Grey and white matter metrics demonstrate distinct and complementary prediction of differences in cognitive performance in children: Findings from ABCD (N= 11 876)

Lea C. Michel[1], Ethan M. McCormick[1,2,3] & Rogier A. Kievit[1]

1. Cognitive Neuroscience Department, Radboud University Medical Center, 6525 GA Nijmegen, The Netherlands
2. Methodology and Statistics, Institute of Psychology, Leiden University, Leiden, Netherlands
3. Department of Psychology and Neuroscience, University of North Carolina, Chapel Hill, United States

Corresponding author: Correspondence should be addressed to Lea Michel, Cognitive Neuroscience Department, Radboud University Medical Center, 6525 GA Nijmegen, The Netherlands. Emails: lea.michel@radboudumc.nl.

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Abstract :

Individual differences in cognitive performance in childhood are a key predictor of significant life outcomes such as educational attainment and mental health. Differences in cognitive ability are governed in part by variations in brain structure. However, studies commonly focus on either grey or white matter metrics in humans, leaving open the key question as to whether grey or white matter microstructure play distinct or complementary roles supporting cognitive performance.

To compare the role of grey and white matter in supporting cognitive performance, we used regularized structural equation models to predict cognitive performance with grey and white matter measures. Specifically, we compared how grey matter (volume, cortical thickness and surface area) and white matter measures (volume, fractional anisotropy and mean diffusivity) predicted individual differences in cognitive performance. The models were tested in 11,876 children (ABCD Study, 5680 female; 6196 male) at 10 years old.

We found that grey and white matter metrics bring partly non-overlapping information to predict cognitive performance. The models with only grey or white matter explained respectively 15.4% and 12.4% of the variance in cognitive performance, while the combined model explained 19.0%. Zooming in we additionally found that different metrics within grey and white matter had different predictive power, and that the tracts/regions that were most predictive of cognitive performance differed across metric.

These results show that studies focusing on a single metric in either grey or white matter to study the link between brain structure and cognitive performance are missing a key part of the equation.

Significance Statement:

This paper enriches the recent debates on the challenges of linking variation in brain structure to phenotypic differences (Marek et al., 2022). We demonstrate that using latent variables (to improve power), structural equation modelling (to allow greater flexibility in linking brain to behaviour), and by simultaneously incorporating multiple measures of grey and white matter in a large sample, we demonstrate relatively strong and robust brain-behaviour associations, which highlight the complementarity of grey and white matter metrics in predicting cognitive performance as well as the importance of incorporating the full complexity of these associations over 1-to-1 linkages. This finding should lead researchers to consider integrating both grey and white matter measures when demonstrating a more comprehensive picture of brain-cognition relationships.

Introduction

The field of cognitive neuroscience is premised on the hypothesis that differences in cognitive

performance can be understood in part by studying differences in brain structure and function (Basten et

al., 2015). Although much is known about the relation between grey and white matter structure and

cognitive performance (Tamnes, Østby, Walhovd, et al., 2010; Tamnes, Østby, Fjell, et al., 2010; Magistro

et al., 2015; Muetzel et al., 2015; Schnack et al., 2015; Deoni et al., 2016), less is known about how the

structure of the two tissues *together* explain differences in cognitive performance.

One way to look at this challenge is to consider grey and white matter as two sides of the same coin. At

the cellular level, they are both composed of neurons, although different parts (cell bodies, dendrites,

synapses and axons for grey matter and (un)myelinated axons for white matter), glial cells and vasculature

(Wandell, 2016; Purves et al., 2019). Moreover, recent findings observe even more overlap, namely that

differences in one tissue (white matter myelination) may affect the other tissue (cortical thickness) (Natu

et al., 2019), suggesting they may capture the same neurobiological properties using different techniques.

A counter argument would be that grey and white matter are two distinct brain properties with distinct

mechanistic roles. Twin study reports that grey and white matter volume shared 68% heritability,

suggesting both overlapping and distinct genetic mechanisms (Baaré et al., 2001) and recent attention

has focused on their different transcriptome patterns, highlighting the differentiation of their cells and

their specific functional roles (Mills et al., 2013). Studies have shown the importance of both dendritic

network and myelinated axons to provide faster and more efficient cognitive performance (Kail, 1997;

Tamnes et al., 2012; Rolls & Deco, 2015), thus illustrating the potentially complementary roles of grey and

white matter to explain differences in cognitive performance.

Beyond the conventional classification of grey and white matter, it is important to consider the

heterogeneity within these tissues. Each specific region/tract *within* grey and white matter may offer

unique or shared information in predicting cognitive performance, both within a single metric but also

across diverse metrics. Understanding the intricate interplay between these regions/tracts and metrics

can provide a more comprehensive understanding of brain-behavior associations.

In summary, there is compelling evidence to suggest that grey and white matter play complementary roles

explaining differences in cognitive performance. To date, few studies investigated the combining effects

of grey and white matter differences on cognitive performance and so far the literature point towards a

complementary roles of the two tissues (Østby et al., 2011; Kievit et al., 2014; Ritchie et al., 2015).

The causes of this paucity are manifold. First, study designs tend to focus on either classical MRI sequences

(T1,T2,T2*) or diffusion weighted imaging data. These are sequences with distinct scanner demands and

require dedicated analysis expertise, which often leads to papers focusing on one tissue. Moreover, the

standard implementation in neuroimaging software, where a brain region/voxel is the *outcome* of a

regression equation, makes it considerably more challenging to implement models where multiple brain

metrics predict a single phenotypic outcome (e.g. cognitive performance). Finally, the high number of

predictors of such models might hinder their feasibility, decrease the statistical power and generate false

positives.

To overcome these challenges, we investigated the unique predictive roles of grey and white matter

metrics in predicting cognitive performance in childhood. By conducting a multimodal analysis in a

regularized structural equation model in a large sample, we overcome many existent weaknesses in

previous work, and it allowed us to maximize the likelihood of distinguishing the competing hypotheses

of interest. In addition, we will explore the regional distribution of these associations within and across

metrics, as well as identify which specific metrics in grey and white matter are more influential in

predicting cognitive performance.

This study provides new insights into the complementary information provided by grey and white matter

in supporting cognitive performance.

Methods

<u>Participants</u>

The ABCD study (https://abcdstudy.org/) is an ongoing longitudinal study across 21 data acquisition sites

enrolling 11 876 children from 9 years old to 16 years old. For more information on ABCD protocols and

inclusion/exclusion criteria see Volkow and colleagues (Volkow et al., 2018).

This paper analysed the baseline sample (9-11 years old) from release 4.0 (https://abcdstudy.org/;

http://doi.org/10.15154/1523041) that include a sample of 11,876 children. Data entry outliers for 10

participants in the Little Man task were replaced with NA and included in the full information maximum

likelihood (FIML) estimation. We included participants with partial data across cognitive tasks and the

neuroimaging data in our models.

Given the complexity of the analysis and the a priori challenges associated with high dimensional

regularized structural equation modeling approaches, a fully preregistered analysis was not possible.

However, to ensure robustness of our findings, we divided the sample into two subsets, allowing us to

balance exploratory model optimisation and validation in a non-overlapping sample. In our study, a

random sample of 15% of the data were used to optimize the model-building and estimation steps, and

the other 85% of the sample was used as a validation sample (Srivastava, 2018) (Figure 1). The set of

regions used in the validation sample was derived from the best predictive regions identified in regularized

models estimated using the model-building sample (Schwarz, 1978) (the regularisation techniques will be

explained more in the Experimental Design and Statistical Analysis section). This strategy allows us to

jointly optimise robustness and flexibility in cases where model estimation, adaptation and convergence

are non-trivial, whilst maintaining sufficient power in the validation set to be sufficiently well powered.

The model-building sample consisted of 1,781 children (49.1% female, mean age=9.9, SD=0.6, range=8.9-

11.1) and the validation sample included 10,095 children (47.6% female, mean age=9.9, SD=0.6,

range=8.9-11).

<u>Cognitive performance</u>

In our modelling approaches, we want to focus on construct capturing a broad sampling of cognitive

ability. To this end, we use the same procedure as identified in Sauce et al. (2022), by selecting five

cognitive tasks from the NIH Toolbox Cognition Battery were selected: Picture Vocabulary, Flanker, Oral

Reading Recognition, Rey Auditory Verbal Learning and Little Man (Sauce et al., 2022). They measure

respectively language vocabulary knowledge, attention and inhibitory control, reading decoding skill,

verbal learning and memory, visuospatial processing flexibility and attention. All of the tasks were

administered using an iPad with support or scoring from a research assistant where needed. For more

information on each task, see Luciana et al. (2018).

Next we specified a confirmatory factor model which posits a single latent factor for cognitive

performance, reducing measurement error and increasing precision. It enables the model to compute the

common variance between these five tasks and thus to have a more accurate representation of cognitive

performance (Figure 1B). The measurement model has already been validated in another study, for more

information on the rationale for the choice of cognitive tasks and the measurement model see Sauce and

colleagues (Sauce et al., 2022). Note, the model chosen here should not be interpreted as a commitment

to a strong 'causal g' (see Kievit et al., 2017), but rather as a way to specify a broad cognitive factor which

will maximize our statistical power to capture the patterns of interest. A fruitful avenue of future work

will be to examine the degree (or lack of) overlap in the neural mechanisms predicting each individual

cognitive domain – a goal beyond the present paper.

<u>Brain structure measures</u>

MRI and DTI scans were collected across the 21 research sites using Siemens Prisma, GE 750 and Philips

3T scanners. Scanning protocols were harmonized across sites and scanners. Full details of all the imaging

acquisition protocols and the processing methods used in ABCD are outlined elsewhere (Casey et al., 2018;

Hagler et al., 2019).

To determine the importance of grey and white matter, we chose six structural metrics available in the

ABCD study: cortical thickness (CT), surface area (SA) and volume (GMV) for grey matter and fractional

anisotropy (FA), mean diffusivity (MD) and volume (WMV) for white matter.

Grey Matter

Grey matter measures were estimated from MRI scans with FreeSurfer (version 7.1.1).

The processing steps involved cortical surface reconstruction, subcortical segmentation, removal of non-

brain tissue, Talairach transformation, segmentation of white matter and deep gray matter structures,

intensity normalization, and surface deformation. The images were registered to a spherical atlas based

on individual cortical folding patterns, and the cerebral cortex was parcellated into 34 regions per

hemisphere with the Desikan-Killiany atlas (Desikan et al., 2006). The full pipeline can be found elsewhere

(Hagler et al., 2019).

The FreeSurfer output includes volume, cortical thickness and surface area (Casey et al., 2018).

Considering the challenges of dimensionality in our SEM, we decided to average every region of interest

bilaterally (i.e. the brain was parcellated in 34 regions across the brain for each metric).

White Matter

White matter structure can be measured through diffusion-weighted imaging (DWI) and structural MRI

(Wandell, 2016). DWI is a technique that allows researchers to record the diffusion of water in the brain

using diffusion tensor imaging (DTI) to model the diffusion within the axons and myelin sheath, thus to

analyse the directionality of the white matter tracts (Le Bihan, 2003; Assaf & Pasternak, 2008). Structural

MRI provides a measure of volume while DTI computes fractional anisotropy, mean diffusivity, radial

diffusivity and axial diffusivity (AD).

In the ABCD study, diffusion measures were obtained using tabulated diffusion MRI data from a high

angular resolution diffusion imaging (HARDI) sequence with multiple b-values. The images were corrected

for head movement, eddy current distortions, B0 distortion, and gradient nonlinearity distortion. The

resulting diffusion measures were used for subsequent analyses. The processing steps are described

elsewhere (Hagler et al., 2019).

White matter measures include white matter volume, fractional anisotropy and mean diffusivity. The

tracts were divided with the AtlasTrack atlas which created 37 regions of interest (17 regions per

hemisphere and 3 regions aside) (Hagler et al., 2019). We followed a similar procedure as with the grey

matter metrics and averaged every tract of interest bilaterally.

Experimental Design and Statistical Analysis

Figure 1: (A) Steps followed during the model-building and the validation phases of the study. The regions of interest

fitted into the models of the validation phases resulted from an initial regularisation made in the model-building

phase. (B) Measurement model of cognitive performance based on five cognitive tasks. (C) Example of a MIMIC model

path diagram of a model per ROI per metric where the one metric of one region of interest (cortical thickness of the

prefrontal) predict cognitive performance. (D) Example of a MIMIC model path diagram of a model per metric where

all regions of interest of one metric (here cortical thickness) that survived regularization predict cognitive

performance. (E) MIMIC model path diagram for the grey matter model with cortical thickness, surface area and grey

matter volume predicting cognitive performance. i represents the regions of interest from each metric in grey matter

that survived regularization in the model and can go from 1 to 34 (as we use the Desikan-Killiany atlas and average

bilaterally). (F) MIMIC model path diagram for the white matter model with fractional anisotropy, mean diffusivity

and white matter volume predicting cognitive performance. j represents the regions of interest from each metric in

white matter that survived regularization in the model and can go from 1 to 20 (as we use the AtlasTrack atlas and

average bilaterally). (G) Path diagram for the grey and white matter model with cortical thickness, surface area,

grey matter, fractional anisotropy, mean diffusivity and white matter volume of the regions that survived

regularization predicting cognitive performance.

Next, we specified the core questions investigated by our analyses.

•   *Do the metrics of grey matter and white matter demonstrate complementary roles predicting*

cognitive performance?

•   *Do the different metrics in each tissue have unique predictive roles? If so, which metric is most*

important to predict cognitive performance?

•   *For each metric, do the different regions of interest have unique predictive roles?*

•   *Do the same regions of interest have the strongest predictive power across different metrics in*

each tissue?

Our focus will be on both the tissue scale (grey and white matter) and the metrics scale (cortical thickness,

surface area, grey matter volume, fractional anisotropy, mean diffusivity and white matter volume). For

each scale, we will study if the predictors of cognitive performance each have a unique role (i.e. there is

no overlap in the information contributed by the different variables to predict cognitive performance) or

if they have complementary roles (i.e. there is a partial or total overlap in the information contributed by

the different variables to predict cognitive performance).

The study uses structural equation model approach to evaluate the hypothesis that brain structural

metrics predict the latent variable, cognitive performance. Structural equation models, and more

particularly MIMIC models (Multiple Indicator Multiple Cause) offer an effective way to model cognition

as a latent variable and to estimate the contribution of multiple simultaneous hypothesized causes to

explain individual differences in cognitive performance (Jöreskog & Goldberger, 1975; Kievit et al., 2014).

First, we estimated a series of structural equation models to test how each metric in each individual

region/tract predicted cognitive performance (i.e., every region in all the six metrics have been computed

independently). The key question of interest is the strength of the key parameter highlighted in bold

(Figure 1C).

Next, to assess how each metric predicted cognitive performance we used a regularized structural

equation modelling (SEM) approach (Jacobucci et al., 2019) which incorporates a penalty on key

parameters of interest. Specifically, it allows us to have many regions/metrics simultaneously predict the

outcome, with a penalty on the path estimates from brain metrics to the cognitive latent variable, that

induces sparsity. Regularization is a method that imposes a penalty in order to decrease the complexity

of the model while keeping the variables that are the most important in predicting the outcome. For

instance, it allows us to include the cortical thickness measures from all 34 regions of interest as

simultaneously predicting cognitive performance with a lasso penalty which pushes parameter estimates

of small or absent effects to 0, and retains only those regions which contribute meaningfully in predicting

the outcome for the validation sample. This accounts for the partial overlap in variance arising from the

inherent way the metrics are measuring the same underlying structure. For instance, grey matter volume

is a product of surface and cortical thickness. If grey matter volume functions as a deterministic

transformation with no additional information beyond cortical thickness or surface area for cognitive

performance, our regularization approach should ensure all redundant parameter estimates are pushed

to 0. For example, if the cortical thickness, surface area and grey matter volume of the frontal pole each

have large effects on cognitive performance and these effects are redundant (they include the same

information to predict cognitive performance), then the measures with the smaller effects of the three

will be pushed to 0.

We developed a procedure to select a subset of regions/tracts based on their predictive ability in the

model-building sample (e.g., 15% of the total sample). The output of each regularized model estimation

was a set of all the regions/tracts with a regularized beta different from zero, or considered 'important'

in a regularized framework. These regions were entered into the models predicting cognitive performance

in the validation sample (e.g., 85% of the total sample). We implemented this process across six models

per metric (Figure 1D), two models per tissue (Figures 1E-F) and the model combining grey and white

matter metrics (Figure 1G). The benefit of this approach is to have a parsimonious representation of the

key regions which help predict cognitive performance in each metric. We also examined 'full' models

combining every region of interest within a metric (e.g. the 34 regions for cortical thickness), within a

tissue (e.g. the 102 regions for the three grey matter metrics and the 60 regions for the three white matter

metrics) and within grey and white matter metric (e.g. the 162 regions across the six metrics).

To compare the predictive information of grey and white matter, three models were fitted: one model

with the regions extracted from the regularization of the three grey matter metrics, one model with the

regions extracted from the regularization of the three white matter metrics and a final model with the

regions extracted from the regularization of the grey and white matter metrics (e.g., as displayed in Figure

1A, the regions were selected because they survived the regularisation in the model-building sample). For

each model, we use a likelihood ratio test to examine whether the inclusion of a tissue (grey/white matter)

or a metric within a tissue (e.g. cortical thickness) improves the model compared to a model where the

paths corresponding to an additional metric/tissue are constrained to 0. For each final model, we

extracted the (adjusted) R-square to assess the proportion of variance in cognitive performance explained

by each model.

From the analyses, we can imagine our results being captured by one of three (simplified) scenarios:

- Grey and white matter metrics give the same, non-complementary information to predict

cognitive performance. The models with only grey matter, only white matter or both will have a

similar adjusted R-squared (Figure 2A), and model selection would favour a model with only one

tissue.

- Grey and white matter metrics give fully distinct/complementary information to predict cognitive

performance. Under this scenario, model selection would favour a model including both tissues

and the joint R-squared would approximate the sum of the R-squared of each tissue in isolation

(Figure 2B).

- Grey and white matter metrics give complementary, but partially overlapping, information to

predict cognitive performance. In this case, model selection would favour a model with both

tissues, and the joint R-squared will be higher than the one of the most predictive tissue, but

lower than the sum of the R-squared of each tissue in isolation (i.e. the R-squareds are neither

interchangeable nor fully additive) (Figure 2C).

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Figure 2: Hypotheses regarding the information provided by grey and white matter metrics. (A) Redundant, grey and

white matter give the same information. (B) Independent, grey and white matter give completely different

information. (C) Partially overlapping, grey and white matter give both similar and different information.

These analyses were replicated separately for male and female participants to examine the potential

impacts of sex differences in brain structure for the findings. In an additional analysis, total intracranial

volume (TIV) was added as a third predictor to explain the differences in cognitive performance.

Accounting for TIV in the model is a contentious issue (Hyatt et al., 2020), as it modifies the question from

whether it is the absolute size (or thickness, anisotropy,..) of a region that matters to predict cognitive

performance, or the relative measure given a participant's TIV.

Regularization has many strengths, as outlined before, but this comes at a specific cost, namely its attempt

to build a simplified model. In other words, if two regions have almost the same predictive power, but are

somewhat redundant in this regard, a regularized model is likely to push the parameter estimate of one

of the two regions to 0 and 'keep' the other region instead. If we were to report the regional pattern as

such, this may lead to an overinterpretation of the absence and presence of some regions. To examine

the regional specificity of our findings, we conducted a repeated regularization procedure, iterated 100

times using a different 15% sample on each occasion. Across these 100 iterations, we computed the

percentage of times each region survived regularization (i.e. when a given region had a non-zero estimate

in the final model). This approach allowed us to assess the stability of each region/tract in providing unique

information to explain variations in cognitive performance. Within each model (see Figure 1D-G), we

calculated the percentage of instances in which a region/tract survived regularization. Regions/tracts with

higher percentage values demonstrate a more consistent and distinct contribution to the prediction of

cognitive performance. In the model employing a single metric (Figure 1D), this reflects the differential

information provided by distinct regions/tracts within the same metric. In the models incorporating

multiple metrics (Figure 1E-G), the likelihood of regions/tracts surviving regularization is lower if they

provide redundant information across different metrics. Therefore, regions/tracts with a higher

percentage not only demonstrate a unique predictive role across different regions/tracts but also across

the various metrics.

We used the following guidelines to assess the good fit of the models: root mean square error of

approximation (RMSEA) <0.05 (acceptable: 0.05–0.08), comparative fit index (CFI)>0.97 (acceptable:

0.95–0.97) and standardized root mean square residual (SRMR)<0.05 (acceptable: 0.05–0.10)

(Schermelleh-Engel et al., 2003; Mueller & Hancock, 2008). We compared models fit using akaike

information criterion (AIC) and bayesian information criterion (BIC). These parameters penalize models

with a higher number of predictors, thus encouraging the selection of more parsimonious models that

explain the data well while avoiding overfitting.

All analyses were carried out on the data of the first wave using R, version 4.1.0 (http:// www.r-

project.org/) and the lavaan package (Rosseel, 2012). All models were fit using Maximum Likelihood

Estimation, with FIML to account for missing data and robust estimation with adjusted standard errors to

deal with deviations from (multivariate) normality.

Data and Code Accessibility

Data can be requested through [https://nda.nih.gov/], and the code to reproduce our analyses is available

on [https://osf.io/ryskf/].

Results

Measurement model (validation, parameters, invariance)

To assess cognitive performance, we used the same measurement model built by Sauce and colleagues

(Sauce et al., 2022) in a slightly different sample. Model estimates were highly similar.

The confirmatory factor model fitted the data well in the validation sample, x^2 = 156.404, degrees of

freedom (df)= 5, p<0.001, RMSEA = 0.055 (0.00 - 0.070), CFI= 0.980, SRMR= 0.020. This result

demonstrates that the common variance among all five cognitive tasks can be captured by one latent

variable that we call here "cognitive performance".

Oral Reading Recognition task and Picture Vocabulary task have the strongest standardized factor loadings

(0.74 and 0.7 respectively). Rey Auditory Verbal Learning task, Little Man task and Flanker task are mildly

predicted by the construct between 0.41 and 0.53. (Figure 3). The results show little change when we add

age as a predictor of the latent variable.

Figure 3: Path diagram of a measurement model of cognitive performance based on five cognitive tasks. All variables

are standardized and significant.

1. <u>Grey and white matter give both overlapping and unique information to predict cognitive</u>

<u>performance</u>

We fitted the full model including all regions/tracts that survived regularisation in grey & white matter

metrics, and compared it to a model which includes the same predictors, but constrains either all grey or

all white matter predictors to 0. This comparison allows us to test if the metrics in grey matter and white

matter have complementary roles predicting cognitive performance.

The model with both grey and white matter fitted the data well (x^2 = 793.903, df= 205, p<0.001, RMSEA =

0.017 (0.016 - 0.019), CFI= 0.935, TLI=0.918 SRMR= 0.011) and showed the best performance among the

three models (AICdiff > 265 , BICdiff > 136 in favour of the model with both grey and white matter), and

explained 19.0% of the variance in cognitive performance. The model with only grey matter explained

15.4% of the variance and the one with only white matter explained 12.4% of the variance (Table 1).

These findings demonstrate that grey and white matter bring both overlapping and unique information

to predict the differences in cognitive performance in line with hypothesis C – 'partially overlapping' – in

Figure 2.

These results were replicated in samples comprising exclusively of male (R-square adjusted for grey

matter and white matter= 17.4%, for grey matter= 14.6% and for white matter= 10.8%) and also female

participants (R-square adjusted for grey matter and white matter= 23.0%, for grey matter= 17.8% and for

white matter= 15.9%).

In the model accounting for total intracranial volume, we also compared a model with only TIV as a

predictor and a model with grey matter, white matter and TIV as a predictor instead of only grey and

white matter. The model with grey matter, white matter and TIV explained the best the variance in

cognitive performance (R-square adjusted for grey matter and white matter and TIV= 19.1%), while the

model with only TIV explained 6.8%. The addition of TIV as a predictor did not improve the fit of the model,

nor did its inclusion substantially altered the parameters estimates of the regions/tracts.

	Grey Matter model	White Matter model	Grey and White Matter model
R-square (adjusted)	0.154	0.124	**0.190**
AIC	122941.1	123153.5	**122675.3**
BIC	123277.4	123389.6	**123140.5**

Table 1: Estimates of the models fit and the variance explained by the predictors within each model. The best model is shown in bold.

Figure 4: Percentage of times one region/tract in a metric survived regularization in the model with the three metrics

of one tissue (top: grey matter, bottom: white matter) (Model E & F in Fig 1). The columns highlighted in red represent

the percentage of survival for the region when the model includes the metrics of the other tissue (Model G in Fig 1)

Figure 4 illustrates the overlap in information within grey and white matter metrics, as evident from the

depicted contrast in the percentage of times one region/tract is consistently surviving regularization in a

model with only the metrics on one tissue versus a model including the metrics of both grey and white

matter. Despite this overlap, certain regions still reliably predict cognitive performance, highlighting the

distinct information observed within both tissue types.

2. <u>Some metrics are more predictive of cognitive performance than others</u>

Next, we investigated if the different metrics in each tissue have a unique predictive role, and thus if the

choice of the metric was important when you want to predict cognitive performance. Comparing the

predictive power of the different metrics, we plotted the standardized estimate model parameters of

every region across metrics. Figure 5 shows the range of observed values in the path estimates for each

metrics, within the grey matter metrics, surface area (range β_{std} = [0.092;0.265]) and volume (range β_{std} =

[0.123;0.275]) were overall stronger predictors of cognitive performance compared with cortical thickness

(range β_{std} = [-0.06;0.145]). This is somewhat surprising given the prominence of cortical thickness as the

metric of choice in (developmental) cognitive neuroimaging studies of individual differences. For instance,

since 2016, the number of papers using cortical thickness is 5 times greater than the number of papers

using grey matter volume (N=4808 for cortical thickness and N=823 for grey matter volume in a PubMed

search as of 16/09/2022).

Standardized estimated model parameters

329   *Figure 5: Standardized estimated model parameters on how one region of interest in one metric predicts cognitive*

330   *performance in the models per ROI per metric for the three grey matter metrics.*

331   The results for the white matter metrics is represented in Figure 6. Surprisingly, white matter volume is

332   overall the strongest predictor of cognitive performance (rangeβ_{std} = [0.169;0.303]), followed by

333   fractional anisotropy (range β_{std} = [-0.010;0.142]) and mean diffusivity (range β_{std} = [-0.062;0.031]).

Figure 6: Standardized estimated model parameters on how one region of interest in one metric predicts cognitive

performance in the models per ROI per metric for the three white matter metrics.

These findings were replicated in both male and female participants.

These results provide evidence that different metrics within grey and white matter better predict cognitive performance.

3. <u>Within a metric, not every region gives the same information to the prediction of cognitive performance</u>

In addition to different metrics showing distinct predictive strengths as observed above, it is also highly

plausible (e.g. Basten et al., 2015) that there is regional specificity.In other words, that different regions

of interest might have a unique predictive role, and that this role depends on the metrics being studied.

To assess the effects of the different regions within a metric, we compared a model with freely estimated

parameters to a model where all the parameters are equality constrained, which captures the hypothesis

that each region contributes equally. With three exceptions, the free models showed the best fit to the

data (AICdiff > 50 , BICdiff > 15 in favour of the models with freely estimated parameters for 15/18 of the

models with all the regions and the ones with the regularized regions). These exceptions pertained

exclusively to BIC criteria in the models with all the regions, their occurrence can be attributed to the

penalization of increased model complexity.

In addition, the regularized models, which favour sparse models with only few predictors, always retained

multiple regions even within the same metric. If a single 'key' region contains all relevant predictive

information, we would not expect to observe this pattern. Across the nine models that underwent

regularization, each model estimation showed at least 30% of all regions to have a regularized beta

different from zero, demonstrating the regional specificity and complementarity hypothesized above.

Figure 7 shows how often each region appeared in the final, regularized models across 100 different

subsets of the data. Regions or tracts with a high percentage of survival are those that most consistently

provide unique information to predict differences in cognitive performance compared to all other

different regions and tracts within the metric. For instance, a researcher interested in the parietal cortex

will see in Figure 7 that regions within this lobe are more consistently important (compared to regions in

other lobes) in a model including only cortical thickness, than in a model that analyses surface area or

grey matter volume.

These converging findings demonstrate that to have a better picture of cognitive performance we would

need to assess different regions in a metric simultaneously.

Figure 7: Percentage of times individual region/tract in a metric survived regularization in the individual models for

each metric (Model D in Fig 1)

4. <u>Across metrics, different regions give unique information to the prediction of cognitive</u>

<u>performance</u>

Finally, we investigated if the same regions of interest bring unique information to predict cognitive

performance across different metrics in each tissue (e.g. if the fractional anisotropy and white matter in

a specific tract contain similar information then the regularization will likely regularize one of the metric

to 0 for that given tract). A lasso regression was estimated with every region of interest in each grey (or

white) matter metrics, the remaining regions were entered in a model as predictors of cognitive

performance. This regression allows us to check which regions were nonessential to the prediction of

cognitive performance when taking into account all the regions (or tracts) in the three metrics.

Figure 8: Regions of interest in each metric that survived the regularisation including the three metrics of grey matter.

The colour indicated the standardized estimated model parameters

We found that despite the strong penalty included in the regularisations, the model still retained regions

from each of the grey matter metrics, as well as each of the three white matter metrics, to be significantly

predictive of cognitive performance (Figure 8). This suggests that different regions/tracts give unique

information to the prediction of cognitive performance.

Figure 9: Percentage of times one region in a metric survived regularization in the model with every grey matter

metrics included (top figure – Model E in Fig 1) and in the model with every white matter metrics (bottom figure –

Model F in Fig 1).

Figure 9 illustrates the survival rates of each region/tract across 100 regularizations in a model

incorporating either the three grey matter metrics or the three white matter metrics as predictors of

cognitive performance. Comparing the percentage values to those in Figure 7, it becomes evident that a

portion of the unique information associated with each region in each metric becomes redundant when

performing the regularization analysis with combined grey and white matter metrics.

The complete results of all the models studies in this paper are available on OSF [https://osf.io/eygwz].

Discussion

In a large developmental sample, we examined the role of grey and white matter in supporting cognitive

performance. Using regularized structural equation model, we observed that the variance in cognitive

performance explained by both grey and white matter (19.0%) is considerably greater than either one in

isolation (15.4/12.4%), but not fully additive. This demonstrates that grey and white matter structure

bring both unique as well as shared information in predicting individual differences in cognitive abilities

in children.

The observed shared information is unsurprising, given the interdependence of these tissues both during

development and aging (Giorgio et al., 2010; Hoagey et al., 2019). Previous work suggests close

associations between grey and white matter during development (Tamnes, Østby, Fjell, et al., 2010;

Kochunov et al., 2011) and some similarity in the ability of grey and white matter measures to predict

cognition (Hoagey et al., 2019). Zhao et al. (2021) proposed that differences in sample ages may explain

differences in regional and metric specific findings (Zhao et al., 2021) in line with Østby et al. (2011) and

Fuhrmann et al. (2020) who observed age-dependent differences in the nature and strength of the

relationship between grey matter, white matter and cognitive performance (Østby et al., 2011; Fuhrmann

et al., 2020).

Regarding the secondary goals, we found evidence that different metrics within grey and white matter

have distinct predictive power in this sample. For grey matter, surface area and volume show the best

predictive power compared to cortical thickness, a surprising finding given the prevalence of studies which

(only) use cortical thickness as a structural predictor of cognitive performance. However, this result is

consistent with several studies reporting that surface area is more related to cognitive performance than

cortical thickness (Borgeest et al., 2021; Fürtjes et al., 2023; Pulli et al., 2023). Moreover, recent evidence

within the same sample suggests that cortical thickness has lower reliability than surface area or volume,

which may differentially attenuate the effects a given study observes (Parsons et al., 2023).

For white matter, we found that in this sample white matter volume is the strongest predictor compared

to more 'advanced' diffusion-based metrics such as fractional anisotropy and mean diffusivity. This is also

unexpected since tract integrity measures are seen as more closely associated with the underlying

physiology of tracts and their lesions (Fjell et al., 2008; Xing et al., 2021).

The regional differentiation found at the level of the metrics and the tissues in our models illustrates the

importance of selecting regions of interest. Some regions emerge as robust predictors of variance in

cognitive performance, while others contribute minimally or lack unique informational value. However, it

is apparent that the predictive efficacy of individual regions/tracts varies across the metrics within the

models. For instance, cortical thickness of the superior frontal region consistently predicts cognitive

performance (Figure 7), but surface area or volume of the same region is considerably less predictive. In

general, the inclusion of additional metrics within a model is associated with lower frequency of a

region/tract's survival through regularization, in line with partially overlapping predictive information

across different metrics (e.g. Figure 4). In contrast, and somewhat surprisingly, the inclusion of TIV as a

covariate had negligible consequences for both the parameter estimates and the overall explanatory

power of the model. Focusing on gender as a potential factor by fitting the same model separately yielded

similar overall conclusions, apart from an overall higher predictive performance observed in female

compared to male. This phenomenon could potentially be explained by variations in motion artefacts

(Afacan et al., 2016) or an accelerated cortical maturation process in girls during development

(Grabowska, 2017; Fuhrmann et al., 2020, fig 4c).

Our study has several strengths. The uniquely large childhood sample of ABCD allows us to both explore

the optimal model in an exploratory sample of only 15% of the data, and validate it in a test set (Srivastava,

2018). As such the sample size enables us to optimize exploration and confirmation, as well as increase

parameter precision and power in line with recent recommendations (Marek et al., 2022). Moreover, by

using a previously validated measurement model for the latent cognitive variable we further decrease

measurement error and increase power and precision (Sauce et al., 2022).

However, the main strength of our study is what is commonly absent in the empirical literature: a

multimodal analysis including several measures of grey and white matter and the comparison of their

explanatory performance. Although previous studies have simultaneously integrated multimodal imaging

data (Richard et al., 2020; Rasero et al., 2021), those more commonly examine the individual covariances

between multimodal components or factors rather than examine whether distinct metrics provide unique

complementary predictive information. The challenge in models with many predictors is that additional

predictors will always increase the strength of the joint prediction, at least within sample. In our modeling

approach, we rely on three approaches to guard against needless complexity to differentiate the three

models: (i) regularization penalizes the predictive estimates downwards to ensure a parsimonious (and

often sparse) model; (ii) model comparison criteria which penalize unnecessary complexity, favoring a

model with fewer predictors that does 'almost' as well as the more complex model (Jacobucci et al., 2019);

and (iii) report effect sizes as adjusted r-squared to account for the number of parameters needed to

achieve an overall amount of variance explained.

Despite these strengths, our study also has several limitations. First and foremost, the present analysis

focuses on cross-sectional differences, in a specific age range (9-11 years old). This is a unique

developmental period for the brain during which grey matter starts to decrease while white matter

continues to increase (Bethlehem et al., 2022), so we expect the precise pattern of brain-behaviour

relations to be contingent on this specific developmental period. Future studies will extend our results to

a longitudinal approach to tease apart leading and lagging effects and provide additional support in line

with causal hypotheses (see King et al., 2018; Vijayakumar et al., 2018). Moreover, although ABCD

undertook considerable efforts to recruit a representative sample of the USA, our findings cannot be

assumed to generalize to more diverse populations within and especially beyond the US (LeWinn et al.,

2017; Garavan et al., 2018).

In terms of methodology, the ABCD sample has been collected across different sites and scanners, which

may include site or scanner variance we did not incorporate (although Parsons et al., 2023 suggests these

site effects in ABCD are considerably smaller than other sources of (un)reliability). Moreover, our findings

will be affected by certain pragmatic methodological choices. For example, bilaterally averaging the

regions of interest across the hemispheres allowed the possibility to do both regularization and maximum

likelihood with a large number of regions. However, it precludes us observing any hemispheric specificity

on the prediction of cognitive performance. Finally, the definition of grey and white matter as two

different tissues measured by different metrics is inherently an oversimplification. MRI derived measures

are proxies of the underlying brain structure and are not able (yet) to isolate specific biophysiological

components of grey or white matter. For instance, (apparent) cortical thickness is known to be sensitive

to myelinisation of adjacent white matter (Natu et al., 2019), suggesting a partial overlap in statistical

contributions of grey and white matter may be as much methodological artefact as biological reality.

Finally, segmenting the brain into defined regions reduced structural complexity, correspondingly

diminishing explained cognitive performance variance (Fürtjes et al., 2023).

To develop a full picture of the complementary roles of grey and white matter to the prediction of

cognitive performance, future studies will need to examine large, multimodal, longitudinal and crucially

diverse samples across the lifespan. In addition, numerous new measures are needed to estimate cellular

mechanisms more accurately. For instance, sulcal depth and curvature analysis provides detailed cortical

structure mapping , while myelin water fraction or magnetisation transfer ratio offer more direct

approaches to study axons microstructure and myelinisation (Timmers et al., 2016; Lipp et al., 2019).

Future work will benefit from metrics that demonstrate a better representation of underlying cellular

mechanisms (e.g. Goriounova & Mansvelder, 2019). Beyond the metrics, the emergence of new scanners

with higher resolution like the 11.7 Tesla or the CONNECTOM scanners will help unveil the structure within

the six layers of the cortex and regional cortico-cortical connectivity (Nowogrodzki, 2018; Huang et al.,

2021; Raven et al., 2023).

The present study was designed to evaluate the extent of the overlap between grey and white matter

metrics in the prediction of cognitive performance. Our findings suggest that studies focusing solely on

one tissue or one metric when linking brain and cognition are likely missing out on complementary

explanatory power. Studies limited by pragmatic concerns should carefully consider which metric to focus

on, informed by the phenotype of interest and the population being studied, and make explicit that the

findings are likely contingent on the metrics used in a study. Future work should incorporate a more

holistic view of brain structure across modalities, metrics and measures to better elucidate the

relationships between brain and cognitive performance.

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