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- 1 Conditional Freezing, Flight and Darting?
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19 Abstract

20 Fear conditioning is one of the most frequently used laboratory procedures for modeling 21 learning and memory generally, and anxiety disorders in particular. The conditional response 22 (CR) used in the majority of fear conditioning studies in rodents is freezing. Recently, it has 23 been reported that under certain conditions, running, jumping or darting replaces freezing as the 24 dominant CR. These findings raise both a critical methodological problem and an important theoretical issue. If only freezing is measured but rodents express their learning with a different 25 26 response, then significant instances of learning, memory, or fear may be missed. In terms of 27 theory, whatever conditions lead to these different behaviors may be a key to how animals 28 transition between different defensive responses and different emotional states. We replicated 29 these past results but along with several novel control conditions. Contrary to the prior 30 conclusions, running and darting were entirely a result of nonassociative processes and were 31 actually suppressed by associative learning. Darting and flight were taken to be analogous to nonassociative startle or alpha responses that are potentiated by fear. On the other hand, 32 freezing was the purest reflection of associative learning. We also uncovered a rule that 33 describes when these movements replace freezing: When afraid, freeze until there is a sudden 34 35 novel change in stimulation, then burst into vigorous flight attempts. This rule may also govern the change from fear to panic. 36

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38 Introduction

Fear limits the behaviors available to an animal to its species-specific defense reactions 39 (SSDRs), thereby precluding more flexible voluntary behavior (Bolles, 1970). This characteristic 40 is one reason that conditions characterized by high fear levels such as anxiety disorders are so 41 42 maladaptive (Fanselow, 2018). It is also one reason that Pavlovian fear conditioning is so easy 43 to measure in the laboratory, one can simply measure innate defensive responses (i.e., SSDRs) to diagnose fear and fear-related memory. This has made fear conditioning one of the major 44 45 rodent assays of learning, memory and anxiety disorders. Over the last four decades fear conditioning studies have extensively used one of these defensive behaviors, freezing, more 46 47 than any other response (Anagnostaras et al., 2010; Bouton & Bolles, 1980; Do-Monte et al., 48 2015; Fanselow & Bolles, 1979; Grewe et al., 2017; Kim & Fanselow, 1992; Kwon et al., 2015; 49 Nader et al., 2000; Roy et al., 2017). Freezing is a common and adaptive defensive behavior as 50 it reduces the likelihood of detection and attack by a predator (Fanselow & Lester, 1988). 51 However, if rodents have multiple defensive responses, an important theoretical question is what are the conditions that select between different SSDRs (Fanselow, 1997). An influential 52 model of SSDR selection applied to both humans and rodents is Predatory (or Threat) 53 Imminence Continuum theory, which states that qualitatively distinct defensive behaviors are 54 55 matched to the psychological distance from physical contact with a life-threatening situation (Bouton et al., 2001; Fanselow & Lester, 1988; Mobbs, 2018; Mobbs et al., 2007). Stimuli that 56 model particular points along this continuum elicit behaviors appropriate to that level of 57 predatory imminence. For example, rodents freeze when they detect a predator but show 58 59 vigorous bursts of activity to contact by the predator (Fanselow & Lester, 1988). The former, labeled post-encounter defense, relates to fear-like states. The latter, referred to as circa-strike 60 defense, relates to panic-like states (Bouton et al., 2001; Perusini & Fanselow, 2015). 61 62 According to this account, in fear conditioning experiments the shock US models painful contact

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with the predator and therefore invariably produces circa-strike activity bursts but not freezing
(Fanselow, 1982). On the other hand, stimuli associated with shock such as an auditory CS,
models detection of a predator and therefore invariably produces post-encounter freezing as a
CR but not activity bursts (Fanselow, 1989).

67 Recently, two reports challenge this view. Fadok et al. (2017) used a unique two component 68 serial CS consisting of a 10-sec tone followed immediately by a 10-sec white noise ending with a 1 sec shock and found that the initial component (tone) produced freezing, while the second 69 70 component (noise) produced bursts of locomotion and jumping in mice. Gruene et al. (2015) 71 reported that in rats a tone CS resulted in a similar burst of locomotion, labelled darting. The results were interpreted as a competition between "active" and "passive" defenses. These 72 73 findings not only challenge the above response selection rule but, also call for a "reinterpretation 74 of rodent fear conditioning studies" because if only one SSDR is measured (e.g., freezing) but 75 the situation is characterized by a different SSDR, fear and fear-related learning may be 76 misdiagnosed (Gruene et al., 2015). Also note that contrary to Predatory Imminence Theory, 77 Gruene et al. (2015) suggested that freezing and darting were competing CRs to the same level of threat (Fanselow, 1989). 78

79 Both previous reports concluded that these activity bursts were CRs because they increased 80 over trials during acquisition when CS and US were paired and decreased during extinction when the CS was presented alone (Fadok et al., 2017; Gruene et al., 2015). While these 81 82 behavioral patterns are certainly properties of a CR, they are not diagnostic of associative 83 learning as these changes could also result from nonassociative processes such as 84 sensitization and habituation (Rescorla, 1967). Additionally, no formal assessment was made of what properties of the CS led to the alternate CRs (e.g., its serial nature, the ordering of the two 85 sounds, or stimulus modality). One subsequent study using this serial conditioning procedure in 86 87 mice has suggested that this white-noise elicited activity burst is mainly a result of the stimulus

88 salience or intensity of the white noise and does not depend on any particular temporal relation 89 to the US (Hersman et al., 2020). Another recent study using this procedure in rats has suggested that this flight behavior only occurs in context in which fear has been established and 90 is a result of associative processes, but some of the metrics used to score this flight are 91 92 confounded with any potential freezing prior to the noise presentation (Totty et al., 2021). 93 Therefore, to better understand the associative nature of these flight responses, we embarked on a series of experiments to test these theoretical views and assess the validity of these 94 concerns (Tables 1-4). 95

96 Results

97 Experiment 1

98 Experiment 1 was conducted as delineated in Table 1 (see Fig. 1 for a schematic representation of the serial conditioned stimulus and the design for training and testing for Experiment 1). We 99 100 first conducted a nearly exact replication of the conditions used by Fadok et al. (2017), using 101 male and female mice (Replication Group). Briefly, animals received 10 pairings of footshock and the two-component stimulus (10-sec tone followed by 10-sec white noise) over 2 days 102 103 before being tested on the third day with the two-component stimulus. We scored bursts of 104 locomotion and jumping with a Peak Activity Ratio (PAR; Fanselow et al., 2019) and the number 105 of darts (Gruene et al., 2015). PAR reflects the largest amplitude movement made during the period of interest, while darts reflect the frequency of large movements during the same period 106 107 (see methods). We included two additional groups in this experiment to test the nature of any observed behaviors. We asked whether any observed behavior occurred to the noise because 108 109 it was embedded in a serial compound or because of the brevity of the noise (10 sec). For one group, we simply conditioned and extinguished a 10-sec white noise (CS Duration Group). A 110 third group of mice was trained with a 20-sec tone, but tested with the two-component serial 111 compound stimulus (Stimulus Change Group). 112

In a nearly exact replication of the conditions used by Fadok et al. (2017), using male and 113 114 female mice, we obtained nearly identical results with our Replication Group (Table 1, Fig. S2). For this and all experiments described below, no effects of sex were observed in initial 115 comparisons/ANOVAs (see Discussion). Sex was thus removed as a factor in subsequent 116 117 statistical analyses. In the replication group, freezing to the initial tone progressively increased over the course of conditioning. At the beginning of training, freezing increased to the white 118 119 noise but plateaued after a few trials. When freezing plateaued the noise elicited activity bursts, 120 and this pattern maintained throughout acquisition and extinction testing. 121 Then, we directly asked whether the plateau in freezing and increase in activity that occurred to 122 the noise was because of the brevity of the noise (10-sec) and its close temporal relation to the 123 US. We simply conditioned and extinguished a 10-sec white noise (CS Duration Group) and 124 found that freezing increased linearly during a 10 sec pre-noise period reflecting the acquisition

of contextual fear conditioning (Kim & Fanselow, 1992; Fig. S3). During testing the reaction to onset of the white noise was almost a duplicate to what we saw when the noise was embedded in the compound. In other words, activity bursts and darting in no way depended on the use of a serial compound.

To probe the necessity of the compound during acquisition we trained a third group of mice with a 20-sec tone instead of the compound but tested them with the serial compound stimulus (Stimulus Change Group). During these shock-free tests the noise evoked a very similar PAR and darting behavior to when training was with the compound (Fig. 2). What is striking about this finding is that even though the noise was never paired with shock it still evoked an activity burst. These findings strongly implicate nonassociative processes in the activity burst rather than conditioning.

Overall in Experiment 1, we replicated findings that differential defensive behaviors develop to
 separate components of a serial CS (Replication Group). This pattern of behavior holds true if

138 the noise is presented by itself during training (CS Duration group), and this pattern of behavior 139 at testing does not require the noise to be present during training (Stimulus Change Group). 140 Despite differences in behavioral procedures used across acquisition and extinction, we sought to examine any differences in reactivity to the noise during extinction testing between these 141 142 three groups. We directly analyzed velocity data across the three groups (Fig. 3). We focused on the first four trials of extinction testing as this is when the majority of the darting behavior 143 occurred, and we further narrowed our analyses to the 10s Noise period as all groups received 144 at least the 10s noise at test. 145 146 A mixed model ANOVA revealed a significant effect of Time, [F(19,361)=8.203, p<.001] as well as a Group X Time interaction [F(38,361)=1.497, p=.034]. Generally, velocity peaked during the 147 148 first bins of the noise period and then quickly decreased to more stable levels. Post-hoc analyses revealed that the Stimulus Change group trended to have the elevated velocity during 149 150 the first bin of the noise period with trends for higher velocity than the CS Duration group 151 (p=.09) and did have significantly higher velocity than the CS Duration group during the fifth bin 152 (~2.5 seconds into the noise; p=.04). While the noise did not need to be within a serial compound stimulus or even need to be 153

presented during training in order to elicit flight, it is worth noting that the strongest noise-elicited

155 flight occurred for the group which received the serial compound stimulus at test and for which

the noise was novel at test.

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158 Experiment 2

The mice that received the 20 sec tone during training but the compound during testing showed darting to the noise embedded in the compound (Figures 2, 3, S3). Since the noise was not paired with the shock, this suggests that the response to the noise was nonassociative.

162 However, it is possible that during the initial test trials the response to the noise occurred via 163 second-order conditioning as the noise was paired with the previously reinforced tone. This 164 seems unlikely because most darts were seen at the beginning of testing and decreased over the session. A second-order conditioning interpretation suggests the opposite pattern. 165 166 Nonetheless, in a second experiment, we included classic controls to directly test for the 167 phenomenon of pseudo-conditioning (Table 2). Pseudo-conditioning is a form of sensitization whereby mere exposure to the US changes behavior to the stimulus used as a CS (Underwood, 168 169 1966), and this appears to be what was observed in Experiment 1 (Stimulus Change Group; 170 Fig. 2). Two pseudoconditioned groups of mice simply received the same shock schedule used in the prior study without any auditory stimuli (no CS). A third was merely exposed to the 171 chamber. The final group was a conditioning group that received noise-shock pairings. All 172 groups received tests with the 10 sec noise, except for one of the pseudoconditioning groups 173 174 that was tested with the tone.

Figures 4 and 5 summarize the test results from Experiment 2 (see Fig. S4 for trial-by-trial data). 175 176 As would be expected for a CR, freezing to the noise was greatest in the mice that received noise-shock pairings [F(3,28) = 11.76, p<.001]. Significant associative learning was indicated 177 178 by more noise-elicited freezing in the paired group than the shock-only trained group tested with the noise. Interestingly, the No Shock group that was tested with the noise gradually increased 179 freezing over the course of noise testing (Fig. S4) suggesting that the 75dB noise itself was 180 aversive to the mice and could support some conditioning of freezing (i.e., it was a weak US). 181 182 The test session data were very different for activity bursts (Figs. 4 and 5). The greatest PAR

occurred in the pseudoconditioned control (shock only during training) that was tested with the novel noise [F(3,28) = 20.085, p<.001]. The pseudoconditioned control tested with the novel noise showed the most darting behavior. Furthermore, these results are supported by a direct analysis of velocity data during the 10s CS period at test (Fig. 5).

187 A mixed model ANOVA on the averaged velocity measures during the CS period for the first 4 188 trials of the test session revealed significant effects of Group [F(3,28)=5.796, p=.003] and Time, 189 [F(4.06,113.69)=6.038, p<.001] as well as a Group X Time interaction [F(12.18,113.69)=2.695, p=.003]. Generally, velocity again peaked during the first bins of the noise period and then 190 191 quickly decreased to more stable levels. Post-hoc analyses revealed that the Shock Only-Noise 192 Test group had the highest velocity during the second bin of the noise period (the first second of 193 the CS) with significantly higher velocity than the No Shock-Noise Test (p=.03), Shock Only-Tone Test (p=.004) and, importantly, the Noise Shock-Noise Test groups (p=.007). 194 195 Pseudoconditioning is indicated by more activity during the noise test in the previously shocked mice than the no-shock controls tested with the same noise. Note that for both of these groups 196 197 the noise was novel during testing so it had no association with shock. Another striking finding 198 is that while the group that received noise-shock training showed an elevated PAR, the level 199 was significantly less than the pseudoconditioning control (p<.001). Not only are activity bursts not conditioned, they are actually suppressed by conditioning! In other words, flight and darting 200 201 are a result of nonassociative processes and are not CRs.

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203 Experiment 3

In a third experiment, we included a control group in which the shock and noise were explicitly unpaired to again test for the phenomenon of pseudo-conditioning but in a situation where exposure to the CS is equated during training (Table 3). One group was again a conditioning group that received noise-shock pairings, and one group was again a pseudoconditioned group that only received shocks without any CS. One group received equal numbers of noise and shock presentations but in an explicitly unpaired manner. An additional control group received

presentations of only the white noise CS to examine whether or not the CS alone was able tosupport conditioning and/or activity bursts.

212 Acquisition and test results are summarized in Figures 6 and 7. As seen in the prior 213 experiments, across training freezing to the white noise rises, and then plateaus in the Paired 214 and Unpaired groups, at which point the noise begins to elicit activity bursts. In the CS only 215 group white noise alone supported low, but consistent levels of freezing but in the shocked groups the noise disrupted freezing to the context. During training, the Paired and Unpaired 216 217 groups showed elevated PAR to the noise [F(3,28)=29.94, p<.001 for Day 1; F(3,28)=75.18,p<.001 for Day 2], and increased darting to the noise [F(3,28)=8.187, p<.001 for Day 1; 218 F(3,28)=22.538, p<.001 for Day 2]. Interestingly, for darting, the Paired group showed elevated 219 220 responding on Day 2 compared to the Unpaired group (p=.026). During testing, activity bursts 221 (measured as both PAR and darting) to the noise were elevated in all groups which received 222 shock [F(3,28) = 13.35, p<.001 for PAR; F(3,28) = 8.302, p<.001 for darting]. Again, similar to during training, darting was the most elevated in the Paired group on Trial 1 of testing (p=.001). 223 224 While overall darting was elevated in the Paired group [during acquisition and on the first trial of 225 testing], the velocity traces during testing (Fig. 7) reveal that the magnitude/frequency of the 226 initial activity burst to the noise appears to be reduced in the Paired group, and that increased

levels of activity bursts during the latter portion of the CS account for any differences in overall
numbers of darts. Indeed, a direct analysis of the velocity data during the 10s Noise CS period
at test revealed significant effects of Group [F(3,28)=9.733, p<.001], Time,

230 [F(5.15,144.22)=9.614, p<.001] as well as a Group X Time interaction [F(15.45,144.22)=2.045,

p=.02]. Generally, as seen in prior experiments, velocity again peaked during the first bins of

the noise period and then quickly decreased to more stable levels. In the Paired group

specifically, there is an additional peak of activity in the latter half of the stimulus period. Post-

hoc analyses revealed that the Unpaired group had the highest velocity during the first bin of the

235	noise period (the first second) with significantly higher velocity than the CS Only Group
236	(p=.007). Additionally, in the 16 th and 17 th bins towards the end of the CS period, the Paired
237	Group showed the most activity with significantly higher velocity than the CS Only Group
238	(p=.002 & p=.001), the Shock Only Group (p=.001, p=.02), and the Unpaired Group (p<.001,
239	p=.003)

240 That pairing noise and shock altered the timing of the activity bursts is an interesting fact worth considering and suggests that pairing noise and shock may have primarily resulted in a 241 242 conditioned freezing response which in fact competes with/reduces any initial non-associative 243 activity/bursting to the white noise. Taken together, this and the prior experiment using control 244 groups to assess pseudoconditioning reveal that a large portion, if not all, of the noise-elicited 245 activity bursts observed are due to non-associative processes which result in an increase in 246 darting behavior to the noise following shock exposure, regardless of any direct training history 247 of the noise with shock. There does appear to be evidence that pairing noise with shock may 248 further increase or alter the timing of this behavior, but by no means is pairing noise with shock 249 necessary to produce these activity bursts.

250

251 Experiment 4

The experiments thus far have suggested that much of the white-noise-elicited activity bursting is a non-associative process. We have also shown that novelty of the CS at test may increase this noise-elicited activity (Figs. 3 & 4). In a final, fourth experiment, we explicitly tested whether habituation to the white noise stimulus prior to noise-shock training would be able to reduce noise-elicited activity bursts. If increased levels of novelty of the CS are driving noise-elicited activity bursts, then prior habituation should reduce the levels of darting to the noise CS. In this experiment, we had four groups which differed in whether they received an additional two days

of habituation to the white noise stimulus (5 noise presentations each day) and whether they received noise-shock pairings during training or just shock only (Table 4). One comparison of particular interest was between the habituated or non-habituated Shock Only groups as these groups would directly compare whether prior experience with the CS would decrease darting at test compared to a group for which the CS was completely novel.

264 Figure 8 shows the results of Experiment 4 during testing (see Figure S5 for trial-by-trial results for freezing, PAR, and darting across habituation, training, and testing). During the two days of 265 266 habituation, interestingly, we found that within groups which received habituation, a low level of 267 darting to the white noise alone without any shock decreased across day one [F(4,48) = 2.887,p=.026] and increased by the end of the second day of habituation [F(4,48) = 2.793, p = 0.36] 268 269 (Fig. S5). Concurrently, freezing to the white noise increased over habituation trials, again 270 showing that this white noise stimulus alone can act as a US. It is interesting that darting 271 occurred to the white noise at the start of habituation when the CS was very novel, and at the 272 end of habituation once the white noise alone was able to support some level of fear.

Comparing the two Shock Only groups during test, the noise disrupted freezing more than tone.
In this regard noise seems to act like a weak shock US (Fanselow, 1982). Like shock it disrupts
freezing (Fig S5) and like shock it supports conditioning of freezing (Fig 6).

276 Within Paired groups (H-Paired and C-Paired), we found that throughout acquisition and particularly on the second day of training (Fig. S5), prior habituation to the white noise increased 277 278 freezing [F(1,24)=5.701, p=.025] and decreased noise-elicited darting [F(1,24)=5.130, p=.033], as predicted if prior exposure to the CS functions to reduce any partially novelty-driven darting. 279 280 We again saw that freezing to the white noise initially increased during acquisition, but as the darting response begins to become more apparent, freezing decreases to medium levels. At 281 test (Figs. 8 & S5), for freezing, we found a main effect of pairing [F[1,24] = 11.306, p=.003], 282 283 such that animals who received white noise paired with shock froze more than animals who only

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284 received shock during acquisition, again indicative that noise-elicited freezing is a conditional 285 behavior that results from associative learning. For darting behavior, we found a Habituation X 286 Pairing interaction [F(1,28)=4.939, p=.035] such that pairing white noise with shock increased darting within habituated animals (p=.033), and that habituation reduced darting within animals 287 288 who only received shock during training (p=.045). These results reveal multiple points of 289 interest. First, and as shown in prior experiments, the white noise acts as a US on its own and 290 need not be paired with shock to produce darting at test. Merely experiencing the shock is 291 enough to produce darting to the white noise at test (pseudoconditioning due to sensitization). 292 Furthermore, prior experience with the white noise, through habituation, actually reduced this darting at test. Additionally, in this experiment, we do again show evidence that pairing white 293 noise with shock can further increase darting behavior at test, at least within animals who have 294 already experienced the noise during habituation. Again, as with Experiment 3 (Fig. 7) the 295 296 timing of the darting response in Paired groups is fundamentally altered compared to Shock Only groups (Fig. 8). The magnitude/frequency of the initial activity burst to the noise appears 297 to be reduced in the Paired groups, and increased levels of activity bursts during the latter 298 299 portion of the CS account for any differences/increases in overall numbers of darts. 300 Indeed, a mixed model ANOVA with Pairing, Habituation, and Time as factors on the averaged 301 velocity traces for each trial revealed significant effects of Time [F(56,1568)=17.420, p<.001], a 302 Habituation X Pairing interaction [F(1,28)=4.696, p=.04], and a Pairing X Time interaction [F(56,1568)=3.036, p=.01]. Generally, once again, velocity peaked during the first bins of the 303 304 noise period and then quickly decreased to more stable levels. As seen in the experiments 305 above, again, this initial peak in velocity was most apparent in the Shock Only groups, with the 306 Paired groups showing an initially smaller peak in velocity. Post-hoc analyses revealed that the Shock Only groups had significantly higher velocity during the first three bins of the noise than 307 308 the Paired groups (p's=.02, .03, .005 respectively). Post-hoc analysis on the Pairing X

Habituation interaction reveal that within the non-habituated groups, pairing noise and shock significantly reduced the velocity throughout test trials (p<.001). Additionally, within Shock Only groups, habituation reduced the velocity throughout test trials (p<.001). These results are exactly what would be predicted if exposure to the noise CS (through pre-exposure and/or through pairing CS and US) in fact reduces noise-elicited activity bursts and flight/darting behavior, that is, darting is enhanced by novelty.

315

316 Discussion

317 Prior work reported that contact/pain-related stimuli (e.g., shock) disrupt freezing and provoke 318 panic-like circa-strike defensive behaviors (Fanselow, 1982). The current results suggest a 319 modification of the rules governing a transition between these behavioral states. The rule is that 320 when you are in the post-encounter mode (fear) a sudden change in stimulation, particularly the 321 onset of an intense novel stimulus, can cause an immediate transition to the circa-strike mode 322 (panic). Indeed, the vast majority of the activity bursts/darting behavior occurred at the onset of the stimulus (Figs. 3, 5, 7, 8). The effectiveness of this transition depends on the qualities of the 323 stimulus. Stronger shocks cause a greater disruption of freezing and a longer activity burst, yet 324 325 the same stronger shocks simultaneously condition more freezing to the prevailing cues 326 (Fanselow, 1982). The current data call for an expansion of this rule to nonnociceptive stimuli. While both tone and noise disrupted ongoing freezing, the noise did so for longer than the tone 327 (Fig. S6) and noise on its own was able to support a minimal level of fear conditioning (Figs. 6, 328 S4, S5). The rule is: when in a state of fear (Post-encounter defense) sudden stimulus change 329 330 provokes panic-like circa-strike defenses proportional to stimulus intensity and novelty.

As the majority of the experiments presented here and in most prior studies conduct both
training and testing in the same context (Fadok et al., 2017; Gruene et al., 2015, Hersman et al.,

333 2020), these animals would already be in a high state of fear or post-encounter defense (from 334 any learned contextual fear during training), thus endowing the presentation of the white noise to be a particularly startling stimulus change which can provoke these panic-like flight 335 responses. Novelty of the stimuli is an important factor and familiarity with the CS during 336 337 conditioning and/or habituation reduced CS novelty for the test. In the experiments presented here, the mice that received noise-shock pairings and were tested with noise showed lower 338 flight to the noise than mice trained only with shock and then received noise for the first time. 339 Additionally, prior habituation to the noise or experience with the noise during training further 340 341 reduced noise-elicited flight at test.

Another important factor to consider is the timing of the activity burst with respect to CS and US 342 343 onset. With poorly timed and sustained conditional responses such as freezing the CR tends to fill the entire CS-US interval and spill over beyond the time of expected US delivery (e.g., Avres 344 345 & Vigorito, 1984; Gale et al., 2004). However, shorter duration ballistic responses such as the 346 darting response allow a clearer assessment of when the CR occurs with respect to CS and US delivery and such CRs are expected to anticipate US delivery. Hull (1934) cautioned 347 conditioning researchers that it is important to distinguish true conditional responses from 348 349 unconditional responses to the CS, which he named alpha responses. These alpha responses occur at the onset of the CS, rather than the time of the expected US. Alpha responses have 350 been most studied with the Pavlovian conditional eyeblink response, where the true CR is well-351 timed to US delivery (McCormick & Thompson, 1984, Perrett et al, 1993). Blinks that occur to 352 353 CS onset are classified as alpha responses, which are considered to be nonassociative startle 354 responses to the CS and not CRs (e.g., Gerwig et al., 2005; Nation et al., 2017; Schreurs and Alkon, 1990, Woodruff-Pak et al., 1996). Typically, in eyeblink studies alpha responses are 355 excluded from analysis by omitting any responses that occur at the beginning of the CS. Our 356 357 darting responses almost exclusively occurred at CS onset and there were never any US

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anticipatory-like responses. Thus, traditional Pavlovian analyses for ballistic CRs would have 358 categorized darting as an unconditional alpha response and not a bona fide CR. Consistent 359 360 with this analysis is that darting occurred to the noise during the first few trials of the habituation session in Experiment 4 (Fig S5) 361 362 Our interpretation that noise unconditionally elicits a ballistic activity burst bears some 363 relationship to the unconditional acoustic startle response. Loud noises will elicit an unconditional startle response that wanes with repeated presentations of that noise (i.e., 364 365 habituation; e.g., Davis, 1980; Hoffman & Fleshler, 1963; Leaton, 1976). While our 75 dB noise

366 stimulus is less intense than the 98-120 dB noise used in typical acoustic startle studies, we are

367 observing an unconditional noise elicited response that also decreases with habituation

368 (Experiment 4). Furthermore, our data and those of Totty et al. (2021) indicate that these

369 responses require a fearful context in order to occur. Fear is well known to potentiate startle

responses (Brown, et al., 1951; Davis, 1989). Perhaps the low intensity noise is below

371 threshold to elicit a startle response on its own, but a fearful context potentiates this response

and brings it above threshold. Additionally, there appears to be considerable overlap in the

373 neuroanatomy that supports this circa-strike behavior and fear potentiated startle. Totty et al.

374 (2021) found that inactivation of the Central Nucleus or the Bed Nuclei of the Stria Terminalis

375 disrupts the flight response. These two regions have been shown to be important mediators of

fear's ability to potentiate startle (e.g., Campeau & Davis, 1995; Davis & Walker, 2014).

377 Furthermore, Fadok et al. (2017) reported that it is corticotropin releasing hormone (CRH)

378 expressing cells, but not somatostatin expressing cells, within the Central Nucleus that support

flight behavior. Again, there is extensive data implicating CRH and fear potentiated startle (Lee& Davis, 1997).

381 It is of note that the relationship between startle (circa-strike defense) and freezing (post382 encounter defense) was described by Fanselow & Lester (1988) when accounting for how rats

rapidly transitioned between these behaviors when a detected predator launches into attack. "It
is as if the freezing animal is tensed up and ready to explode into action if the freezing response
fails it. This explosive response probably has been studied in the laboratory for over 30 years
under the rubric of potentiated startle...It seems that the releasing stimulus for this explosive
motor burst is a sudden change in the stimulus context of an already freezing rat (Fanselow &
Lester, 1988, p 202)."

Neither Fadok et al. (2017) nor Gruene et al. (2015) included any controls for nonassociative 389 390 behavior, which is something required in order to conclude that a response is conditional (Rescorla, 1967). Both of these research groups concluded from their single group experiments 391 that flight/darting was a CR because the behavior increased with successive shocks during the 392 393 shock phase and decreased with shock omission during the test phase, likening these 394 behavioral changes to acquisition and extinction. While acquisition and extinction are 395 characteristics of a CR, learning theorists have never taken these as diagnostic of a CR. For 396 example, increases in responding with successive shocks could arise via sensitization and decreases in responding when shocks are omitted could arise from habituation. Indeed, that is 397 exactly what we believe caused these behavioral changes that we also observed in our study. 398 399 Shocks, by conditioning fear to the context, sensitize or potentiate the darting response and repeated presentations of the noise alone cause the response to habituate. The behavior of our 400 pseudoconditioning control provides clear evidence of this. Just giving shocks conditioned fear 401 to the context such that when the noise was presented for the first time during test it caused a 402 403 strong activity burst. The behavior gradually decreased during testing because repeated presentations of the noise led to habituation of this unconditional response. 404

Given our argument that the flight/darting behavior is nonassociative, Totty et al.'s finding that noise-shock paired rats showed more noise elicited activity burst behavior than rats that had unpaired noise and shock requires additional comment. Since both unpaired and paired rats

408 were exposed to noise during acquisition those exposures could lead to habituation of the 409 unconditional response to the noise. However, it would be expected that habituation would be greater in the unpaired group because pairing a stimulus (noise in this case) with another 410 stimulus (shock in this case) is known to reduce the magnitude of habituation (Pfautz et al., 411 412 1978). This reduction in habituation is observed even if the second stimulus is not an unconditional stimulus (Pfautz et al., 1978). Additionally, pairing a habituated stimulus with a US 413 can also cause a return of the habituated alpha response and this loss of habituation is not 414 observed when the two stimuli are not paired (Holland, 1977). Thus, the difference between the 415 416 paired and unpaired groups reported by Totty et al. (2021) are likely due to differential habituation of the noise during training. This effect of habituation was probably enhanced by 417 Totty et al. including a noise habituation phase prior to training. 418 419 Initial reports suggest a sex difference in this noise-elicited flight behavior such that female rats 420 show more of this behavior than males (Gruene et al., 2015). Within each experiment, we found no such sex differences between male and female mice for the PAR and darting measures of 421 422 flight behavior, and Totty et al. (2021) similarly found no sex differences in such behavior in male and female rats. To further increase the power of such an analysis for sex differences, we 423

424 pooled all of the groups across the four experiments which received noise-shock pairings. In this

analysis, again, we saw no sex differences in flight to the white noise across the two days of

426 acquisition for both PAR [Day1: F(1,29)=.323, p=.58; Day 2: F(1,29)=.507, p=.48], and darting

427 [Day1: F(1,29)=.009, p=.92; Day 2: F(1,29)=3.752, p=.06], and we observed no sex differences

428 across testing to the white noise in extinction for both PAR [F(1,20)=.099, p=.76] and darting

429 [F(1,13)=1.397, p=.258]. Perhaps initial reports of sex differences could be explained by

430 differences in handling and stress provided to females as a result of monitoring estrous phase, a

431 potentially stressful procedure for the animals for which there is not an ideal control in males.

- 432 Some have characterized freezing as a passive response that occurs because no other
- response is available (Blanchard & Blanchard, 1969; Fadok et al., 2017; Gruene et al., 2015; Yu
- 434 et al., 2016). However, because motion is often the releasing stimulus for predatory attacks it is
- the best thing for a small mammal like a rat or a mouse to do when a predator is detected and
- 436 will only be replaced if there is a change consistent with contact (Fanselow & Lester, 1988).
- 437 Rodents choose locations in which to freeze such as corners or objects (thigmotaxis) (Grossen
- 438 & Kelley, 1972). The current data show that the freezing rodent also prepares to react to
- 439 sudden stimulus change. There is nothing passive about it.

440 Methods and Materials

441 Subjects

Subjects for all experiments included 120 C57BL/6NHsd mice (Experiment 1, n=24; Experiment 442 2, n=32; Experiment 3, n=32; Experiment 4, n=32), aged 9-11 weeks of age and purchased 443 444 from Envigo. This C57BL/6NHsd strain was chosen to match that of Fadok et al. (2017). Each 445 group consisted of 4 male and 4 female mice. A necessary/powerful group sample size of 8 was 446 calculated based both on years of data in our lab which suggests n=8 is sufficient to detect such behavioral differences in fear conditioning studies and on the recent articles in the literature 447 which are using this procedure. Mice were group-housed four per cage on a 12-hr light/dark 448 449 cycle with ad libitum access to food and water. Across each experiment, mice in each cage were randomly assigned to one of the groups, ensuring that every group had a representative 450 451 from each cage to avoid any cage effects. All experiments were conducted during the lights-on 452 phase of the cycle. Animals were handled for 5 days prior to the start of experiments. Subjects 453 were all treated in accordance with an approved protocol from the Institutional Animal Care and Use Committee at the University of California-Los Angeles following guidelines established by 454 the National Institute of Health. 455

456 Apparatus and Stimuli

457 All experiments were conducted in standard MedAssociates fear conditioning chambers (VFC-

458 008; 30.5 x 24.2 x 21 cm), controlled by Med Associates VideoFreeze software (Med

459 Associates, St. Albans, VT). For each experiment, the same context was used for training and

testing (see Discussion). The context was wiped down between each mouse with 70%

isopropanol and 3 sprays of 50% Windex were added to the pans below the shock grid floors to

462 provide an olfactory cue/context. The US consisted of a 1 second 0.9 mA scrambled shock

delivered through a MedAssociates shock scrambler (ENV-414S). Each of the CSs were

delivered using a MedAssociates speaker (ENV-224AM-2). The tone was 7.5kHz. Both the
tone and the white noise were 75dB inside the chamber. The inter-trial interval varied between
150 seconds and 210 seconds with an average length of 180 seconds.

467 **Design and Procedure**

Mice were handled for 5 days for approximately 1 minute per day prior to beginning the experiment. At the beginning of each day of the experiment, mice were transported in their home cages on a cart to a room adjacent to the testing room and allowed to acclimate for at least 30 minutes. Mice were individually placed in clean empty cages on a utility cart for transport from this room to the testing room and promptly returned to their home cages after the session was over. These transport cages were wiped down with StrikeBac in between trials/sessions.

Experiment 1 was conducted as delineated in Table 1 (see Fig. 1 for a schematic representation 475 476 of the serial conditioned stimulus and the design for training and testing for Experiment 1). The 477 Replication group was trained on each of the two days with 5 presentations of a 10 second tone immediately followed by a 10 second noise, which was immediately followed by a 1 second 478 shock. On Day 3 it was then tested with 16 presentations of a 10 second tone immediately 479 480 followed by a 10 second noise. These parameters were chosen to match those of Fadok et al 481 (2017) except that we did not include a session of unreinforced CS preexposure prior to conditioning as such treatment is known to reduce conditioned behavior (Lubow & Moore, 1959; 482 we did add such a treatment to Experiment 4 as an experimental factor). The CS Duration group 483 was trained on each of the two days with 5 presentations of a 10 second noise, which was 484 485 immediately followed by a 1 second shock. It was tested with 16 presentations of the 10 second noise. The Stimulus Change group was trained on each of the two days with 5 presentations of 486 a 20 second tone immediately followed by a 1 second shock. It was tested with 16 487 presentations of a 10 second tone immediately followed by a 10 second noise (i.e., the 488

compound used in the replication group). Two mice were excluded from this study due to
experimenter error, one female in the Replication group and one female in the Stimulus Change
group.

492 Experiment 2 was conducted as delineated in Table 2. The Pseudoconditioned Noise and 493 Pseudoconditioned Tone groups were trained on each of the two days with 5 presentations of a 494 1-sec shock without any sound using the same schedule for shocks as Experiment 1. The No Shock Control was merely allowed to explore the context for the same length of time as the 495 496 other groups without receiving any shock or auditory stimuli throughout the two days of 497 acquisition. The final Noise-Shock Conditioning group was trained on each of the two days with 498 5 presentations of a 10-sec noise, which was immediately followed by a 1-sec shock. As 499 Experiment 1 revealed that similar behavior was observed in groups which received compound 500 stimulus-shock pairings or just noise-shock pairings, we utilized simple noise-shock pairings in 501 this and some of the following experiments to more specifically assess the associative nature of any white noise-driven behavior. All groups received tests with 16 presentations of the 10-sec 502 503 noise in extinction, except for one of the pseudoconditioning groups that was tested with the 10-504 sec tone.

505 Experiment 3 was conducted as delineated in Table 3. The Paired Noise-Shock (Conditioning) 506 group was trained on each of the two days with 5 presentations of a 10 second noise, which 507 was immediately followed by a 1 second shock. The Unpaired Noise/Shock group was 508 presented with the same number and length of noise and shocks, but they were explicitly 509 unpaired in time. The Noise-CS Only group received 5 presentations of a 10 second noise 510 without receiving any shocks on each of the two days. The Shock Only (Pseudoconditioning) group received 5 presentations of a 1 second shock on each of the two days. As the main 511 behavioral responses and differences between groups occurred primarily in the first few trials of 512 513 the previous experiments, and in order to more readily complete all of the testing within one

day's light cycle, for this and the following experiments we reduced the number of test trials
presented to the animals. Thus, at test for this experiment, all groups received two
presentations of a 10 second noise.

517 Experiment 4 was conducted as delineated in Table 4. Prior to training with shock, all groups 518 underwent 2 days of additional training with either habituation to the white noise or merely 519 exposure to the context. The habituated groups, Habituation/Shock Only (H-Shock) and Habituation/Noise-Shock Pairing (H-Paired), were trained on each of the two days with 5 520 presentations of a 10-second noise, while the two non-habituated groups, Context 521 Exposure/Shock Only (C-Shock) and Context Exposure/Noise-Shock Pairing (C-Paired) 522 523 received only equivalent exposure to the context. The following two days, and as in the 524 Experiments above, all groups received 10 footshocks. The Paired groups (H-Paired and C-525 Paired) were trained on each of the two days with 5 presentations of a 10-second noise. 526 followed immediately by a 1-second footshock. The Shock Only groups (H-Shock and C-Shock) 527 were trained on each of the two days with only 5 presentations of a 1-second footshock. At test, all groups received 3 presentations of the 10-second noise. 528

529 Data and Statistics and Analysis

530 Freezing behavior for Experiments 1-3 was scored using the near-infrared VideoFreeze scoring 531 system. Freezing is a complete lack of movement, except for respiration (Fanselow, 1980). VideoFreeze allows for the recording of real-time video at 30 frames per second. With this 532 program, adjacent frames are compared to provide the grayscale change for each pixel, and the 533 amount of pixel change across each frame is measured to produce an activity score. We have 534 535 set a threshold level of activity for freezing based on careful matching to hand-scoring from trained observers (Anagnostaras et al., 2010). The animal is scored as freezing if they fall 536 below this threshold for at least a 1-sec bout of freezing. 537

538 For Experiment 4, due to a technical error, videos for the first 4 days of the experiment could not 539 be accurately assessed for freezing behavior using VideoFreeze. Therefore, we alternatively measured and scored freezing behavior using EthoVision. Briefly, videos were converted to 540 MPEG, as described above, and analyzed using the Activity Analysis feature of Ethovision. 541 542 Thresholds for freezing were again determined to match hand-scoring from trained observers. 543 Two different measures of flight were used. We scored bursts of locomotion and jumping with a Peak Activity Ratio (PAR); Fanselow et al., 2019) and the number of darts (Gruene et al., 2015). 544 To determine PAR, we took the greatest between frame activity score during a period of interest 545 (e.g., the first 10 s of CS presentation = During) and calculated a ratio of that level of activity to a 546 similar score derived from a preceding control period of equal duration (e.g., 10 s before 547 548 presentation of the tone = PreStim) of the form During/(During + PreStim). With this measure, a 549 0.5 indicates that during the time of interest there was no instance of activity greater than that 550 observed during the control period (PreStim). PARs approaching 1.0 indicate an instance of behavior that far exceeded baseline responding. This measure reflects the maximum movement 551 552 the animal made during the period of interest.

Darting was assessed as in Gruene et al. (2015). Video files from VideoFreeze were extracted 553 554 in Windows Media Video format (.wmv) and then converted to MPEG-2 files using Any Video 555 Converter (AnvSoft, 2018). These converted files were then analyzed to determine animal velocity across the session using EthoVision software (Noldus), using a center-point tracking 556 with a velocity sampling rate of 3.75 Hz. This velocity data was exported, organized, and 557 558 imported to R (R Core Team, 2018). Using a custom R code (available as source code 1), darts 559 were detected in the trace with a minimum velocity of 22.9 cm/s and a minimum interpeak interval of 0.8 s. The 22.9 cm/s threshold was determined by finding the 99.5th percentile of all 560 baseline velocity data analyzed, prior to any stimuli or shock, and this threshold was validated to 561 match with manual scoring of darts, such that all movements at that rate or higher were 562

25

563	consistently scored as darts. See Figure S1 for representative traces of velocity across Day 1
564	of acquisition for a mouse in the Replication group of Experiment 1. The PAR measure reflects
565	the maximum amplitude of movement, while the dart measure reflects the frequency of
566	individual rapid movements.
567	Trial-by-trial Measures of freezing and flight were analyzed with a repeated measure
568	multifactorial analysis of variance (ANOVA) and post hoc Tukey tests. Baseline freezing, and
569	overall responding which were collapsed across session when appropriate, were analyzed with
570	a univariate ANOVA test. To directly compare each groups' activity and the magnitude of any
571	flight behaviors during extinction testing, velocity data was binned into .533s bins and
572	subsequently analyzed using repeated measures ANOVA in R. Whenever violations of
573	sphericity were found, the Greenhouse-Geisser correction was used to produce corrected
574	degrees of freedom and p-values. Significant effects and interactions were followed up with
575	simple main effects and Bonferroni-corrected pairwise t-tests. A value of p<.05 was the
576	threshold used to determine statistical reliability. For all experiments described above, no
577	effects of sex were observed in initial comparisons/ANOVAs. Sex was thus removed as a factor
578	in subsequent statistical analyses.

579

26

581 Tables

582 Table 1: Design of Experiment 1

Group	Training Treatment: 10 CS-US Pairings	Testing Treatment	
	(5 per day)	(5 on one day)	
1) Replication	10-sec Tone→10-sec Noise→1-sec Shock	10-sec Tone→10-sec Noise	
2) CS Duration	10-sec Noise→shock	10-sec Noise	
3) Stimulus Change	20-sec Tone→shock	10-sec Tone→10-sec Noise	

583

584 Table 2: Design of Experiment 2

Group	2 Day Training Treatment:	Testing Treatment
1) Pseudoconditioned Noise	10 Shocks	5 Noise Presentations
	(1-mA, 1-sec, 150-210s intertrial interval)	(10-sec)
2) Pseudoconditioned Tone	10 Shocks	5 Tone Presentations
	(1-mA, 1-sec, 150-210s intertrial interval)	(10-sec)
3) No Shock Control	Context exposure Only	5 Noise Presentations
	(17-min &15-sec per day)	(10-sec)
4) Noise-Shock Conditioning	10 Noise (10-sec)→shock pairings	5 Noise Presentations
		(10-sec)

585

587 Table 3: Design of Experiment 3—Paired vs Unpaired Noise-Shock

Group	Training Treatment: 10 CS-US Pairings	Testing	
	(5 per day)	Treatment	
		(2 on one day)	
1) Paired Noise-	10-sec Noise→1-sec Shock	10-sec Noise	
Shock (Conditioning)			
2) Unpaired	10-sec Noise & 1-sec Shock – Unpaired	10-sec Noise	
Noise/Shock			
3) Noise - CS Only	10-sec Noise	10-sec Noise	
4) Shock Only	1-sec Shock	10-sec Noise	
(Pseudoconditioning)			

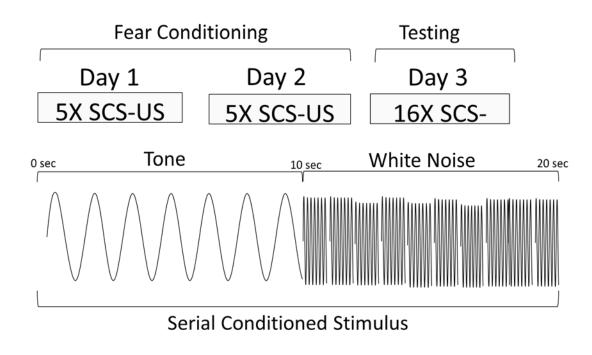
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Table 4: Design of Experiment 4—Tested the Effect of Habituation to the White Noise

Group	Habituation	Training Treatment: 10	Testing Treatment
	Treatment: 10 CS	CS-US Pairings	(3 on one day)
	Exposures (5 per day)	(5 per day)	
1) Habituation/Shock Only	10-sec Noise	1-sec Shock	10-sec Noise
(H-Shock)			
2) Habituation/Paired	10-sec Noise	10-sec Noise→1-sec Shock	10-sec Noise
Noise-Shock (H-Paired)			
3) Context Exposure/Shock	Context Exposure	1-sec Shock	10-sec Noise
Only (C-Shock)			
4) Context Exposure/Paired	Context Exposure	10-sec Noise→1-sec Shock	10-sec Noise
Noise-Shock (C-Paired)			

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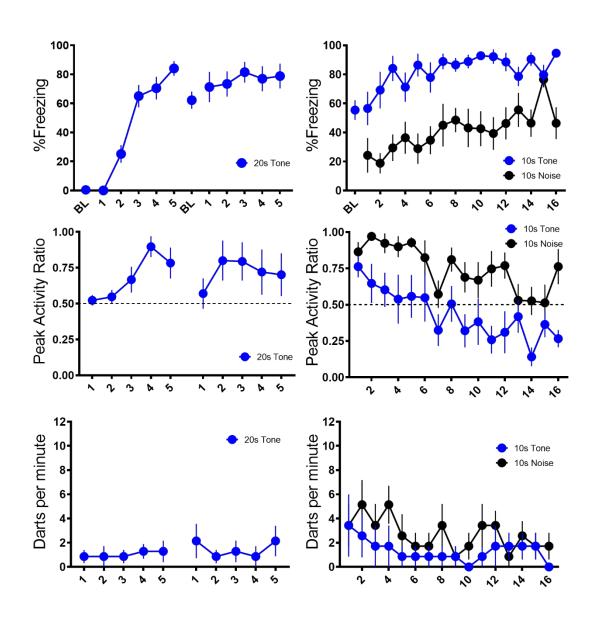
590 Figures



591

Figure 1 Behavioral design and schematic representation of the serial compound conditioned stimulus (SCS) used for the Replication Group in Experiment 1. During training, animals were given two days each of 5 SCS-US pairings. The SCS consisted of a 10s pure tone (7.5 kHz) followed by a 10s white noise (75 dB). Immediately upon termination of the white noise/SCS, a mild footshock US (1s, 0.9 mA) was delivered. On Day 3, the animals were tested with 16 presentations of the SCS without delivering any shocks.





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Figure 2 Trial-by-Trial Mean (±SEM) Percent Freezing, Peak Activity Ratio (PAR), and Darts
per minute throughout all stimulus presentations during training (left panels) and testing (right
panels) for the Stimulus Change Group in Experiment 1.

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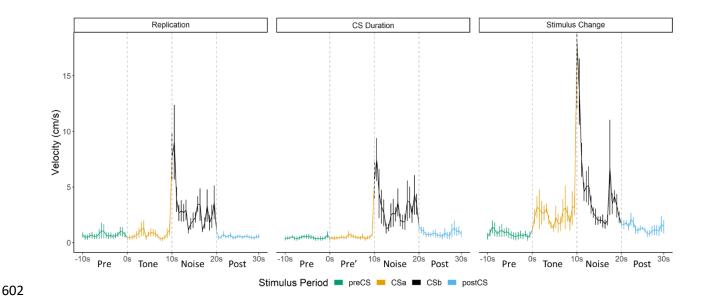
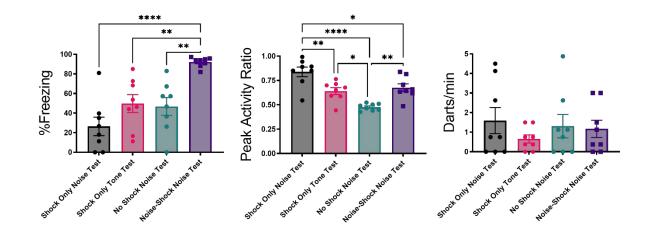


Figure 3 Averaged traces of velocity (cm/s) across the first 4 trials of extinction during testing for Experiment 1. Data is averaged across all animals per group and binned into ~.5s bins (0.533s) and presented as means plus/minus standard error (Mean ±SE). These within-subject error bars are corrected for between-subject variability using methods as described in Rouder and Morey (2005). During this test, the Replication Group and the Stimulus Change Group received the serial conditioned stimulus (SCS) in which a 10s tone was followed by a 10s noise. The CS Duration group was only tested with a 10s noise.

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- Figure 4 Mean (±SEM) Percent Freezing, Peak Activity Ratio (PAR), and Darting for the test
- session for Experiment 2. Values are averaged across the 16 trials of extinction during test.
- 613 *p<.05, **p<.01, ****p<.0001

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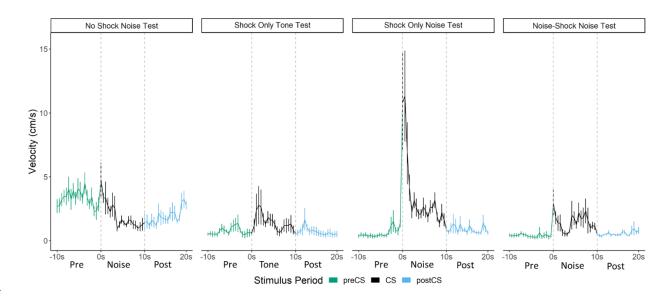




Figure 5 Averaged traces of velocity (cm/s) across the first 4 trials of extinction during testing for Experiment 2. Data is averaged across all animals per group and binned into ~.5s bins (0.533s) and presented as means plus/minus standard error (Mean ±SE). These within-subject error bars are corrected for between-subject variability using methods as described in Rouder and Morey (2005). During this test, the No Shock-Noise Test, Shock Only-Noise Test, and Noise-Shock Noise Test groups were tested with a 10s noise. The Shock Only-Tone Test group was tested with a 10s tone.

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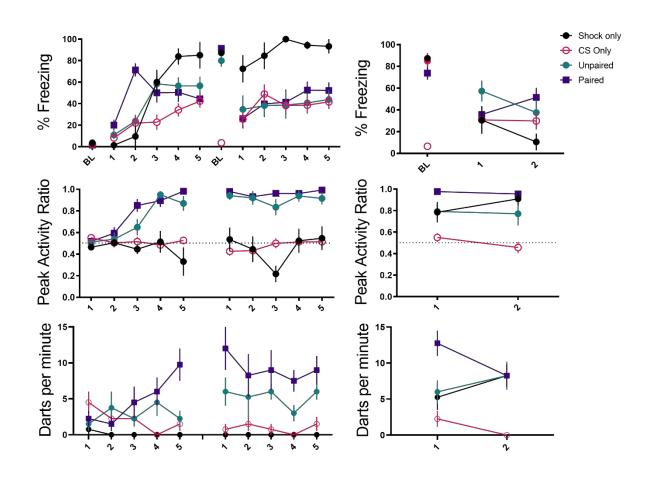


Figure 6 Trial-by-trial Mean (±SEM) Percent Freezing, Peak Activity Ratio (PAR), and Darting
per minute throughout all stimulus presentations during training (left panels) and testing (right
panels) for Experiment 3.

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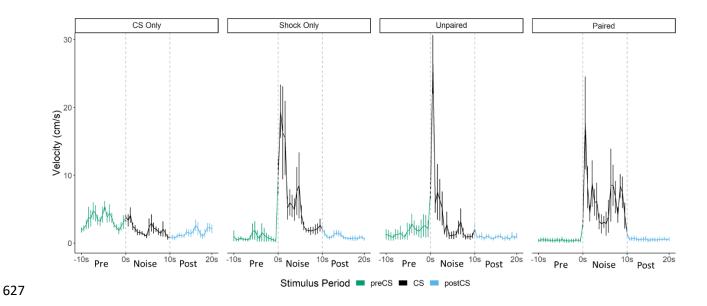


Figure 7 Averaged traces of velocity (cm/s) across 2 trials of extinction during testing for

629 Experiment 3. Data is averaged across all animals per group and binned into ~.5s bins (0.533s)

and presented as means plus/minus standard error (Mean ±SE). These within-subject error bars

are corrected for between-subject variability using methods as described in Rouder and Morey

632 (2005). During this test all groups were tested with a 10s Noise CS.

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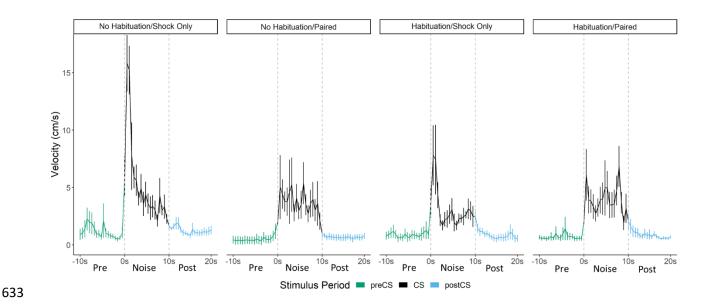


Figure 8 Averaged traces of velocity (cm/s) across 3 trials of extinction during testing for

635 Experiment 4. Data is averaged across all animals per group and binned into ~.5s bins (0.533s)

and presented as means plus/minus standard error (Mean \pm SE). These within-subject error bars

are corrected for between-subject variability using methods as described in Rouder and Morey

638 (2005). During this test all groups were tested with a 10s Noise CS.



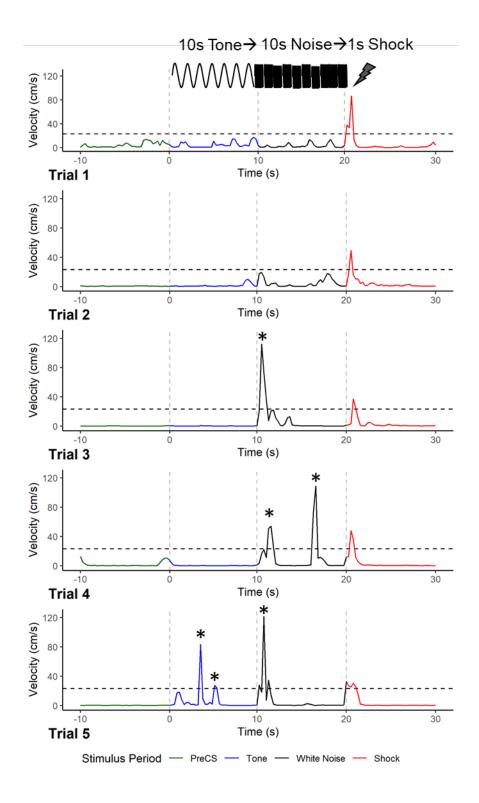


Figure S1 Example traces of velocity (cm/s) measurements obtained via EthoVision across five
trials on the first day of training for a mouse in the Replication Group of Experiment 1. Vertical

- dotted lines denote stimulus onset times and the horizontal dotted line is the threshold for
- scoring behavior as a dart (22.9 cm/s). Darting episodes are marked with an *.

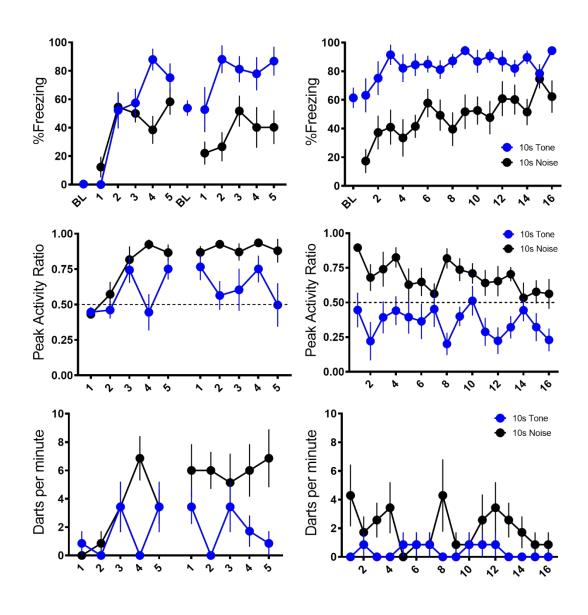
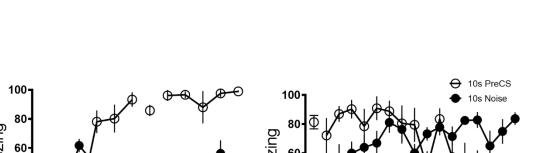
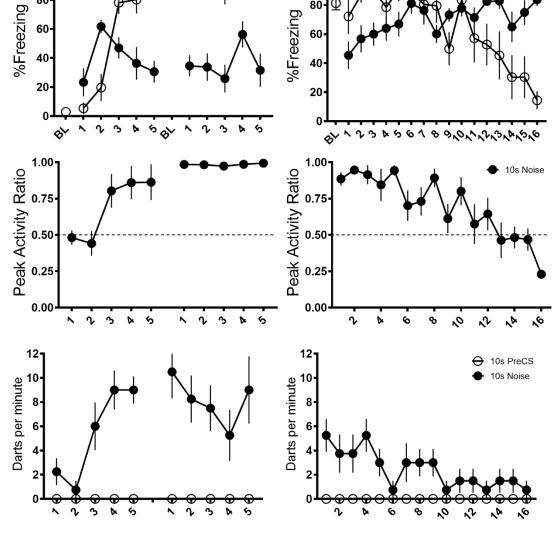




Figure S2 Mean (±SEM) Percent Freezing, Peak Activity Ratio (PAR), and Darts per minute
throughout training (left panels) and testing (right panels) for the Replication Group of
Experiment 1. Responding during the tone is represented with filled in grey circles, responding
during the noise is represented with filled in black circles.





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Figure S3 Mean (±SEM) Percent Freezing, Peak Activity Ratio (PAR), and Darts per minute
throughout training (left panels) and testing (right panels) for the CS Duration Group of
Experiment 1. Responding during the 10s preCS period is represented with open circles,
responding during the noise is represented with filled in black circles.

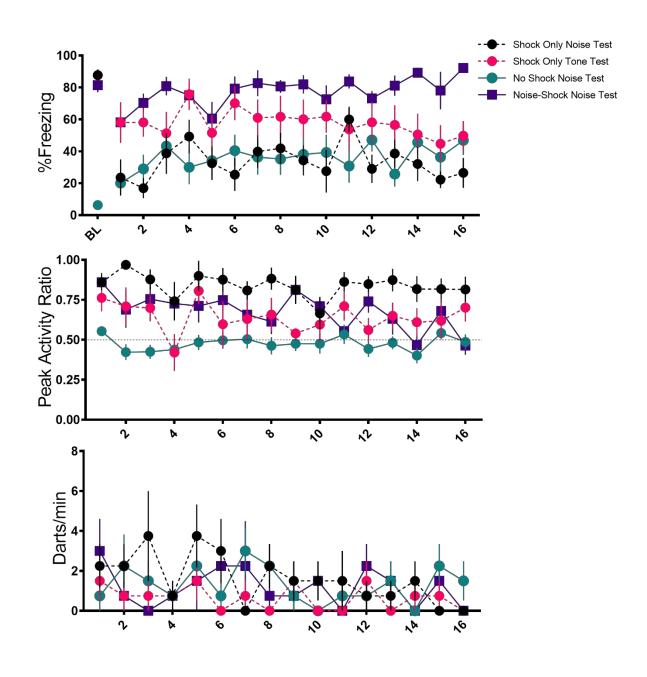
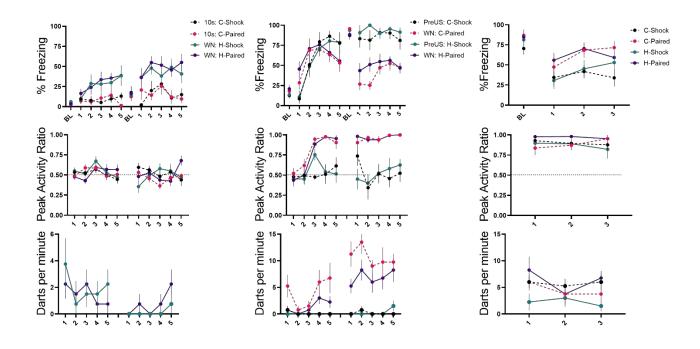




Figure S4 Trial-by-Trial Mean (±SEM) Percent Freezing, Peak Activity Ratio (PAR), and Darts
per minute throughout 16 trials of testing for Experiment 2.

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Figure S5 Trial-by-trial Mean (±SEM) Percent Freezing, Peak Ratio (PAR), and Darting per
minute throughout all stimulus presentations during habituation (left panels), training (middle
panels), and testing (right panels) for Experiment 4.

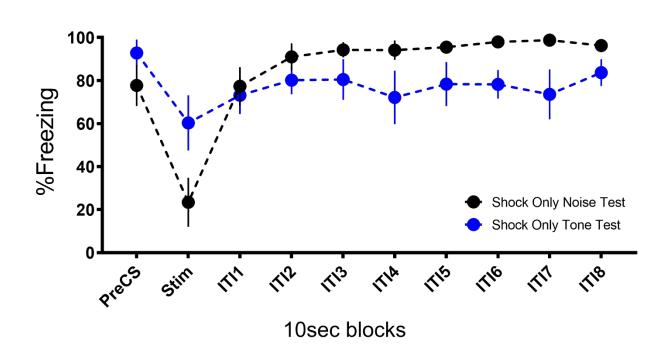


Figure S6 Mean (±SEM) Percent Freezing during extinction/testing for Experiment 2 showing
that the occurrence of the stimuli at test disrupt freezing to the context and that the noise
disrupts freezing to a greater extent than the tone.

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