) and horizontal view (*ii*). *BLA* Basolateral amygdala constituted by the lateral, basolateral, and basomedial nuclei (reproduced with permission from Hurlmann et al. 2007a)



syndrome (Lieb et al. 2004). Indeed, current theories emphasize the disruptive effects of dysregulated negative emotion on cognition in patients with BPD (Fertuck et al. 2005). To examine emotional–cognitive interference in BPD, Hurlmann et al. (2007b) tested a homogeneous sample of 16 unmedicated female patients with *Diagnostic and Statistical Manual of Mental Disorders IV (DSM-IV)*-confirmed diagnosis of BPD and florid self-harm on the behavioral indices of emotion-induced amnesia and hypermnesia established in a comparison sample. BPD patients displayed enhanced peri-emotional amnesia in response to aversive oddballs, whereas appetitive oddballs elicited no peri-emotional memory changes. This profile implicates amygdala hyperresponsiveness to negative emotion, perhaps driven by a hypersensitive LC–NE system, as a crucial etiological contributor to cognitive dysfunction in BPD. The aforementioned findings suggest that an antidepressant therapy with *reboxetine* should be carefully considered in BPD patients, as further potentiation of NE neurotransmission might initially worsen cognitive dys-

function in these patients (Hurlmann et al. 2007b; see also Angheliescu et al. 2005).

Peri-emotional amnesia

Oddball experiments demonstrate that the influence of emotion on episodic encoding is associated with subsequent hypermnesia for aversive information and peri-emotional amnesia for the surrounding neutral context (Strange et al. 2003; Hurlmann et al. 2005, 2007a). Whereas retrograde amnesia can be interpreted as reflecting competition of emotional and neutral information for consolidation resources, anterograde amnesia may result from an emotional capture of attentional resources. The latter has been confirmed in fMRI experiments, where emotional distracters interfere with attentional reorienting and compromise task performance (Mitchell et al. 2007; see also Yamasaki et al. 2002; Dolcos and McCarthy 2006). Perhaps related to this phenomenon is the allocation of attention to central gist information at the expense of peripheral details

of complex emotional stimuli that require serial information processing (e.g., social encounters), as exemplified by ‘weapon focus’ in eyewitness testimony research (Loftus et al. 1987).

Easterbrook (1959) originally described this type of emotional–cognitive interference in his cue-utilization theory by proposing that emotion would narrow the focus of attention, such that information central to the source of emotion would be encoded, whereas peripheral details would not. Consistent with this theory, *Urbach–Wiethe* patients do not focus on central gist information when memory is tested for emotional narratives (Adolphs et al. 2005). This becomes obvious when these patients generate intact skin conductance responses and normal arousal/valence ratings, implying specific deficits in emotional episodic memory rather than global impairments in the cognitive assessment of emotion. However, critical characteristics of emotional episodic memory are preserved after bilateral amygdala damage. Amygdalotomized patients preferentially remember information that is emotionally valent but low in arousal, as well as neutral information encoded in emotional contexts (Phelps 2006). These patients appear to access other cognitive resources that enhance emotional episodic memory, most likely by recruiting mPFC–hippocampal routes that code emotional valence (Kensinger 2004; Kensinger and Corkin 2004). Together, these findings suggest a critical role of mPFC in emotional episodic encoding and extend current rodent-based models, which emphasize the role of the amygdala.

Pharmacological manipulations in humans have implicated both β -adrenergic- and CORT-dependent mechanisms in emotion–memory interactions, although with less anatomical specificity than in rodents. The memory advantage of emotional information relative to neutral information is abolished by drugs acting as functional NE antagonists (e.g., *propranolol*; Cahill et al. 1994; van Stegeren et al. 1998) and amplified by drugs acting as functional NE agonists (e.g., the α_2 -adrenoreceptor antagonist *yohimbine*; O’Carroll et al. 1999). Although these results have been interpreted in support of the *memory modulation hypothesis*, it should be noted that in the majority of these experiments, drug manipulations were performed before encoding; when β -adrenergic blockade was established after encoding, no effect of *propranolol* on emotional episodic memory was observed (van Stegeren et al. 2002). These findings suggest that β -adrenergic-dependent interactions of emotion and episodic memory emerge during encoding, i.e., before the onset of consolidation. Observations that the emotional *VR* effect—and the peri-emotional amnesia induced by this effect—are absent in two *Urbach–Wiethe* patients with a focal disease emphasis on the BLA (Fig. 1), as well as in controls administered with *propranolol* (40 mg p.o.; Strange et al. 2003; Hurlmann et al. 2005), confirm

pharmacological fMRI findings that converge on the BLA as a likely mediator of β -adrenergic influences on emotional episodic encoding (van Stegeren et al. 2005, 2007).

A crucial question is the contribution of CORT to the phenotypic expression of peri-emotional amnesia. Central concentrations of CORT rise to peak stress levels within 15–30 min and normalize to pre-stress levels 60–90 min later (de Kloet et al. 2005). CORT interferes with both emotional and nonemotional episodic memory, and variation in CORT influences on episodic memory is attributable to several factors, including gender, the type of stress (acute vs chronic), dose (typically as an inverted U-shaped function) and time of day relative to the circadian flux in endogenous CORT levels (McGaugh and Roozendaal 2002; Wolf et al. 2004; Het et al. 2005). Exogenous administration of CORT and/or stress-induced endogenous CORT release during episodic encoding enhance memory, but similar experimental manipulations during episodic retrieval impair memory (de Quervain et al. 2000; Wolf et al. 2004; Het et al. 2005; Kuhlmann et al. 2005a, b). The observation that a CORT-induced decrement in episodic retrieval is abolished by coadministration of *propranolol* (40 mg p.o.; de Quervain et al. 2007a) is consistent with findings in rodents. These findings suggest that the detrimental effects of CORT on hippocampal function during memory retrieval require concurrent NE-dependent activation of the BLA (Roozendaal et al. 2003, 2004; see also de Quervain et al. 1998).

However, reports of a positive correlation of endogenous CORT plasma levels with enhanced episodic memory formation only in those individuals who are emotionally aroused (Abercrombie et al. 2003) suggest that CORT and LC–NE coactivation could interact by potentiating amygdala–hippocampal responses during emotional episodic encoding. Evidence in support of this view comes from in vitro studies in rodents that document enhanced excitability of BLA neurons treated with stress doses of CORT (Duvarci and Paré 2007). In addition, studies in behaving rodents have demonstrated that NE-dependent activation of the BLA induced by emotional arousal is essential in enabling memory enhancement by CORT (Quirarte et al. 1997; Roozendaal et al. 2006). Extending this rodent-based model to the human, interactions of endogenous CORT plasma levels with increasing amygdala activation under *placebo* but not under *propranolol* administration (80 mg p.o.) have been shown to enhance emotional episodic encoding (van Stegeren et al. 2007). Consistent with these findings, CORT significantly contributes to peri-emotional amnesia only when combined with β -adrenergic activation. This role of CORT was identified in an oddball experiment, whereby the amnesiogenic potential of CORT was tested in the presence or absence of elevated NE levels (Fig. 2; Hurlmann et al. 2007c; see also Hurlmann et al.

2005). Under *hydrocortisone* (30 mg p.o.)–*reboxetine* (4 mg p.o.) dual challenge conditions, a linear dose–response relationship in the magnitude of emotion-induced retrograde amnesia was observed. This observation suggests that the phenotypic expression of amnesic responses varies as a function of NE–CORT interactions during emotional episodic encoding (Hurlmann et al. 2007c). Moreover, this study shows that the maladaptive consequences of emotional–cognitive interference can be modeled by a pharmacological manipulation of its putative neurochemical substrates.

Peri-traumatic amnesia and post-traumatic stress disorder

Interactions of emotion and episodic encoding may be of particular importance when it comes to adverse life events, where an individual is exposed to extreme stressors (e.g., emotional trauma).

Several lines of evidence suggest that the degree of mPFC top-down control is the variable that ultimately determines the magnitude of the autonomic stress response (Arnsten and Goldman-Rakic 1984; Jodo et al. 1998; Berridge and Waterhouse 2003; Aston-Jones and Cohen 2005a, b; Kim and Diamond 2002; Robbins 2005). Seminal findings in rodents indicate that, when a stressor is controllable, activation of autonomic brainstem nuclei is inhibited by descending connections from mPFC, and the behavioral sequelae of uncontrollable stress are blocked; experimental inactivation of mPFC eliminates stressor controllability and exerts deleterious effects on behavior (Amat et al. 2005). Given this empirical background, it is

tempting to speculate about the potential contribution of disinhibited bottom-up autonomic responses to the pathogenesis of post-traumatic stress disorder (PTSD).

According to the *DSM-IV*, PTSD emerges after exposure to an inescapable stressor that elicits catastrophic fear, horror, or helplessness and involves bodily injury or threat of death to one's self or another person. Community-based studies in the USA estimate a lifetime prevalence of trauma exposure at 50% but only 5% of men and 10% of women will subsequently develop PTSD (Kessler et al. 1995). The conceptualization of PTSD as an acquired anxiety disorder derives by analogy from results of *Pavlovian* fear conditioning experiments in rodents and, thus, emphasizes the role of implicit emotional memory dysfunction (Rauch et al. 2006). Evidence in humans, however, suggests that emotional memory-related PTSD symptoms such as intrusive reexperiencing of the traumatic episode and avoidance of reminders of this episode transcend the traditional explicit–implicit distinction, thus, portraying PTSD as the quintessential emotional memory disorder (Yovell et al. 2003). In fact, the *Pavlovian* model of PTSD fails to account for persistent disturbances of episodic memory that are characteristic of PTSD in clinical experience, i.e., hypermnnesia for the core traumatic event and peri-traumatic amnesia (PTA) for events temporally proximate to the traumatic event (Layton and Krikorian 2002).

As detailed in previous sections of this article, evidence from oddball experiments converges on a neurobiological mechanism, in which hypermnnesia for the emotional oddball and peri-emotional amnesia for surrounding items

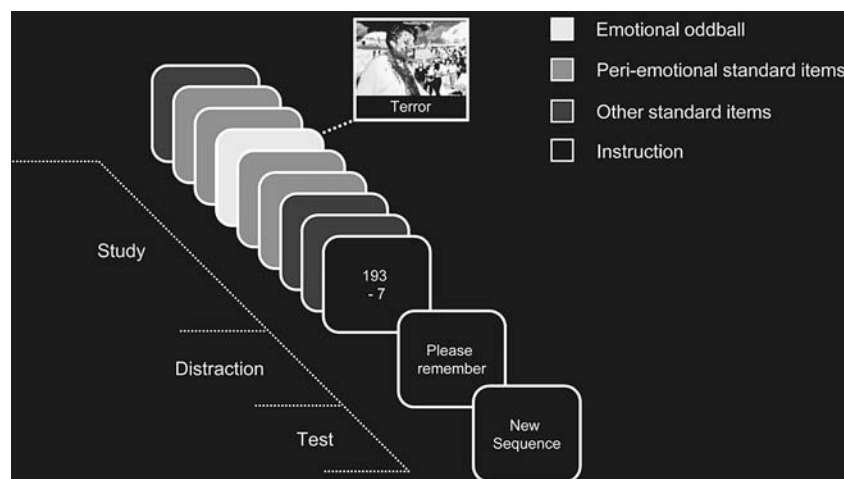


Fig. 2 Oddball memory test as devised by Hurlmann et al. (2007c). In this experiment, subjects were exposed to 24 study–distraction–test sequences. During each 40-s study phase, they were presented with a list of eight stimuli, including seven standard stimuli and one oddball inserted on list position 3, 4, 5, or 6. As exemplified, standard stimuli and oddballs were composed of a picture item and a verbal descriptor. After a 30-s arithmetic distraction task (e.g., count back in sevens), encoding strength for the eight list stimuli was tested by free recall. In

each list, the oddball, either emotionally negative or neutral, was temporally flanked by at least two surrounding standard stimuli. Results from the list recall were pooled according to the two oddball types, yielding a negative and neutral condition. Contrasting the negative condition with the neutral condition allowed to quantify retrograde and anterograde amnesic responses to negative emotion within a time window of ± 2 standard items or ± 10 s (reproduced from Hurlmann et al. 2007c)

are coupled (Strange et al. 2003; Hurlemann et al. 2005, 2007a, c). Specifically, the evidence suggests that the magnitude of peri-emotional amnesia varies as a function of CORT and NE coactivation during emotional episodic encoding (Hurlemann et al. 2007c). Given the phenomenological parallels in the effects of emotional oddballs and emotional trauma on episodic memory formation, a neurochemical model is proposed that posits a deleterious synergism of disinhibited NE and CORT signaling as a crucial etiological contributor to the pathogenesis of PTA and PTSD: Normally, both LC (Amsten and Goldman-Rakic 1984; Jodo et al. 1998; Aston-Jones and Cohen 2005a, b) and hypothalamic–pituitary–adrenal (HPA) axis (Radley et al. 2006) activity are under top-down inhibitory control orchestrated by mPFC. Disinhibition of bottom-up CORT and LC–NE responses might result from relatively insufficient top-down inhibitory control under conditions of emotional trauma and be responsible for exaggerated amygdalar input to anterior hippocampus. As a consequence, hyperencoding (and hyperconsolidation) of the core traumatic event paralleled by PTA might occur, further augmenting decontextualization and dissociation of the traumatic memory from ordinary episodic memory. Cue-related reactivation of the traumatic memory might establish a self-perpetuating vicious cycle of episodic reconsolidation and low-threshold hyperretrieval because of cue generalization, which in turn, could cause intrusive reexperiencing in form of daytime recollections, traumatic nightmares, and flashbacks (Fig. 3).

This neurochemical model allows PTA and dissociation to be framed as maladaptive consequences of emotion-encoding interactions mediated by disinhibited autonomic responses rather than avoidance of conditioned fear. Substantial support for the proposed model comes from findings that abnormally high initial adrenaline and CORT urinary levels predict subsequent PTSD in child trauma victims (Delahanty et al. 2005) as do abnormally low γ -aminobutyric acid plasma levels in road traffic accident victims (Vaiva et al. 2004, 2006), thus, implicating an imbalance between endogenous agonists and antagonists of emotional episodic encoding at the outset of the disorder. Moreover, PTA has been identified as a cardinal predictive risk factor for subsequent PTSD (Ozer et al. 2003; Briere et al. 2005; Gil et al. 2005). Furthermore, a genetically anchored alteration in NE neurotransmission is related to increased emotional episodic memory in healthy humans and predisposes to stronger traumatic memories in PTSD patients (de Quervain et al. 2007b).

The question raises about the therapeutic implications of the proposed neurochemical model. While exposure therapy and anxiety management training have been established as first-line treatments of PTA and PTSD (Keane et al. 2006), there has been little psychopharmacological research

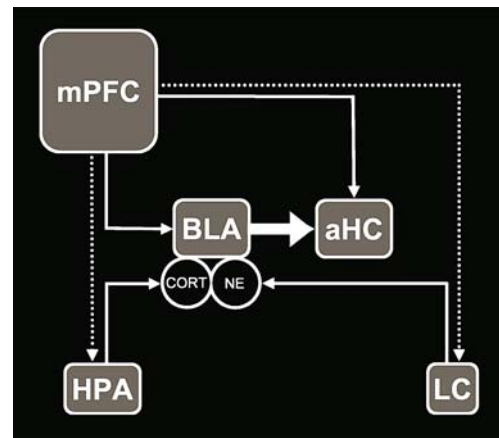


Fig. 3 Neurocircuitry model of peri-emotional amnesia. Whereas anterograde amnesic responses most likely result from a transient failure of attentional reorienting after emotion contact, retrograde amnesic responses appear to reflect a filter mechanism that controls episodic memory access based upon the criteria of behavioral significance indexed by emotion. According to this model, basolateral amygdala (*BLA*)—when activated by ascending locus coeruleus (*LC*)–noradrenergic (*NE*) signaling—communicates emotional arousal to anterior hippocampus (*aHC*), thus, rendering it susceptible to descending emotional valence input from medial prefrontal cortex (*mPFC*). Circulating cortisol (*CORT*) interacts with *LC*–*NE* in amplifying *BLA* activation. Both *LC* and *HPA* axis activity are under *mPFC* top-down inhibitory control. Prioritized encoding of emotional episodic memories in *aHC* is realized at the cost of ongoing encoding of non-emotional episodic memories, as indicated by robust retrograde amnesic responses. During uncontrollable stress (e.g., emotional trauma), *mPFC* top-down control is insufficient to inhibit *CORT* and *LC*–*NE* signaling (indicated by *dashed lines* in the diagram), resulting in exaggerated *BLA* responses to *aHC*. As a consequence, there is hyperencoding of the stressor event coupled with exacerbated peri-emotional amnesia (reproduced from Hurlemann et al. 2007c)

in this area. This is surprising given that the time of the insult that created PTA and PTSD is known—it is when the initiating trauma occurred (Ressler and Mayberg 2007). In PTSD patients, evidence points to *LC*–*NE* overdrive as a neurochemical substrate—and thereby, obvious therapeutic target—of hyperarousal (Southwick et al. 1993, 1997; Pitman et al. 2002; Vaiva et al. 2003; Debiec and LeDoux 2006). *LC*–*NE* overdrive appears to be paralleled by pathological reductions of baseline *CORT* plasma levels (Yehuda 2002). In medical–surgical patients undergoing ICU treatment, prolonged bolus/infusion administration of *CORT* (at doses of >300 mg/day) has been reported to reduce the risk of subsequent PTSD (Schelling et al. 2006). Moreover, low-dose *CORT* treatment (10 mg/day) has been used in clinical trials to attenuate core symptoms of established PTSD (Aerni et al. 2004; de Quervain 2006) and phobia (Soravia et al. 2006). These therapeutic effects of *CORT* have been suggested to involve inhibition of episodic hyperretrieval of traumatic memories (de Quervain 2006), as well as facilitation of extinction of conditioned fear (Cai et al. 2006).

However, observations of enhanced emotional episodic encoding under conditions of CORT and NE coactivation (Hurlmann et al. 2007c; van Stegeren et al. 2007; see also Quirarte et al. 1997; Abercrombie et al. 2003; Roozendaal et al. 2006) suggest that low-dose CORT treatment could be contraproductive during initial trauma encoding and consolidation, where further exogenous elevation of endogenous CORT signaling might augment rather than disrupt overlearning of the traumatic episode and, thus, increase vulnerability to PTA and PTSD. In contrast, immediate β -adrenergic blockade of initial trauma encoding and consolidation by *propranolol* seems effective in the secondary prevention of PTA and PTSD. In one clinical trial, individuals who presented to an emergency room immediately after motor vehicle accidents randomly received either *propranolol* (40 mg p.o.) or *placebo* four times daily for 10 days, followed by a taper period. The first dose of *propranolol* was administered, on average, 4 h after the traumatic event. One month after the trauma, PTSD measures trended lower in the 11 completers treated with *propranolol* compared to the 20 completers who received *placebo* (Pitman et al. 2002). A second open-label study examined 19 completers, 11 of whom took *propranolol* (40 mg p.o.), three times daily, beginning 2–20 h after the trauma for 7 days followed by a taper period. At 2 months after trauma, levels of PTSD symptoms were lower in individuals treated with *propranolol* (Vaiva et al. 2003). However, the ethics of these pharmacological interventions, as well as their precise empirical and theoretical basis, require further investigation in larger randomized clinical trials.

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