

## **Title: Correcting dilated cardiomyopathy with fibroblast-targeted p38 deficiency**

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1 **Abstract:** Inherited mutations in contractile and structural genes, which decrease cardiomyocyte  
2 tension generation, are principal drivers of dilated cardiomyopathy (DCM)– the leading cause of  
3 heart failure<sup>1,2</sup>. Progress towards developing precision therapeutics for and defining the  
4 underlying determinants of DCM has been cardiomyocyte centric with negligible attention  
5 directed towards fibroblasts despite their role in regulating the best predictor of DCM severity,  
6 cardiac fibrosis<sup>3,4</sup>. Given that failure to reverse fibrosis is a major limitation of both standard of  
7 care and first in class precision therapeutics for DCM, this study examined whether cardiac  
8 fibroblast-mediated regulation of the heart’s material properties is essential for the DCM  
9 phenotype. Here we report in a mouse model of inherited DCM that prior to the onset of fibrosis  
10 and dilated myocardial remodeling both the myocardium and extracellular matrix (ECM) stiffen  
11 from switches in titin isoform expression, enhanced collagen fiber alignment, and expansion of  
12 the cardiac fibroblast population, which we blocked by genetically suppressing p38 $\alpha$  in cardiac  
13 fibroblasts. This fibroblast-targeted intervention unexpectedly improved the primary  
14 cardiomyocyte defect in contractile function and reversed ECM and dilated myocardial  
15 remodeling. Together these findings challenge the long-standing paradigm that ECM remodeling  
16 is a secondary complication to inherited defects in cardiomyocyte contractile function and  
17 instead demonstrate cardiac fibroblasts are essential contributors to the DCM phenotype, thus  
18 suggesting DCM-specific therapeutics will require fibroblast-specific strategies.

## 19 **Main**

20 Dilated cardiomyopathy (DCM) is a leading cause of heart failure worldwide that arises from a  
21 cadre of insults including inherited mutations in contractile or structural proteins expressed in  
22 cardiomyocytes (1, 2, 5). The clinical hallmarks of DCM are reduced systolic function, thinning  
23 of the myocardium, enlargement of the left ventricular chamber, and fibrosis. Despite a robust  
24 prevalence of DCM in the population (1 in 250 individuals), there are limited treatment options  
25 and, as of yet, no cure (1, 6–8). Common to the worst clinical outcomes for DCM is fibrosis,  
26 which can precede and exacerbate cardiac structural remodeling (9–11). When it comes to  
27 mitigating fibrosis, first-in-class pharmaceuticals for DCM such as myosin modulators have  
28 underperformed at correcting fibrotic remodeling in mice and clinical trials, thus tempering their  
29 therapeutic value (5, 12). Remodeling of the heart's extracellular matrix (ECM), such as during  
30 the fibrotic response to stress, is primarily regulated by cardiac fibroblasts of the *Tcf21* and  
31 *Pdgfra* lineage (13–16). While cardiac fibroblasts can be activated chemically to secrete fibrotic  
32 ECM, these cells are also highly sensitive to mechanical signals including substrate stiffness,  
33 alignment, and stretch (4). Given that impaired cardiomyocyte force generation is a primary  
34 determinant of DCM severity and that fibroblasts are physically coupled to cardiomyocytes via  
35 the ECM (17), this study examined the hypotheses that fibroblasts function as mechanical  
36 rheostats by structurally and biochemically tuning the material properties of the extracellular  
37 environment to compensate for disease-linked perturbations to cardiomyocyte force generation  
38 and that these adaptations are essential second drivers of the DCM phenotype.

39  
40 **Adaptive structural reorganization and stiffening of the ECM precedes myocyte dilation.**

41 To determine whether the material properties of the ECM adapt in response to DCM-linked  
42 reductions in cardiomyocyte force generation, a previously reported I61Q mutant cardiac  
43 troponin C (cTnC) transgene was specifically expressed in cardiomyocytes using a doxycycline-  
44 repressible alpha-myosin heavy chain promoter ( $\alpha$ MHC, **Fig. 1a**)(2). The I61Q point mutation  
45 lowers the binding affinity of  $\text{Ca}^{2+}$  to cTnC and thereby desensitizes myofilaments to  $\text{Ca}^{2+}$ ,  
46 reducing cardiomyocyte force production on a beat-to-beat basis (18, 19). This change is  
47 apparent by echocardiography, which showed reduced ejection fraction in the hearts of I61Q  
48 transgenic mice by 2 months of age relative to the wild type (WT) control group, which  
49 consisted of non-transgenic and tetracycline transactivator (tTA) transgenic littermates that were  
50 previously shown to be statistically equivalent (**Fig. 1b**) (2). Dilated structural remodeling in the  
51 hearts of I61Q transgenic mice was first detected at 4 months of age, as indicated by increased  
52 diastolic left ventricular (LV) chamber dimensions and heart-to-body weight ratios (**Fig. 1c-d**).  
53 This dilated phenotype was also observed in cardioplegia-arrested myocardial sections at the  
54 same timepoint (**Fig. 1e**). Concomitant with structural dilation, hearts from I61Q transgenic mice  
55 had mild interstitial fibrosis that was histologically undetectable early in the disease process but  
56 emerged by 4 months of age (**Fig. 1f-g**). As the biochemical composition and density of the  
57 ECM determines its mechanical properties (20), label-free data-independent acquisition (DIA)  
58 mass spectrometry of decellularized cardiac ECM from I61Q cTnC transgenic and WT mice was  
59 performed at the onset of dilation (**Fig. S1**). The relative abundance of primary ECM constituents

60 was largely unchanged between genotypes (**Fig. S1a**). However, closer examination revealed 22  
61 core matrisome proteins were differentially expressed in the cardiac ECM of WT and I61Q  
62 transgenic mice, including several laminin subtypes and type VI collagen, an established  
63 biomarker of heart failure (**Fig. S1b**) (21–23).

64 Structural reorganization of collagen fibers is another mechanism for adaptive mechanical  
65 tuning of the ECM (24). Hence, label-free second harmonic generation (SHG) microscopy was  
66 used to evaluate collagen structure and organization in whole mount decellularized I61Q  
67 transgenics and WT hearts (**Fig. 1h**). While differences in fibrosis by conventional histology  
68 were unresolved at 2 months of age, SHG imaging exposed robust increases in circumferential  
69 collagen fiber alignment in I61Q transgenic hearts at this early timepoint (**Fig. 1i-j**), suggesting  
70 structural reorganization of collagen fiber topography is a proximal compensatory response to  
71 reduced force generation by cardiomyocytes. Collagen fiber length, while longer on average in  
72 I61Q transgenics, was not significantly different from WT controls (**Fig. 1k**), indicating the  
73 observed topographical changes were not simply a product of collagen elongation. Transitioning  
74 to a highly aligned collagen fiber topography typically increases both the anisotropic strength of  
75 the ECM and force transmission of myocardial tissue, which in turn increases stiffness and  
76 preserves the heart's ability to contract (25). Such an adaptation would be a vital compensatory  
77 response to the I61Q cTnC-dependent loss in cardiomyocyte force generation.

78 To determine if the myocardium and cardiac ECM stiffen in response to I61Q cTnC  
79 expression, the passive mechanical properties of intact and decellularized hearts from the same  
80 experimental animal were measured using a modified Langendorff assay. Here, intact hearts  
81 from I61Q transgenic and WT mice were subjected to retrograde perfusion with Krebs-Henseleit  
82 buffer containing the myosin inhibitor blebbistatin to negate any stiffness from attached cross-  
83 bridges, and then a balloon was inserted into the left ventricle for volumetric inflation of the  
84 chamber in a stepwise manner. The balloon pressure was recorded during each inflation step,  
85 which exhibited a maximal pressure required to achieve the initial volume change and followed  
86 by a gradual decrease in pressure due to viscoelastic relaxation (**Fig. 1l**). Following the intact  
87 measurements, hearts were decellularized and the assay repeated to measure passive mechanical  
88 properties of the ECM in the same preparation. Both intact and decellularized preparations from  
89 I61Q mice required higher maximal pressures per inflation, indicating both the myocardium and  
90 ECM are stiffer relative to WT (**Fig. 1m-n, Fig. S2**). As they play a major regulatory role in  
91 dictating myocyte stiffness, titin isoforms and post-translational modifications were surveyed by  
92 Western blot analysis. Here, the stiffer N2B isoform was significantly upregulated in I61Q hearts  
93 whereas phosphorylation of the serine residue at position 267 (S267) in the N2B unique  
94 sequence, which enhances myocyte compliance, was reduced (**Fig. S3**) (26, 27). Collectively,  
95 these results demonstrate that architectural reorganization of collagen fibers and myocardial  
96 stiffening precede dilated remodeling and fibrosis associated with DCM.

97  
98 **Cardiac fibroblasts compensate for reduced cardiomyocyte force generation through**  
99 **proliferation rather than activation.**

100 While titin composition was statistically altered in I61Q cardiomyocytes, the modest effect size  
101 prompted deeper examination of the basis for structural realignment and stiffening of the  
102 myocardium and ECM in I61Q transgenic hearts. A potent determinant of ECM stiffness is  
103 fibroblast activation and conversion to a myofibroblast state, which is an essential cellular  
104 process underlying fibrosis (28). To determine whether mutant I61Q cTnC induces fibroblasts to  
105 activate and transition to a profibrotic myofibroblast state, cardiac fibroblasts were isolated from  
106 I61Q transgenic and WT hearts for primary culture, stimulated with recombinant TGF $\beta$ 1(4), and  
107 the percentage of the population that had smooth muscle  $\alpha$ -actin ( $\alpha$ SMA)-positive stress fibers  
108 quantified. This assay revealed no differences between genotypes at baseline or in response to  
109 TGF $\beta$ 1, suggesting fibroblasts from I61Q transgenic hearts have not differentiated into  
110 myofibroblasts, nor were they sensitized to activation signals (**Fig. S4a-b**). Since cell behaviors  
111 *in vitro* are often not recapitulated *in vivo*, myocardial sections from I61Q cTnC and WT mice  
112 were examined for the presence of activated myofibroblasts by quantifying the number of cells  
113 that were positive for two discriminating myofibroblast markers:  $\alpha$ SMA and platelet-derived  
114 growth factor alpha (PDGFR $\alpha$ ). Surprisingly, no significant fibroblast-to-myofibroblast  
115 conversion was evident even after the onset of fibrosis in I61Q hearts (**Fig. 2a-b**). *Acta2* gene  
116 transcription was assayed in purified cardiac fibroblasts, but again no significant differences  
117 were observed between genotypes, further suggesting that cardiac fibroblasts were not  
118 transitioning to myofibroblasts (**Fig. 2c**). A dual color fluorescent reporter was also used to trace  
119 activated fibroblasts *in vivo* with a *Postn* Cre-driver (*Postn*<sup>iCre</sup>-*mT/mG*) (13, 29), which was able  
120 to detect pockets of activated *Postn*<sup>+</sup> cells in I61Q transgenic hearts, albeit at 8 months of age  
121 which is long after the I61Q cTnC hearts dilate and turn towards decompensation (**Fig. 2d-e, Fig.**  
122 **S4c**) (2). These results suggest that (1) the canonical fibrotic process of fibroblast activation and  
123 myofibroblast formation only occurs in this inherited DCM model once the heart progresses to  
124 failure, and (2) fibroblast activation to an intermediate or fully matured  $\alpha$ SMA<sup>+</sup> myofibroblast  
125 state is not essential for structural realignment and stiffening of the ECM.

126 ECM remodeling could also be driven by fibroblast proliferation or other functional state  
127 changes (30–33). Hence, transcriptome profiling by RNA sequencing (RNAseq) was performed  
128 on cardiac fibroblasts isolated from 4-month-old I61Q mice and WT controls. Though the  
129 fibroblast is not genetically manipulated in the I61Q mice, principal component analysis (PCA)  
130 separated the animal genotypes from which fibroblasts were derived on the first principal  
131 component (PCA1) and accounted for 79% of sample variance (**Fig. 2f**). Differential gene  
132 expression analysis identified 363 significantly upregulated genes and 449 significantly  
133 downregulated genes in I61Q fibroblasts relative to controls (**Data S1**). Pathway enrichment  
134 analysis with g:Profiler found that all ten of the top enriched pathways were related to cell cycle  
135 (**Fig. 2g**) (34). Of the genes within this category, a variety of critical cell cycle regulators were  
136 upregulated in I61Q fibroblasts, including several cyclin genes (*Ccnb1*, *Ccnb2*, *Ccnd1*, *Ccne2*,  
137 *Ccnf*), cyclin dependent kinase 1 (*Cdk1*), marker of proliferation Ki-67 (*Mki67*), and aurora  
138 kinase (*Aurka*) (**Fig. 2h**). To assess whether altered levels of cell cycle markers were driving  
139 heightened proliferation in I61Q fibroblasts, cardiac sections were stained for the fibroblast

140 marker PDGFR $\alpha$  and cell cycle marker phospho-histone H3 (pH3), which demonstrated that  
141 fibroblasts in I61Q hearts had heightened proliferation signals at the 2-month timepoint and a  
142 *bona fide* increase in PDGFR $\alpha$ <sup>+</sup> fibroblast density by 4 months of age (**Fig. 2i-k**). Significant  
143 upregulation of *Ccnd1* and *Cdk1* transcripts was captured even earlier in purified fibroblast  
144 preparations from 1-month-old mice (**Fig. 2l-m**).

145 Biochemical cues present in the cardiac ECM can also modulate cell proliferation, suggesting  
146 that I61Q ECM could further drive fibroblast proliferation in positive feedback (35). To test this,  
147 cardiac fibroblasts were encapsulated in poly(ethylene glycol) (PEG)-based hydrogels modified  
148 to present biochemical ECM cues to cells in an environment with conserved mechanics. To  
149 achieve this, pepsin-digested ECM from WT or I61Q hearts was functionalized with 4-  
150 azidobutyric acid N-hydroxysuccinimide ester and covalently decorated onto a step-growth PEG  
151 hydrogel by cytocompatible copper-free click chemistry (36, 37). I61Q fibroblasts cultured  
152 within these soft hydrogels (~2 kPa storage modulus) no longer retained their hyperproliferative  
153 phenotype, but instead fibroblast proliferation was modulated by the chemical constituents of the  
154 ECM (**Fig. S5a**). In a screen of 36 combinations of ECM proteins in array on a soft (~10 kPa)  
155 polyacrylamide gel, type VI collagen supported more efficient cardiac fibroblast adhesion to the  
156 substrate and did so in synergy with laminin (**Fig. S5b-e**). These two proteins were enriched in  
157 our I61Q ECM proteomics, underscoring a potential role for matrix signals in initiating fibroblast  
158 proliferation and advancing the DCM phenotype.

159

### 160 **Fibroblast proliferation is sufficient to drive collagen compaction and tissue alignment.**

161 Adaptive alignment of fibrillar collagen and ECM stiffening in inherited DCM could result from  
162 traction forces exerted by cells on the matrix as the myocardium becomes progressively volume  
163 overloaded(38). Indeed, hyperproliferative I61Q fibroblasts compacted their surrounding ECM  
164 to a greater extent than those from WT hearts following encapsulation in free-floating collagen  
165 gels (**Fig. 3a-b**). To test whether proliferation was essential to gel compaction, a small-molecule  
166 cyclin-dependent kinase inhibitor (CDKi) dinaciclib was delivered in the culture media. CDKi  
167 treatment reduced proliferation of cardiac fibroblasts from both genotypes to similarly low levels  
168 (**Fig. 3c**) and blocked genotype-dependent gel compaction (**Fig. 3d**), demonstrating that  
169 increased fibroblast numbers rather than greater contractile function of the cell caused the  
170 compaction. To further confirm that gel compaction was due to proliferation rather than ECM  
171 degradation, a set of cell-laden collagen gels were also treated with marimastat, a broad-  
172 spectrum inhibitor of matrix metalloproteinases, which had no significant effect on I61Q  
173 fibroblast proliferation or gel compaction for either fibroblast genotype (**Fig. S6**). To examine  
174 the effects of load on tissue alignment and stiffness, fibroblasts were seeded into fibrin gels  
175 suspended between a flexible and a rigid post made of polydimethylsiloxane (PDMS) (**Fig. 3e**).  
176 Similar to the collagen gels, fibrin tissues seeded with cardiac fibroblasts from I61Q transgenic  
177 hearts had increased compaction and generated more passive tension, as measured by the  
178 magnitude of PDMS post deflection (**Fig. 3f-g**). Concomitant with the heightened passive

179 tension, I61Q fibroblasts were more aligned within the tissues, suggesting that fibroblast  
180 proliferation causes tissue compaction, which thereby promotes cellular alignment (**Fig. 3h**).

181 Though traction forces from fibroblast could contribute to ECM alignment, early stiffening  
182 of cardiomyocytes and altered hemodynamic loading during DCM pathogenesis could also  
183 produce the traction needed to align and lengthen collagen fibers. To study the effects of the  
184 mutant I61Q cTnC on tissue alignment in the absence of hemodynamic load, naïve neonatal rat  
185 cardiomyocytes were seeded into engineered heart tissues (EHTs) between PDMS posts and  
186 adenovirally transduced with FLAG-tagged I61Q cTnC (AdI61Q) or green fluorescent protein  
187 (AdGFP) as a transduction control. Transduced EHTs were cultured for two weeks prior to  
188 analyzing contractile output, passive tension generation, and tissue alignment. Here, AdI61Q  
189 EHTs functionally phenocopied the I61Q transgenic mice (2), including reduced twitch force and  
190 reduced area under the twitch curve, previously referred to as the tension index (**Fig. 3i-k**).  
191 Notably absent from the EHT phenotype was any difference in passive tension generation (**Fig.**  
192 **3l**), in contrast to what was observed in tissues engineered with fibroblasts from I61Q hearts  
193 (**Fig. 3g**). Tissue alignment was similarly unaffected by cardiomyocytes transduced with AdI61Q  
194 (**Fig. 3m-n**). Taken together these experiments demonstrate that in the absence of fibroblast-  
195 generated passive tension or hemodynamic loading, I61Q expression by the cardiomyocyte alone  
196 is insufficient to produce myocardial tissue alignment and stiffness.

197

### 198 **DCM is reversed by targeted deletion of p38 in cardiac fibroblasts.**

199 Based on the finding that fibroblast-dependent ECM alignment and tissue stiffening precede  
200 fibrosis, it was hypothesized that therapeutic interventions for DCM should disrupt fibroblast  
201 mechanotransduction and function. Yet known was how cardiac fibroblasts sense and transduce  
202 the effects of I61Q mutant cTnC on myocyte function. It was observed that the focal adhesions  
203 were significantly larger and more elongated in cardiac fibroblasts isolated from I61Q transgenic  
204 hearts, which phenocopies naïve fibroblasts cultured on engineered biomimetics of aligned  
205 collagen topography (**Fig. S7a-c**) (39). This suggests that the fibroblasts may sense I61Q cTnC-  
206 dependent perturbations to the mechanical environment via ECM and integrin signaling.  
207 Previous findings from our lab demonstrated that extracellular signals governing fibroblast  
208 function are transduced by p38 mitogen-activated protein kinase (p38 MAPK) signaling (39–41).  
209 Hence, cardiac fibroblast-specific p38 activity was examined in I61Q transgenic mice at the 2-  
210 month timepoint when fibroblasts are proliferative and adaptive structural alignment and  
211 stiffening occurs. By Western blot analysis, both total and phosphorylated p38 levels were  
212 upregulated in purified fibroblasts from I61Q hearts when compared to WT (**Fig. 4a**). Moreover,  
213 nuclear translocation of p38 was greater in cultured fibroblasts from I61Q transgenic hearts  
214 relative to WT (**Fig. S7d-e**) providing further evidence that the I61Q cTnC transgene enhances  
215 p38 activity in cardiac fibroblasts.

216 To directly determine if p38-dependent cardiac fibroblast function plays a role in non-  
217 ischemic DCM remodeling, I61Q cTnC transgenic mice were crossed with a mouse line that has  
218 tamoxifen-inducible loss of p38 function specifically in cardiac fibroblasts, giving rise to four

219 experimental genotypes: WT controls ( $p38^{fl/fl}$  or  $Tcf21^{iCre}$ ), fibroblast-specific p38 knockouts  
220 ( $p38^{fl/fl}-Tcf21^{iCre}$ ), I61Q cTnC ( $I61Q-p38^{fl/fl}$ ), and I61Q cTnC with fibroblast-specific p38  
221 deletion ( $I61Q-p38^{fl/fl}-Tcf21^{iCre}$ ) (**Fig. 4b**). At weaning, mice from this cross received one week  
222 of tamoxifen intraperitoneal injections followed by 10 weeks of tamoxifen chow (**Fig. 4c**), which  
223 we have previously shown elicits ~85% recombination efficiency and nearly complete p38  
224 deletion within 2 weeks of tamoxifen induction in cardiac fibroblasts homozygous for the  
225 conditional p38 allele and heterozygous for the  $Tcf21^{iCre}$  knock-in allele(41). 2-month-old  
226 myocardial sections immunostained with PDGFR $\alpha$  and pH3 antibodies demonstrated that I61Q  
227 transgenic mice with cardiac fibroblast specific p38 deletion ( $I61Q\ cTnC-p38^{fl/fl}-Tcf21^{iCre}$ ) had a  
228 significant reduction in the number of actively proliferating cardiac fibroblasts as demonstrated  
229 by the reduction in fibroblasts that were double positive for PDGFR $\alpha$  and pH3 (**Fig. 4d-e**). This  
230 loss in cell cycle activity likely underlies the reduction in PDGFR $\alpha^+$  fibroblasts per area of the  
231 heart observed in most  $I61Q\ cTnC-p38^{fl/fl}-Tcf21^{iCre}$  hearts (**Fig. 4f**). 4-month-old myocardial  
232 cross-sections stained with picosirius red-fast green also showed that fibroblast-specific loss of  
233 p38 function in I61Q transgenic mice ( $I61Q\ cTnC-p38^{fl/fl}-Tcf21^{iCre}$ ) corrects ventricular chamber  
234 dimensions as well as interstitial fibrosis at the later timepoint (**Fig. 4g-i**). Analysis of collagen  
235 fiber alignment by SHG imaging of decellularized hearts from these mice also demonstrated that  
236 in most of the  $I61Q\ cTnC-p38^{fl/fl}-Tcf21^{iCre}$  cohort collagen fibers were on average less aligned  
237 like WT controls, although this metric was not yet statistically significant (**Fig. 4j**).

238 To confirm that alterations in cardiac fibroblast proliferation and matrix phenotype were due  
239 to p38-dependent changes in fibroblast function rather than an alteration in the primary myocyte  
240 contractile defect incurred from replacing native cTnC with the I61Q mutant,  $Ca^{2+}$ -activated  
241 force generation was measured in demembranated trabecula from all of the experimental  
242 genotypes generated from crossing I61Q cTnC transgenic mice with fibroblast-specific p38  
243 knockouts ( $p38^{fl/fl}-Tcf21^{iCre}$ ). As represented by a marked rightward shift in the isometric cardiac  
244 muscle force- $Ca^{2+}$  relationship (**Fig. 4k**), there was an I61Q cTnC transgene-dependent decrease  
245 in force generation at half-maximal  $Ca^{2+}$  concentrations ( $pCa_{50}$ ) that was retained in  $I61Q\ cTnC-$   
246  $p38^{fl/fl}-Tcf21^{iCre}$  cardiac muscle when compared to WT and fibroblast-specific p38 knockout  
247 ( $p38^{fl/fl}-Tcf21^{iCre}$ ) controls (**Fig. 4l**). These data demonstrate that expression of I61Q mutant  
248 cTnC retains its primary functional defect of desensitizing the myofilaments to  $Ca^{2+}$  despite the  
249 fibroblast-specific deletion of p38 in  $I61Q\ cTnC-p38^{fl/fl}-Tcf21^{iCre}$  mice. Twitch forces were also  
250 measured in intact cardiac muscle from these mice. Unexpectedly, loss of p38 function in cardiac  
251 fibroblasts significantly corrected the I61Q cTnC-dependent impairment of myocyte twitch  
252 function in intact  $I61Q\ cTnC-p38^{fl/fl}-Tcf21^{iCre}$  cardiac muscle preparations, as shown by  
253 enhanced force generation throughout the contraction and relaxation phase of the twitch in  
254 comparison to the group expressing I61Q cTnC alone (**Fig. 4m**). Functional rescue of the I61Q  
255 cTnC phenotype was also seen at the whole heart level by echocardiography in which I61Q  
256  $cTnC-p38^{fl/fl}-Tcf21^{iCre}$  mice had a significant recovery in ejection fraction (**Fig. 4n**). Invasive  
257 hemodynamics further confirmed that a p38-dependent modulation of fibroblast phenotype



258 corrects systolic function in I61Q transgenic mice, as end systolic pressure-volume relationship  
259 (ESPVR) and cardiac stroke work were fully restored to WT values (**Fig. 4o-p**).

260 To determine how a fibroblast-specific modulation could correct myocyte contractile  
261 function, single myocyte contraction and  $\text{Ca}^{2+}$  kinetics were assayed. Unloaded shortening  
262 amplitude of intact cardiomyocytes was reduced in I61Q transgenic cardiomyocytes but rescued  
263 to WT levels with fibroblast-specific p38 deletion (**Fig. 4q**). This rescue was likely driven by the  
264 increased magnitude of the  $\text{Ca}^{2+}$  transient measured in I61Q-p38<sup>fl/fl</sup>-Tcf21<sup>iCre</sup> cardiomyocytes,  
265 which was significantly higher relative to all other experimental genotypes (**Fig. 4r**). To  
266 determine if fibroblast-specific p38 deletion also corrects the dilated structural remodeling of the  
267 heart, echocardiography was used to measure diastolic chamber dimensions. Here, measurements  
268 from I61Q cTnC-p38<sup>fl/fl</sup>-Tcf21<sup>iCre</sup> mice did not show a significant restoration of diastolic  
269 chamber dimensions at 4 months of age relative to mice with I61Q cTnC alone, which we  
270 ascribe to reduced diastolic tone caused by the I61Q transgene (**Fig. 4s**) (2). Since dilated cardiac  
271 remodeling is largely a function of serial sarcomere addition which lengthens and thins  
272 cardiomyocytes (42), morphologic assessment was also performed on cardiomyocytes isolated  
273 from the hearts of these experimental mice. I61Q cTnC-p38<sup>fl/fl</sup>-Tcf21<sup>iCre</sup> cardiomyocytes had  
274 reduced areas that stemmed from a reduction in cell length when compared to I61Q transgenic  
275 cardiomyocytes, which are significantly dilated relative to WT and fibroblast-specific p38  
276 knockout (p38<sup>fl/fl</sup>-Tcf21<sup>iCre</sup>) controls (**Fig. 4t-u**). Taken together these data indicate that  
277 fibroblast-specific loss of p38 function robustly and simultaneously corrects adaptive remodeling  
278 of the ECM and dilated myocyte structure induced by the I61Q mutation in cTnC.

279

## 280 **Conclusion**

281 This study explored the function of fibroblasts as mechanical rheostats within the heart capable  
282 of adaptively remodeling the ECM to preserve cardiac function and mechanical homeostasis in  
283 response to inherited DCM-linked perturbations in myocyte mechanical function. We believe  
284 this is one of a myriad of nested mechanical homeostatic feedback loops guiding organ structure  
285 and function in which cells exhibit dynamic reciprocity with their extracellular mechanical  
286 environment (43–46). In DCM, fibroblasts are well-equipped to respond to the contractile  
287 insufficiencies of cardiomyocytes, as they are necessarily mechanosensitive to fulfill their role of  
288 maintaining tissue integrity (47). It is likely that reduced cardiomyocyte tension leads to strain  
289 overload as hemodynamic loads on the myocardial wall increase throughout development and  
290 disease progression (48). Here, both cardiomyocytes and fibroblasts adapted to the pathogenic  
291 cTnC variant to preserve the heart's mechanical integrity and systolic function, where  
292 cardiomyocytes altered their morphology and tuned excitation-contraction coupling mechanisms  
293 (**Fig. 4q-r, Fig. 4t-u**). Notably, both cardiomyocyte adaptations are highly reversible should the  
294 inciting disease stimulus be therapeutically blocked or removed. By contrast cardiac fibroblasts  
295 proliferated in response to the I61Q-dependent loss of myocyte tension generation (**Fig. 2f-k**),  
296 which is likely a permanent modification given cardiac fibroblasts are resistant to cell death and  
297 lack regulatory mechanisms for restricting cell number (49–51). Hence, the tissue alignment,  
298 compaction, and stiffness that resulted from fibroblast proliferation (**Fig. 3a-h**) would likely

299 remain irreversible without a fibroblast-specific therapy that either prevents proliferation or  
300 blocks matrix secretion and traction force generation, a result that matches exactly what occurred  
301 in this study by silencing p38 activity in cardiac fibroblasts (41, 52). This result is further  
302 supported by a recent report that genetic ablation of cardiac fibroblasts during development  
303 softens myocardial tissue (53). Our finding that the material properties of DCM myocardial  
304 tissue is shaped in part by expansion of the cardiac fibroblast population rather than the  
305 canonical fibrotic process of fibroblast to myofibroblast transition is critically important to the  
306 treatment of non-ischemic DCM, as activated myofibroblast states appear to be transient and  
307 unlike changes in fibroblast number these state transitions could resolve or even reverse in  
308 response to a DCM specific myocyte targeted therapeutic (51). Indeed, first in class therapeutic  
309 strategies for DCM like myosin modulators fail to target fibroblast proliferation, which may  
310 explain their lukewarm effects on fibrosis (12, 54). It is therefore unlikely that correcting  
311 myocyte tension generation alone could reduce fibroblast numbers in the DCM heart unless  
312 given at the earliest stage of the disease process. Finally, this study challenges the paradigm that  
313 ECM remodeling is secondary to dilated structural remodeling of the myocyte(3) and instead  
314 supports an active role for fibroblasts in shaping cardiac form and function in DCM, indicating  
315 effective therapeutics for this disease will need to address collective cell behaviors rather than  
316 singularly restore myocyte function.

317

## 318 **Methods**

### 319 *Mice*

320 All animal experiments were approved by the University of Washington Institutional Animal  
321 Care and Use Committee. I61Q mice were generated as previously described, by mating to a  
322 tetracycline transactivator (tTA) line on the FVB/NJ genetic background(2). These I61Q tTA  
323 mice were further bred onto a line containing *LoxP*-targeted *Mapk14* ( $p38^{fl/fl}$ ) mice and a  
324 tamoxifen regulated Cre recombinase that was knocked into the *Tcf21* locus ( $Tcf21^{iCre}$ ) to  
325 generate I61Q cTnC-p38<sup>fl/fl</sup>- $Tcf21^{iCre}$  mice (p38 I61Q), which were on mixed genetic  
326 background(41). Tamoxifen was administered to mice by intraperitoneal injection for 5  
327 consecutive days (400mg/kg body weight in peanut oil), followed by tamoxifen citrate chow ad  
328 libitum until a 2 or 4 month experimental endpoint. Echocardiography was performed on a  
329 Vevo2100 or Vevo3100 under inhalation isoflurane at heart rates exceeding 350bpm. Invasive  
330 hemodynamics on isoflurane-anesthetized mice was performed under heart rates of 420-500bpm  
331 using a high-fidelity pressure-volume catheter (1.2F, Transonic) inserted into the left ventricle  
332 via the right carotid artery.

333

### 334 *Histology*

335 Fixed cardiac tissues were either processed into paraffin and sectioned (I61Q colony) or  
336 cryosectioned in OCT for histologic assessment. Picosirius red-fast green stained slides were  
337 imaged across 6 fields of view at 20x magnification per heart and segmented for collagen content  
338 using the color thresholding tool in ImageJ. Whole-heart cross-section images were generated

339 from slide scans obtained by a Hamamtsu Nanozoomer digital pathology system. For fibroblast  
340 proliferation and activation, slides were stained with antibodies for  $\alpha$ SMA (Sigma A2547,  
341 1:500), phospho-histone H3 (abcam, 1:200), and PDGFR $\alpha$  (1:100 abcam) overnight in staining  
342 buffer (1X PBS, 1% BSA, 1% fish skin gelatin), then stained using Alexa Fluor-conjugated  
343 secondaries (1:1000 Thermo Fisher) and Hoechst (1:2000 Thermo Fisher) for 90 minutes in  
344 staining buffer at room temperature. Stained slides were imaged on a Leica Stellaris 5 confocal  
345 microscope under 20x magnification. For quantification, images from six representative regions  
346 of interest were obtained at 2x scanner zoom and counted manually blinded to mouse genotype  
347 using FIJI(55).

348

#### 349 *Cardiac Perfusion Decellularization*

350 Freshly harvested hearts were retrograde perfused with a 1% sodium dodecyl sulfate (SDS)  
351 solution for 12 hours to decellularize, followed by 1% Triton-X 100 for 1 hour to remove SDS,  
352 then rinsed by perfusion with deionized water for 1 hour. Hearts were then transferred to 15mL  
353 deionized water, which was refreshed daily for 5 days to ensure complete removal of detergent.

354

#### 355 *Multiphoton ECM imaging and structural analysis*

356 Hearts were perfused with 1% agarose and mounted on a 100mm petri dish with the left  
357 ventricular free wall facing up, then imaged in whole mount on an Olympus FV1000MP  
358 microscope at 25x magnification, using 860nm excitation from a Mai-Tai HP laser (Spectra  
359 Physics, 59% power) and a Violet/Green emission filter cube. Z-stacks consisting of 20 images  
360 with 1.5-micron step within the LVFW were condensed into maximum intensity projections  
361 using ImageJ, then the SHG channel (violet) was quantified for fiber alignment and length using  
362 CurveAlign 4.0 beta in CT-FIRE fiber mode (56, 57).

363

#### 364 *Cardiac muscle and ECM mechanics*

365 For passive mechanics studies, a Langendorff balloon was inserted into the left ventricle and the  
366 heart was perfused with Krebs-Henseleit buffer containing blebbistatin (25 $\mu$ M, Toronto Research  
367 Chemicals). The balloon was inflated in 5 microliter steps to 35  $\mu$ L with 2 minutes of stress  
368 relaxation time between each step. This regimen was performed once to precondition the tissue,  
369 and then repeated in duplicate for measurements of developed pressure. Following passive  
370 muscle measurements, the heart was decellularized as above with the balloon remaining inserted  
371 in the left ventricle and the mechanical testing regimen was repeated for the ECM alone.  
372 Pressure traces were acquired using LabView and exported to Excel for analysis of developed  
373 pressure and curve slope.

374

#### 375 *ECM Proteomics*

376 Hearts were perfusion decellularized above, and digested in solution as previously described(58).  
377 Briefly, samples were first denatured for 2hrs at 37  $^{\circ}$ C in urea (8M, Fisher) and dithiothreitol  
378 (10mM, Thermo Fisher), continuously agitated. Following 30 minutes of alkylation with

379 iodoacetamide (25mM, supplier), samples were then diluted with ammonium bicarbonate  
380 (100mM, pH=8.0, Sigma Aldrich), and 2 $\mu$ L PNGase F (500 U/ $\mu$ L, New England Biolabs) was  
381 added to deglycosylate the samples over a 2 hour incubation at 37 °C. Samples were then  
382 digested by adding 2 $\mu$ L LysC (500ng/ $\mu$ L, Pierce) for 2 hours then 6 $\mu$ L trypsin (100ng/ $\mu$ L New  
383 England Biolabs) overnight, both at 37 °C. Trypsin (4 $\mu$ L) was added the next day for 2 hours of  
384 additional digestion at 37 °C, then inactivated through addition of 50% trifluoroacetic acid (Sigma  
385 Aldrich) before samples were clarified through centrifugation (16,000 x g, 5 minutes) and  
386 cleaned for liquid chromatography on an MCX column (Waters). For proteomics by data  
387 independent acquisition (DIA) mass spectrometry, samples were analyzed at the Nathan Shock  
388 Center for Aging proteomics core on a Q Exactive HF Hybrid Quadrupole-Orbitrap Mass  
389 Spectrometer (Thermo Fisher) with a Nanoacquity HPLC (Waters). Total ion currents were  
390 normalized between samples using the PowerTransformer function of the scikit-learn package in  
391 Python, then differential expression between groups was tested by one-way ANOVA(59).  
392 Figures were generated using Seaborn and matplotlib (60).

393

#### 394 *Cardiac fibroblast isolation and culture*

395 Primary cardiac fibroblasts were isolated as described previously(30). Fibroblasts for RT-PCR  
396 and Western blot analyses were negatively sorted on Cd11b microbeads and positively sorted for  
397 anti-feeder microbeads through LS columns on a QuadroMACS magnet (Miltenyi Biotec).  
398 Fibroblasts for RNASeq, proliferation assays, and engineered tissues were plated on 60mm tissue  
399 culture dishes and expanded to the first passage in Dulbecco's Modified Eagle Medium  
400 (DMEM) with 20% fetal bovine serum (FBS) and 1X penicillin/streptomycin solution. Cells in  
401 culture were passaged with 0.25% trypsin-EDTA and seeded onto 24-well iBidi  $\mu$ -plates at a  
402 density of 1000 cells/cm<sup>2</sup> for *in vitro* proliferation studies. The FBS concentration in the media  
403 was dropped to 2% upon seeding, and EdU (10 $\mu$ M, Thermo Fisher), dinaciclib (5 $\mu$ M, ApexBio),  
404 or ilomastat (10 $\mu$ M, MedChemExpress) were added where indicated. After 24 hours cells were  
405 fixed in 4% paraformaldehyde and stained using a Click-It EdU proliferation kit (Thermo Fisher)  
406 per manufacturer's instructions. To screen ECM components, 250,000 WT cardiac fibroblasts  
407 were seeded onto an ECM Select Array Kit Ultra-36 (Advanced Biomatrix) and cultured for 24  
408 hours in EdU-containing media as above. Collagen gel compaction was assayed as previously  
409 described,(29, 61) with fibroblasts seeded into 1% collagen type I (Advanced Biomatrix)  
410 hydrogels at a density of 80,000 cells/mL in a 24-well plate for 24hrs in DMEM with 2% FBS.

411

#### 412 *PEG-ECM hydrogels*

413 4-armed PEG<sub>20kDa</sub>-BCN, NHS-Azide, and the MMP-degradable crosslinking peptide N<sub>3</sub>-  
414 RGPQGIWGQLPETGGRK(N<sub>3</sub>)-NH<sub>2</sub> were all synthesized as previously described(37, 62). To  
415 generate soluble ECM peptides 4 hearts per genotype were pooled, snap frozen and homogenized  
416 by mortar and pestle under liquid nitrogen, lyophilized to a powder, then resuspended at  
417 10mg/mL in a pepsin solution (1mg/mL in 0.1M hydrochloric acid) for 48 hours at room  
418 temperature, stirred. Digested ECM was neutralized with the addition of NaOH and re-

419 lyophilized. Digested ECM was resuspended at 25mg/mL in PBS. To azide-functionalize ECM,  
420 2 $\mu$ L of NHS-Azide (60mM in DMSO) was added to 118 $\mu$ L of ECM solution and reacted for 1  
421 hour on ice. Primary cardiac fibroblasts were encapsulated at 10 million cells/mL in gels  
422 comprised of 3mM PEG-BCN, 6mM crosslink, 1mM N<sub>3</sub>-GRGDS, and 5mg/mL azide-modified  
423 ECM, which were then cultured in DMEM containing 10% FBS and 10 $\mu$ M EdU for 24 hours  
424 prior to fixation. Gels were then blocked in PBS containing 0.1M sodium azide to quench any  
425 remaining BCN groups in the polymer network and stained as above.

426

#### 427 *RNA Sequencing and Analysis*

428 Fibroblasts cultured to 80% confluency were lysed in Trizol (Thermo Fisher) and total RNA was  
429 extracted using a Direct-zol RNA Microprep kit, including DNase treatment (Zymo Research).  
430 For RNAseq, RNA integrity was verified using RNA Screentape on a 2200 TapeStation (Agilent)  
431 and samples with high RNA integrity (RINe  $\geq$  7) were submitted to BGI Genomics for RNA  
432 sequencing (PE100). Resultant FASTQ files were aligned to the mm10 reference genome using  
433 RNA-STAR (63), assigned to genes using featurecounts (64), and gene transcript counts tested  
434 for differential expression using DESeq2(65). Differentially expressed genes were tested for  
435 pathway enrichment using G:Profiler, and heatmaps were generated in python using the Seaborn  
436 package (60, 66). RT-PCR was performed as previously described using the Superscript III First-  
437 Strand Synthesis System (Thermo Fisher), iTaq universal SYBR Green Supermix (Bio-Rad) and  
438 the primers in **Table S1** (30).

439

#### 440 *Western Blotting*

441 Magnetically sorted fibroblast pellets were lysed in 120 $\mu$ L of Laemmli Buffer with DTT, of  
442 which 30 $\mu$ L was loaded onto a 10% acrylamide gel for sodium dodecyl sulfate polyacrylamide  
443 gel electrophoresis (SDS-PAGE) and wet transfer to a polyvinylidene fluoride membrane for  
444 immunodetection. Membranes were blocked and immunostained in tris-buffered saline (20mM  
445 Tris, 150mM NaCl, pH 7.6) containing 0.1% Tween 20 and 5% nonfat powdered milk. Primary  
446 antibodies for phospho-p38 MAPK (Cell Signaling 9211, 1:1000), total p38 MAPK (Cell  
447 Signaling 9212, 1:1000), and GAPDH (Fitzgerald 10R-2932, 1:10,000) were incubated overnight  
448 at 4°C under gentle agitation. Rabbit or mouse primary antibodies were detected using a  
449 horseradish peroxidase-conjugated anti-rabbit IgG (Sigma AP307P, 1:4000) or anti-mouse IgG  
450 (Sigma AP308P, 1:4000) secondary antibody for 90 minutes at room temperature, then  
451 developed using SuperSignal West Pico PLUS (Thermo Fisher) chemiluminescence substrate.

452

#### 453 *Mouse cardiomyocyte isolation and cell culture*

454 For functional measurements, mouse ventricular cardiomyocytes were freshly isolated by  
455 Langendorff perfusion with Liberase TM (0.225 mg/mL, Roche) in Krebs-Henseleit buffer (135  
456 mM NaCl, 4.7 mM KCl, 0.6 mM KH<sub>2</sub>PO<sub>4</sub>, 0.6 mM Na<sub>2</sub>HPO<sub>4</sub>, 1.2 mM MgSO<sub>4</sub>, 20 mM HEPES,  
457 10  $\mu$ M BDM, and 30 mM taurine) as previously described.(67) Ventricular cardiomyocytes were  
458 mechanically dispersed and filtered through a 200  $\mu$ m nylon mesh then allowed to sediment for

459 5-10 minutes. Sedimentation was repeated three times using increasing  $[Ca^{2+}]$  from 0.125 to 0.25  
460 to 0.5 mmol/L. Cardiomyocytes were plated on laminin-coated coverslips in Tyrode's solution  
461 (137 mM NaCl, 5.4 mM KCl, 0.5 mM  $MgCl_2$ , 1.2 mM  $CaCl_2 \cdot 2H_2O$ , 10 mM HEPES, and 5 mM  
462 Glucose, pH 7.4) for 1 hour at 37 °C prior to functional measurements. For myocyte morphology  
463 measurements, cardiomyocytes were similarly isolated and plated with buffers containing 25  $\mu$ M  
464 blebbistatin and subsequently fixed with 4% PFA at room temperature for 15 minutes.

465  
466 *Measurements of cardiomyocyte contractility and calcium transients*  
467 Sarcomere measurements were obtained from isolated cardiomyocytes using the IonOptix™  
468 SarcLen Sarcomere Length Acquisition Module with a MyoCam-S3 digital camera (Ionoptix  
469 Co.) attached to an Olympus uWD 40 inverted microscope. For these measurements  
470 cardiomyocytes were bathed in 1.2 mM  $Ca^{2+}$  Tyrode's solution and kept at 37 °C. To jumpstart  
471 pacing, cardiomyocytes were stimulated with frequencies varying from 0.5, 1.0, and 1.5 Hz at 10  
472 V for a minimum of 10 contractions at each frequency. Sarcomere lengths were then measured in  
473 real time at a frequency of 1 Hz and averaged across 10-15 contraction cycles. Separate  
474 coverslips were treated with 1  $\mu$ M Fura-2-acetoxymethyl ester to measure calcium transients.  
475 Blinded analysis was performed using the IonWizard software. Statistical analyses were  
476 performed on individual myocyte measurements (n ~ 20 cardiomyocytes/mouse; n=3-4).  
477 Significance was determined using Student's t-test. For myocyte geometry quantification  
478 approximately 50 cells per mouse were manually traced using FIJI.

479  
480 *Rat cardiomyocyte isolation and EHT experiments*

481 Freshly isolated neonatal rat cardiomyocytes and fibroblasts were seeded into 100  $\mu$ L fibrin  
482 EHTs containing 1 million cells per tissue between a pair of flexible and rigid PDMS posts that  
483 were 12 mm in length and 1.5 mm in diameter within a 24-well plate, as previously described  
484 (68). EHTs were polymerized for 85 minutes, then demolded and immersed in plating media [4:1  
485 DMEM:Medium 199 (M199), 10% horse serum, 5% FBS, 100 U/mL penicillin streptomycin  
486 (pen-strep)] containing AdGFP or AdI61Q at a multiplicity of infection of 200. After 24 hours,  
487 EHTs were switched to maintenance medium consisting of 1:1 DMEM:M199 containing 5%  
488 FBS, 100 U/mL pen-strep, 5 g/L 6-aminocaproic acid, 1X insulin-transferrin-selenium, and 0.1%  
489 chemically defined lipid concentrate, which was thenceforth swapped every other day until the  
490 14-day experimental endpoint. EHTs were then bathed in Tyrode's buffer equilibrated to 37 °C  
491 for contractile analysis as previously described (68). Briefly, EHTs were paced at 1 Hz by a  
492 custom 24-well plate pacing apparatus with carbon electrodes biphasically stimulated (5V/cm,  
493 10ms duration) with a medical stimulator (Astro Med Grass Stimulator, Model S88X) while  
494 imaged. Brightfield videos of PDMS post deflection during EHT contraction were taken at 66.67  
495 frames per second on a Nikon TEi epi-fluorescent microscope under 2x magnification.  
496 Deflection of the flexible post relative to the rigid post was tracked using a custom MATLAB  
497 script in order to calculate twitch force, and tension index as the area under the twitch curve.  
498 Following functional measurements, EHTs were fixed in ice-cold 4% PFA for 1 hour and stained

499 with anti-FLAG (Sigma, 1:1000), Alexa Fluor 568-conjugated wheat germ agglutinin (Thermo  
500 Fisher 1:1000), and Hoechst 33342 (Thermo Fisher, 1:1000). For alignment, 8 ROIs per wheat-  
501 germ stained EHT were confocally imaged in whole mount at 20x magnification on a Leica  
502 Stellaris 5 confocal microscope and analyzed using the Directionality plugin in FIJI. Alignment  
503 coefficient was calculated as the amount divided by the dispersion of directionality.

504

#### 505 *Intact and skinned muscle mechanics*

506 Hearts were quickly removed via thoracotomy and rinsed in oxygenated modified Krebs buffer  
507 containing 118.5 mM NaCl, 5 mM KCl, 1.2 mM MgSO<sub>4</sub>, 2 mM NaH<sub>2</sub>PO<sub>4</sub>, 25 mM NaHCO<sub>3</sub>, 1.8  
508 mM CaCl<sub>2</sub>, and 10 mM glucose. Hearts were then perfused and dissected in oxygenated  
509 modified Krebs with 0.1 mM CaCl<sub>2</sub> and 20 mM 2,3-butanedione 2-monoxime (BDM) to limit  
510 contraction and damage during tissue dissection.

511

512 For demembrated tissue mechanics, dissected hearts were permeabilized in a glycerol relaxing  
513 solution containing 100 mM KCl, 10 mM MOPS, 5 mM K<sub>2</sub>EGTA, 9 mM MgCl<sub>2</sub> and 5 mM  
514 Na<sub>2</sub>ATP (pH 7.0), 1% (by vol) Triton X-100, 1% protease inhibitor (Sigma P8340), and 50% (by  
515 vol) glycerol at 4°C overnight then stored in fresh solution without Triton X-100 for storage at -  
516 20°C. Briefly, right ventricular trabeculae were dissected and mounted between a force  
517 transducer and motor, and sarcomere length (SL) was set to ~2.3 μm, as previously described.<sup>(5)</sup>  
518 Experiments were conducted in a physiological solution (15°C, pH 7.0) containing a range of  
519 pCa (= -log[Ca<sup>2+</sup>]) from 9.0 to 4.0. Force and k<sub>tr</sub> (rate of tension redevelopment) were collected  
520 at each pCa and analyzed with custom using LabView software.

521

522 For intact twitch measurements unbranched, intact trabeculae were dissected from the right  
523 ventricular wall and mounted between a force transducer (Cambridge Technology, Inc., model  
524 400A) and a rigid post, as previously described. The tissue was then submerged in a custom  
525 experimental chamber that was continuously perfused with oxygenated modified Krebs buffer  
526 (1.8 mM CaCl<sub>2</sub>) at 33°C. After a ~20min equilibration and washout at 0.5 Hz pacing, optimal  
527 length was set to ~2.3 μm SL and tissue was paced at 1 Hz. 30 second traces were recorded on  
528 custom LabView software and were analyzed with custom code written using MATLAB  
529 software (Mathworks).

530

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546 and JD performed experiments and analyzed results. Experiments were conceived by RCB, IMR,  
547 KAZ, TM, KK, WL, MR, FMH, NJS, CAD, and JD, RCB, MR, NJS, CAD, and JD wrote and  
548 reviewed the manuscript.

549

550 **Competing Interests:** The authors declare no competing interests.

551

## 552 **Supplementary Materials**

553 Materials and Methods

554 Figs S1 to S7

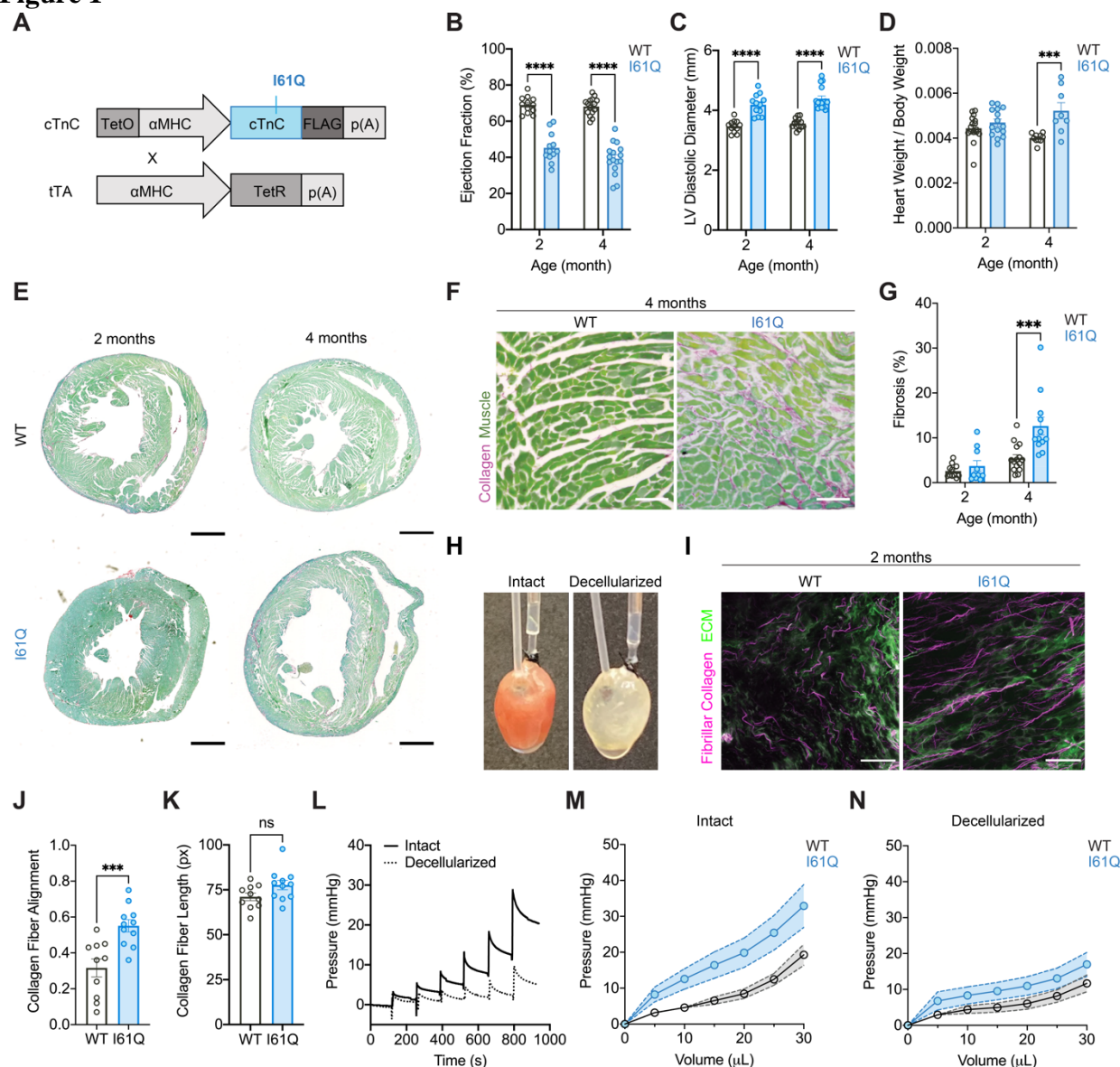
555 Table S1

556 Data S1

557



558 **Figure 1**

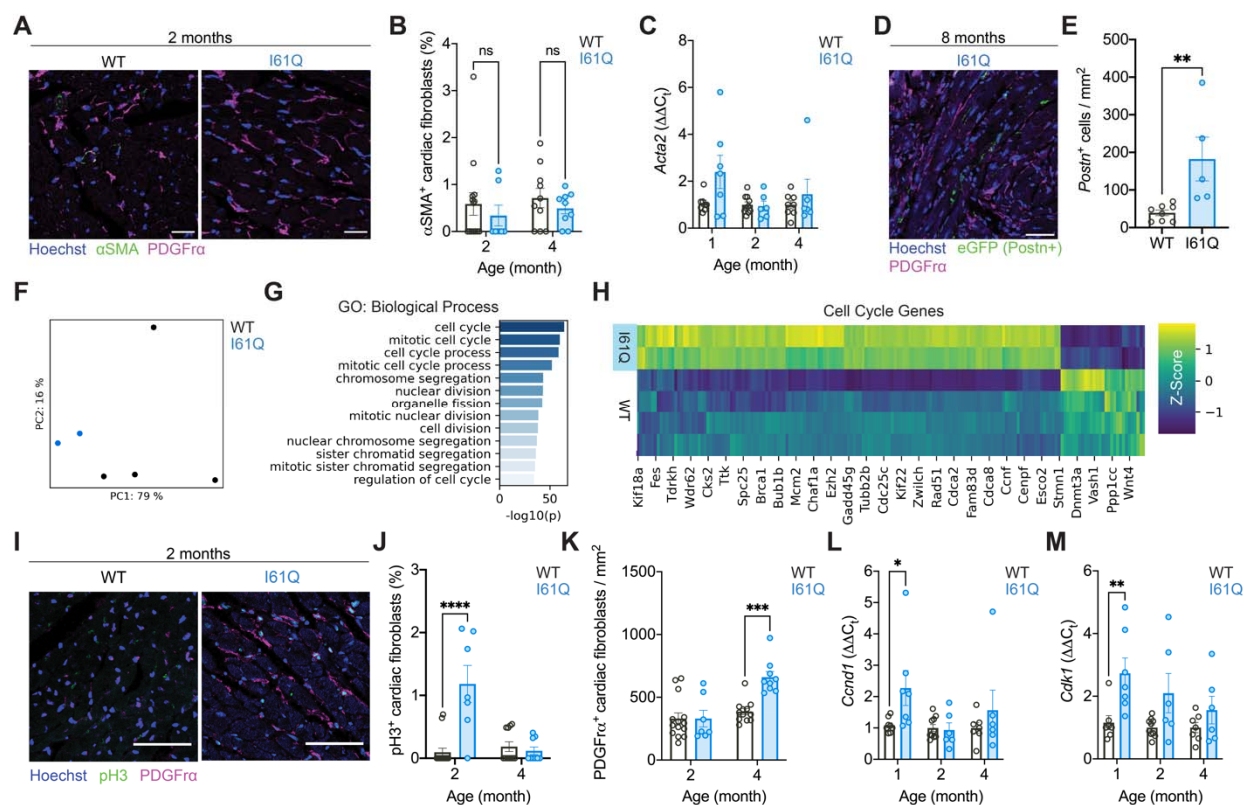


559 **Fig. 1. Reduced myocyte tension generation aligns collagen and stiffens the myocardium**  
 560 **prior to overt fibrosis and dilated structural remodeling.** (A) Schematic of the genetic crosses  
 561 used to generate I61Q cTnC transgenic mice. Mice with cardiomyocyte specific expression of  
 562 FLAG-tagged I61Q mutant cardiac troponin c (cTnC) transgene driven by a tetracycline  
 563 regulated  $\alpha$ -myosin heavy chain ( $\alpha$ MHC) promoter were crossed with tetracycline transactivator  
 564 (tTA) mice which causes constitutive expression of the I61Q mutant cTnC transgene. (B)  
 565 Quantification of left ventricular ejection fraction and (C) diastolic chamber diameter by  
 566 echocardiography at 2 (I61Q n=12, WT n=12) and 4 (I61Q n=16, WT n=15) months of age. (D)  
 567 Quantification of hypertrophy by heart weight to body weight ratio of I61Q mice (2 month n=15,  
 568 4 month n=8) and WT controls (2 month n=17, 4 month n=10). (E) Representative images of  
 569 cardiac paraffin sections stained with picosirius red-fast green (PSR/FG, scale bar=1mm) at 2  
 570

571 and 4 months of age. **(F)** Representative 20x images (scale bar=50 $\mu$ m) at 4 months and **(G)**  
572 quantification of PSR/FG staining on myocardial sections from 2 (WT n=11, I61Q n=10) and 4  
573 months (WT n=15, I61Q n=12). **(H)** Representative images of an intact (left) and decellularized  
574 (right) heart in a modified Langendorff working heart preparation for passive mechanical  
575 measurements. **(I)** Representative two-photon images of decellularized hearts (scale bar=100 $\mu$ m)  
576 showing fibrillar collagen (magenta) and ECM autofluorescence (green). **(J)** CurveAlign  
577 quantification of collagen fiber alignment and **(K)** length from 2-month-old I61Q (n=10) hearts  
578 and WT controls (n=11). **(L)** Representative developed pressure traces from stepwise inflation of  
579 a balloon inside a blebbistatin-treated intact (dark line) and decellularized (straight line) heart.  
580 **(M)** Pressure volume curves of intact and **(N)** decellularized mouse hearts at 2 months (n=7 both  
581 genotypes). Data are mean  $\pm$  SEM, ns=not significant, \*\*\*p<0.005, \*\*\*\*p<0.001 by 2-way  
582 ANOVA with Holm-Sidak's multiple comparisons test **(B-D, G)** or two-tailed unpaired t-test  
583 **(J,K)**.

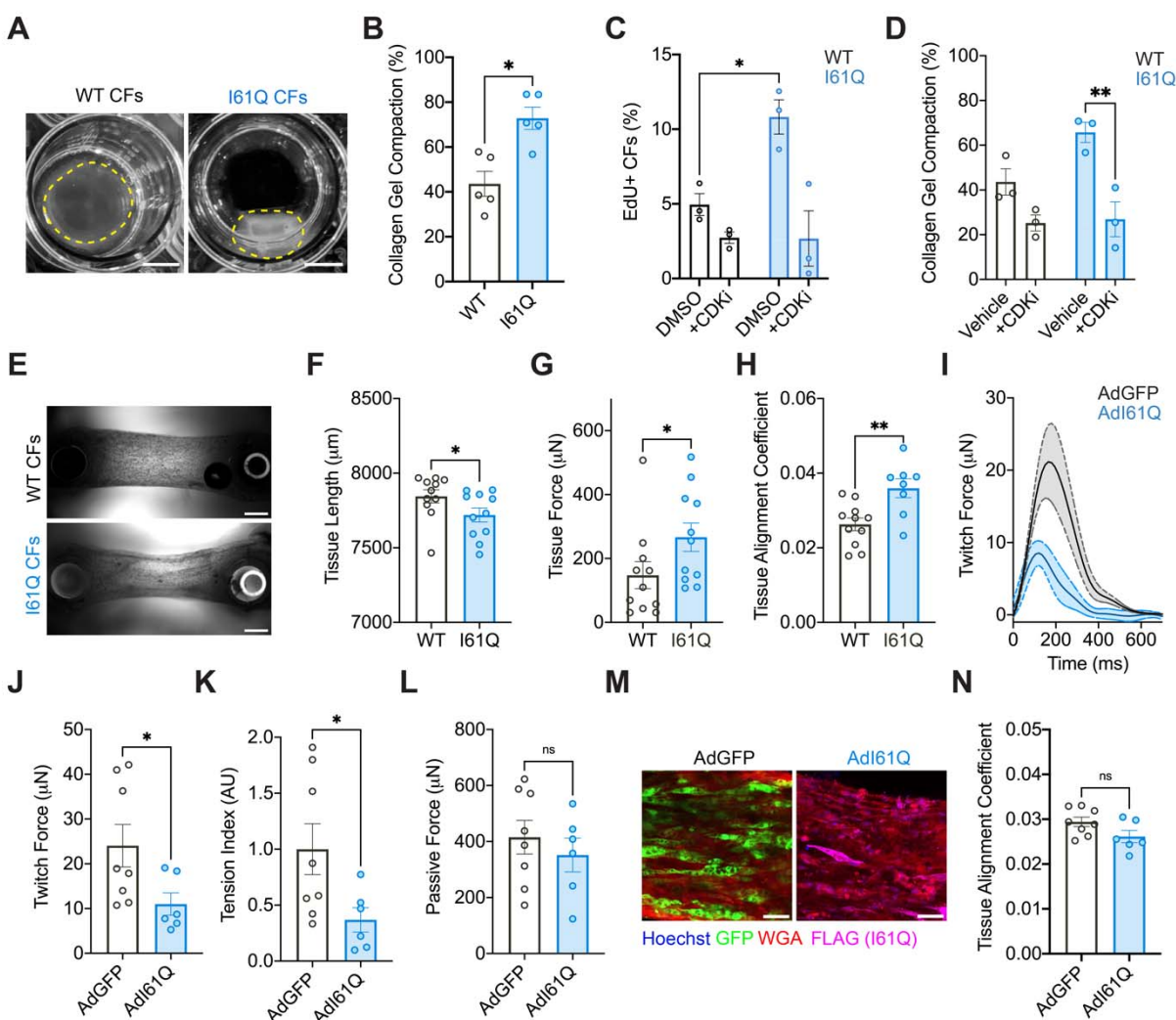
584

585 **Figure 2**



586  
 587 **Fig. 2. DCM-linked I61Q mutant cTnC initiates cardiac fibroblast proliferation rather**  
 588 **than activation.** (A) Representative images of 2-month-old WT and I61Q cardiac sections  
 589 stained for smooth muscle  $\alpha$ -actin ( $\alpha$ SMA) and platelet-derived growth factor receptor  $\alpha$   
 590 (PDGFR $\alpha$ ). (B) Quantification of immunofluorescent imaging for the percentage of fibroblasts  
 591 (PDGFR $\alpha$ <sup>+</sup>) expressing  $\alpha$ SMA (2 month n=14 WT, n=7 I61Q, 4 month n=10 WT, n=9 I61Q).  
 592 (C) RT-PCR for Acta2 transcript in magnetically sorted cardiac fibroblasts from WT (n=7,10,8)  
 593 and I61Q (n=7,6,6) hearts at 1, 2, and 4 months of age. (D) Representative image and (E)  
 594 quantification of Postn<sup>+</sup> cell density in I61Q (n=5) and WT (n=8) hearts at 8 months of age. (F)  
 595 Principal component analysis of cardiac fibroblast transcriptomes from 4-month-old wild type  
 596 (WT, n=4) and I61Q (n=2) mice. (G) Significant gene ontology biological processes (GO:BP)  
 597 enriched in differentially regulated genes from I61Q fibroblasts. (H) Heatmap showing  
 598 expression levels of cell cycle genes. (I) Representative images from immunofluorescent staining  
 599 for phospho-histone H3 (pH3) and platelet-derived growth factor receptor alpha (PDGFR $\alpha$ ) in  
 600 I61Q and WT myocardium. (J) Quantification of fibroblast pH3 positivity rates and (K) density  
 601 (n same as A). (L) RT-PCR for the cell cycle transcripts *Ccnd1* and (M) *Cdk1* on magnetically  
 602 sorted fibroblast samples isolated from WT and I61Q hearts (n same as C). Data are mean  $\pm$   
 603 SEM, ns=not significant, \*p<0.05, \*\*p<0.01, \*\*\*p<0.005, \*\*\*\*p<0.001 by 2-way ANOVA with  
 604 Holm-Sidak's multiple comparisons test (B,C,J-M) or two-tailed unpaired t-test (E). All scale  
 605 bars (A,D,I) = 50 $\mu$ m.  
 606

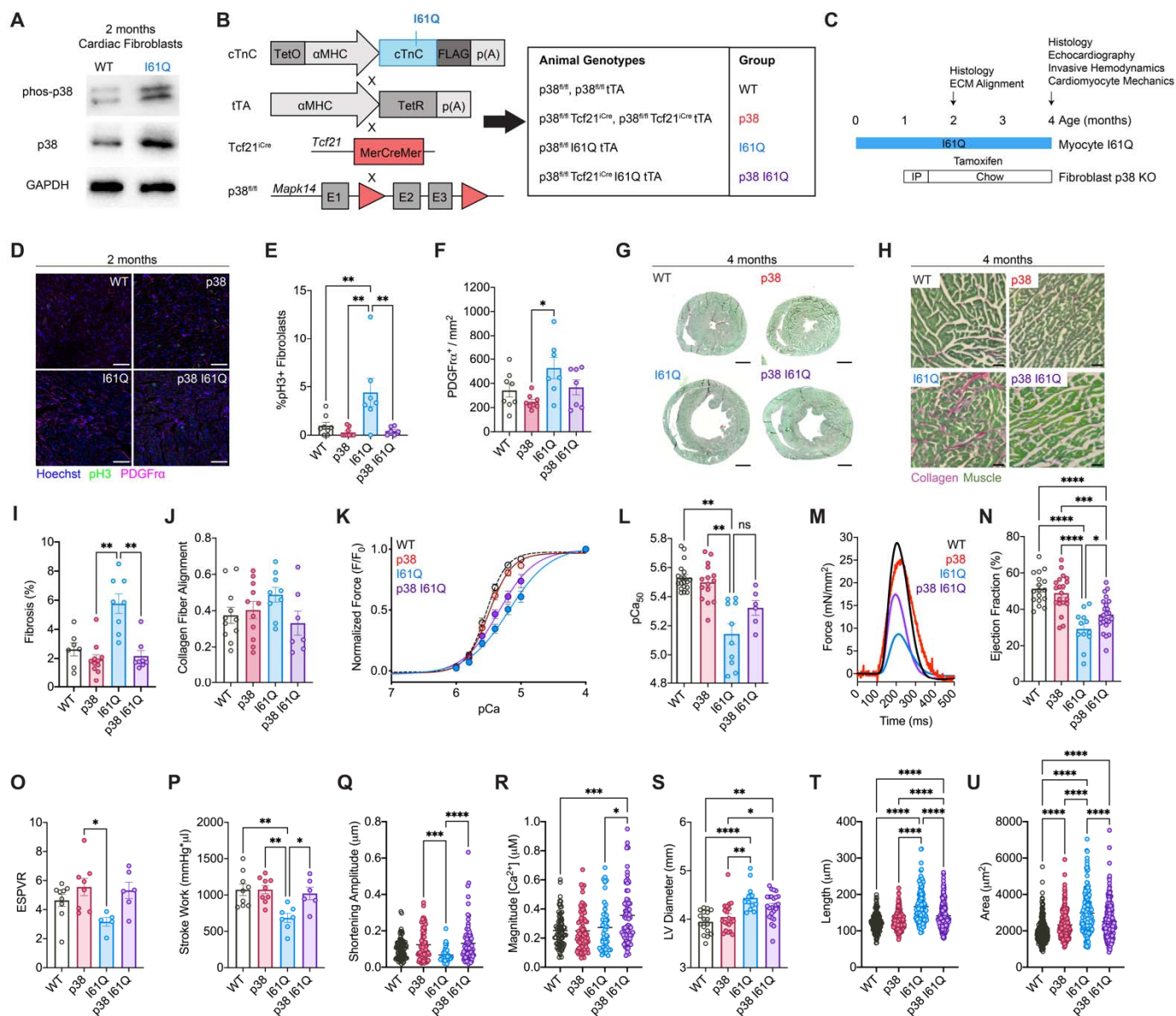
607 **Figure 3**



608 **Fig. 3. Cardiac fibroblasts derived from I61Q cTnC transgenic hearts aligns engineered**  
 609 **cardiac tissues.** (A) Representative images (scale bar=5 mm) and (B) quantification of the  
 610 compaction of free-floating collagen gels seeded with cardiac fibroblasts (CFs) isolated from  
 611 I61Q cTnC transgenic and WT hearts (n=5 per genotype). (C) Quantification of cardiac  
 612 fibroblast proliferation by EdU incorporation in the genotypes indicated. (D) Quantification of  
 613 the compaction of free-floating collagen gels seeded with cardiac fibroblasts isolated from I61Q  
 614 cTnC transgenic and WT hearts plus administration of dinaciclib (CDKi) or vehicle (DMSO) in  
 615 the culture media (n=3 per genotype). (E) Representative images of cardiac fibroblast-seeded  
 616 fibrin tissues mounted between PDMS posts (scale bar=1 mm). (F) Quantification of length and  
 617 (G) force production by tissues seeded with cardiac fibroblasts from I61Q cTnC transgenic or  
 618 WT mice (n=11 per genotype). (H) Quantification of cellular and ECM alignment in fibrin  
 619 tissues seeded cardiac fibroblasts derived from I61Q cTnC transgenic and WT hearts by wheat  
 620 germ staining (n=11 WT, n=8 I61Q). (I) Average twitch forces generated by engineered heart  
 621 tissues (EHTs) 2 weeks after cardiomyocytes were adenovirally transduced with either control  
 622 (AdGFP, n=8) or I61Q mutant cTnC (AdI61Q, n=6). (J) Quantification of twitch force, (K)  
 623 tension index, and (L) passive force generation by EHTs. (M) Representative images (scale  
 624  
 625

626 50 $\mu$ m) and **(N)** quantification of EHT alignment by wheat germ staining. Data are mean  $\pm$  SEM,  
627 ns=not significant, \* $p < 0.05$ , \*\* $p < 0.01$  by 2-way ANOVA with Holm-Sidak's multiple  
628 comparisons test (**C,D**) or two-tailed unpaired t-test (**B, F-H, J-L, N**).

629 **Figure 4**



630  
631 **Fig. 4. Fibroblast-specific deletion of p38 corrects cardiac dilation and systolic dysfunction**  
632 **in I61Q cTnC transgenic mice.** (A) Quantification of p38 abundance and phosphorylation by  
633 Western blot on lysates from purified cardiac fibroblasts isolated from I61Q cTnC transgenic and  
634 WT hearts. (B) Schematic showing the generation of I61Q cTnC transgenic mice with tamoxifen  
635 inducible fibroblast-specific p38 deletion and the experimental genotypes derived from the  
636 described breeding scheme. Here, I61Q cTnC and tTA transgene were bred with a mouse line  
637 containing conditional p38 $\alpha$  loss of function (p38<sup>fl/fl</sup>) and a tamoxifen-inducible Cre recombinase  
638 knocked into the *Tcf21* locus (*Tcf21*<sup>Cre</sup>). (C) Experimental design schematic showing the I61Q  
639 mutant cTnC is expressed just after birth (~ postnatal day 2), mice were allowed to develop  
640 normally for 1 month, and then tamoxifen was administered to induce fibroblast-specific p38  
641 excision. Experimental endpoints were at 2- and 4-months of age. (D) Representative

642 immunofluorescent staining (scale bar=50 $\mu$ m) for pH3 and PDGFR $\alpha$  in 2-month-old sections,  
643 and quantification of **(E)** fibroblast proliferation rates and **(F)** fibroblast density. (WT n=8, p38  
644 n=8, I61Q n=7, p38 I61Q n=7) **(G)** Representative cardiac cross-sections from 4-month-old mice  
645 stained with PSR/FG. **(H)** Representative 20x regions of interest (ROIs) and **(I)** quantification of  
646 PSR/FG staining (WT n=7, p38 n=11, I61Q n=8, p38 I61Q n=8). **(J)** Quantification of collagen  
647 fiber alignment from decellularized WT (n=11), p38 (n=11), I61Q (n=9), and p38 I61Q (n=7)  
648 hearts. **(K)** Representative relationship between normalized tension and Ca<sup>2+</sup> concentration (pCa)  
649 and **(L)** Ca<sup>2+</sup> sensitivity of tension generation (pCa<sub>50</sub>) in membrane permeabilized trabeculae of  
650 WT (WT, n=19), p38<sup>fl/fl</sup>-Tcf21<sup>iCre</sup> (p38, n=15), I61Q cTnC-tTA (I61Q, n=10), and p38<sup>fl/fl</sup>-  
651 Tcf21<sup>iCre</sup>-I61Q-tTA (p38 I61Q, n=6) mice. **(M)** Mean twitch forces from intact trabeculae of 4-  
652 month-old WT (n=4), p38 (n=3), I61Q (n=4), and p38 I61Q (n=4) mice. **(N)** Quantification of  
653 left ventricular ejection fraction measured by echocardiography from WT (n=17), p38 (n=20),  
654 I61Q (n=12), and p38 I61Q (n=23) mice. **(O)** Measurement of the end systolic pressure volume  
655 relationship (ESPVR) and **(P)** stroke work by invasive hemodynamics from 4-month-old mice  
656 (WT n=9, p38 n=9, I61Q n=7, p38 I61Q n=6). **(Q)** Quantification of unloaded sarcomere  
657 shortening amplitude (WT n=85, p38 n=87, I61Q n=45, p38 I61Q n=85 cardiomyocytes) and **(R)**  
658 Ca<sup>2+</sup> transient amplitude (WT n=75, p38 n=81, I61Q n=54, p38 I61Q n=66) in isolated intact  
659 cardiomyocytes from the described genotypes. **(S)** Quantification of left ventricular diastolic  
660 diameter at 4 months of age by echocardiography (n same as **N**). **(T)** Quantification of isolated  
661 cardiomyocyte length and **(U)** area from the described genotypes (WT n=250, p38 n=250, I61Q  
662 n=199, p38 I61Q n=200). Data are mean  $\pm$  SEM, ns=not significant, \*p<0.05,\*\*p<0.01,  
663 ,\*\*\*p<0.005,\*\*\*\*p<0.001 by 2-way ANOVA with Holm-Sidak's multiple comparisons test.

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