Extinction-resistant attention to long-term conditioned threat is indexed by selective

visuocortical alpha suppression in humans

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This study was supported by a grant of the German Research Foundation to Erik M. Mueller [DFG MU3535/2-1]. None of the authors has financial interests or other potential conflicts of interest.

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Abstract

While ERP studies have shown heightened early visual attention to conditioned threat, it is unknown

whether this attentional prioritization is sustained throughout later processing stages and whether it is

robust to extinction. To investigate sustained visual attention, we assessed visuocortical alpha

suppression in response to conditioned and extinguished threat. $N = 87$ male participants underwent a

two-day threat conditioning paradigm with acquisition and extinction on one day and a critical recall

test one day later. EEG time-frequency analyses revealed that, on Day 2, threat-conditioned vs. safety

cues evoked stronger occipital alpha power suppression from 600 to 1200 ms. Notably, this

suppression was resistant to extinction. The present study showed for the first time that threat

conditioning enhances sustained modulation of visuocortical attention to threat in the long term. The

long-term stability and extinction resistance of alpha suppression suggests a crucial role of

visuocortical attention mechanisms in the maintenance of learned fears.

Keywords: threat; long-term conditioning; long-term extinction; alpha; visual attention

1   **Significance Statement**

The present study highlights how selective attentional mechanisms may contribute to the long-term

stability of learned fearful behaviors via increased recruitment of early visual cortex areas. Participants

were classically conditioned to learn about threat cues predicting an aversive noise and safety cues. As

evident in sustained occipital alpha suppression in the EEG – a marker for visuocortical recruitment –

individuals showed selectively increased attention to threat cues in a recall test one day after initial

conditioning. Importantly, this effect was not affected by intermediate extinction training, where threat

cues were not followed aversive noises. Our findings are important for understanding the development

and long-term maintenance of fears as well as etiology and therapy of anxiety disorders.

Introduction

Learning to predict threat and safety based on environmental cues is fundamental for adaptive

behavior. A well-established paradigm for elucidating mechanisms of associative cue-outcome

learning is classical threat conditioning (also fear/aversive conditioning) where conditioned stimuli are

threat cues (CS+) when they signal an upcoming aversive event (unconditioned stimulus; US) and

safety cues (CS-) when they signal the absence of an aversive event (Rescorla and Wagner, 1972;

LeDoux, 2014; Lonsdorf et al., 2017). The acquired conditioned defensive response to the CS+ is

expected to diminish again upon extinction training, i.e., repeated presentation of CS+ without US

(Myers and Davis, 2007; Quirk and Mueller, 2008).

Importantly, both conditioning and extinction memories need to be consolidated, retained, and

recalled in future situations to allow adaptive responding in the long term. Successful short-term

learning – i.e., acquisition and extinction of a conditioned response within an experimental session – is

considered necessary but not sufficient for successful long-term learning. Such long-term learning

effects are indicated by the successful recall of previously acquired and extinguished contingencies in

a delayed test session (Myers and Davis, 2007; Quirk and Mueller, 2008). Importantly, acquisition and

extinction learning form separate memory traces and individuals may recall previously acquired threat

memories without recalling extinction memories. In other words, they may show long-term extinction

resistance, which is assumed to be key in the maintenance of fears (Lissek et al., 2005; Milad and

Quirk, 2012; Duits et al., 2015). In this case, despite repeated omission of aversive events, individuals

keep showing robust conditioned threat responses over time.

Conditioned threat responses have different functions and manifest at various levels of central

and autonomic physiology. Among these, increased attentive processing promotes capture of threat-

relevant information, improving chances of successful defensive responding (Bradley, 2009; Lang and

Bradley, 2010). Supporting this notion, studies using visual evoked brain potentials in humans have

found selectively heightened visual attention when viewing threat cues (Bublatzky and Schupp, 2012;

Michalowski et al., 2015; Gruss et al., 2016; Muench et al., 2016; Wieser et al., 2016; Kastner-Dorn et

al., 2018). However, because visual evoked potentials to threat generally reflect early brain activity

(i.e. < 500 ms; Miskovic and Keil, 2012), it is unknown, whether enhanced visual attention is

sustained throughout later visual processing stages. Moreover, it is unclear, if heightened attention

displays long-term resistance to extinction. These are clinically relevant questions given that enduring

prioritization of threat processing may interfere with fear reduction through extinction and exposure

therapy. The present study addresses these questions using a robust electrophysiological marker of

sustained visual attention, suppression of visuocortical oscillatory activity in the alpha range.

Alpha oscillations (e.g., 8-12 Hz; de Cesarei and Codispoti, 2011; Bartsch et al., 2015)

indicate inhibition processes in neural populations (Pfurtscheller, 2001; Klimesch et al., 2007).

Visually evoked posterior alpha suppression has been associated with increased excitability of early

visual areas in the occipital cortex (Klimesch et al., 2011; Scheeringa et al., 2016; Green et al., 2017;

Iemi et al., 2017; Iemi and Busch, 2018) in response to increased attentional demands (Foxe and

Snyder, 2011; Klimesch, 2012; Ben-Simon et al., 2013; Frey et al., 2015). Moreover, posterior alpha

power suppression has been found stronger in response to aversive vs. neutral/appetitive pictures

(Huster et al., 2009; de Cesarei and Codispoti, 2011; Vagnoni et al., 2015; but also see Uusberg et al.,

2013), taken to reflect prioritized visual processing of threat information (Bradley, 2009; Lang and

Bradley, 2010).

In the present study, we estimated current source density of alpha-band activity at scalp sites

consistent with visuocortical sources, to investigate (a) whether heightened visuocortical alpha

suppression indexes selective visual attention to threat cues one day after conditioning, and (b) if

conditioned alpha suppression is extinguished in the long term. We employed a two-day differential

threat conditioning paradigm with threat acquisition and extinction on one day and a critical recall test

one day later, comparing alpha power changes in response to previously extinguished vs. non-

extinguished CS.

Materials and Methods

Sample

We analyzed data of a sample of $N = 87$ healthy, male participants (mean age: 23.7, SD: 3.85,

range: 18-34), described in more detail elsewhere (Panitz et al., 2018). Participants were compensated

65 € (ca. 75 US$) for two experimental sessions (total 7 hours on two subsequent days). The study

was conducted in accordance to the Declaration of Helsinki and was approved by the ethics committee

of the German Psychological Association (DGPs).

Experimental Design

Conditioning and Extinction paradigm. We employed a two-day differential threat

conditioning and extinction paradigm (Mueller et al., 2014; Panitz et al., 2018; also see Figure 1).

Briefly, on Day 1, participants underwent CS habituation, followed by an acquisition phase. Two CS

(CS+E, CS+N) were paired with a US in 21 out of 45 trials (46.6 %), the other two CS (CS-E, CS-N)

were never paired with the US (also 45 trials per CS). The extinction phase started exactly three hours

after the end of acquisition and consisted of 40 CS+E and CS-E presentations ('E' standing for

presented during extinction phase). CS+N, CS-N, and US were not presented during the extinction

phase ('N' standing for *not presented during extinction phase)*. Approximately 24 h after the

extinction, participants returned for a Day 2 recall test which included 60 trials of each CS. No US

were presented on Day 2.

Stimuli and trial structure. We used four different male faces with neutral expression from the

Karolinska Directed Emotional Faces set (Lundqvist et al., 1998) as CS (pictures: AM10NES,

AM13NES, AM31NES, BM08NES; also see Figure 1). Assignment of face stimuli to the different CS

types was permutated and balanced across participants. The US was a 1 s white noise burst at 95

dB(A) delivered by a room speaker as we had previously shown that noise bursts are particularly well

suited for threat conditioning with many trials (Sperl et al., 2016). In every trial, a fixation cross (1 s

duration) was presented before participants saw the CS for 4 s. In paired trials the CS co-terminated

with the US for 1 s. A black screen (jittered duration, 6-8 s) was presented between trials.

	Day 1			Day 2 (24 h later)
	Habituation	**Acquisition**	**Extinction**	**Recall Test**
	5 CS+E	45 CS+E **+ 21 US**	40 CS+E	60 CS+E
	5 CS-E	45 CS-E	40 CS-E	60 CS-E
	5 CS+N	45 CS+N **+ 21 US**		60 CS+N
	5 CS-N	45 CS-N		60 CS-N

Figure 1. **Conditioning and extinction paradigm**. Face stimuli and number of presentations in the two-day differential threat conditioning and extinction paradigm. The US was only presented during acquisition, indicated by the speaker symbol. Assignment of different faces to CS type was permutated across participants. CS+E = extinguished CS+, CS+N = non-extinguished CS+, CS-E = CS- presented during extinction phase, CS-N = CS- not presented during extinction phase. Stimuli were presented in color. KDEF stimuli IDs from top to bottom: AM10NES, AM13NES, AM31NES, BM08NES. Figure from Panitz et al. (2018).

EEG recording and preprocessing

64-channel EEG was recorded with a QuickAmp72 amplifier and actiCAP active electrodes (Brain Products, Gilching, Germany) at 1000 Hz, with a 200 Hz online lowpass-filter and referenced against the average. EEG processing was performed in BrainVision Analyzer 2 (Brain Products, Gilching, Germany). The EEG was downsampled to 500 Hz, highpass-filtered (-3 dB at 0.1 Hz, 24 dB/oct., zero-phase IIR Butterworth filter) and notch-filtered (50 Hz, 5 Hz bandwidth, 16th order). Extended Infomax ICA (Lee et al., 1999) was applied to the continuous data. Critical independent components reflective of horizontal and vertical eye movements, blinks, and cardiac artifacts were identified and removed by an experienced rater. To increase signal stationarity required for ICA, large EEG artifacts were removed manually, the signal was 0.5 Hz highpass-filtered for ICA only and the resulting weights were subsequently applied to the 0.1 Hz filtered data (Winkler et al., 2015). Segments with remaining artifacts were removed manually and channels with excessive amounts of bad data were interpolated (spline interpolation). Continuous EEG data were lowpass-filtered (30 Hz,

filter specifications identical to highpass filter). After correcting marker latencies for monitor delay

(33 ms), data were segmented relative to CS onset (-600 to 2000 ms).

To estimate current source density and improve the spatial specificity of the voltage map, the

surface Laplacian was computed using the algorithm of Perrin, Pernier, Bertrand, and Echallier (1989)

as implemented in BrainVision Analyzer 2 (spline order: 4, Legendre polynomial: 10, lambda: 1e-5).

In order to facilitate comparison with previous studies, we also analyzed the average-referenced scalp

data. The results converged with the present results in the surface Laplacian data and are available on

OSF (Panitz et al., 2019).

Wavelet analyses

Wavelet analyses were conducted in MATLAB 2013a (MathWorks, Natick, MA, USA) using

established custom scripts (Keil et al., 2007). First, EEG segments in the time domain were baseline-

corrected (subtraction of the mean from -600 to -500 ms) and tapered with a cosine square window (20

samples rise/fall). Complex Morlet wavelets were applied with variable bandwidths (Morlet parameter

= f/σ_f = 12) to compute power for frequency bands from 3.8 to 30.4 Hz in linear steps of 0.38 Hz.

Power in each frequency band was baseline-corrected by dividing the signal by the mean amplitude

between -400 ms and -200 ms relative to CS onset. Mean power of all discrete frequencies from 8.1

Hz to 11.9 Hz (e.g., de Cesarei and Codispoti, 2011; Bartsch et al., 2015) was used for statistical

analyses on alpha.

Statistical analyses

Statistical analyses were performed with R (R Core Team, 2018) in the RStudio environment

(Team, 2016). In order to assess the influence of Day 1 learning on occipital alpha during Day 2, we

computed mean alpha power across Oz and adjacent electrodes (Oz, POz, O1, and O2) in the time

window of 500 – 1200 ms after the CS. The resulting values were entered into an ANOVA with the

within-subject factors Contingency (CS+ vs. CS-) and Extinction (extinguished vs. non-extinguished)

using the *aov* function in R. In addition to null-hypothesis testing, we conducted Bayesian analyses as

implemented in the *anovaBF* function in the BayesFactor package (Morey and Rouder, 2018) for R.

We computed Bayes factors (100,000 iterations) for four different models (main effect Contingency

only, main effect Extinction only, additive model of Contingency + Extinction main effects, complete

model including both main effects and the interaction term; cf. Rouder et al., 2016) compared to the

null model (BF_{10}). All models had equal prior probabilities and included a random effect term to

account for between-subject variance. In a second step, we computed Bayesian inclusion factors

(BF_{Incl}) for each effect (i.e., Contingency, Extinction, and Contingency x Extinction) that indicate

whether models including this effect are more likely to explain the data than matched models without

this effect. More precisely, all models containing the effect of interest – but no higher-order

interactions of this effect – were compared to matched models stripped of the effect (BAWS factor

suggested by Sebastiaan Mathôt; also implemented in JASP 0.9, JASP Team, 2018). As an example,

for the Contingency effect, the models *Contingency only* and *Contingency + Extinction* were

compared to the null model and the *Extinction only* model.

After using a predefined time window (500 to 1200 ms; Vagnoni et al., 2015; Chien et al.,

2018) for hypothesis testing, we conducted follow-up analyses on the exact time window of the

Contingency effect based on the present data. We used permutation-controlled *t*-tests (adapted from

the t_{max} approach from Blair and Karniski, 1993), comparing alpha power (averaged across Oz, POz,

O1, O2) at each time sample between both CS+ and both CS- (i.e., Contingency contrast). First, we

randomly permutated the CS+ and CS- condition in each participant 1,000 times and computed *t*-

values for each of the 1,300 time samples. Then, the tails of each permutation's *t*-value distribution

were determined and stored in a t_{min} and t_{max} distribution, respectively, each having 1,000 values

corresponding to the 1,000 permutations. Finally, 2.5^{th} and 97.5^{th} percentiles from the resulting

distribution of t_{min} and t_{max} values were used as critical *t*-values to compare empirical *t*-values against

(i.e., $\alpha = .05$, two-sided; t_{crit}: CS+ < CS-: -2.59; CS+ > CS-: 2.64).

Open Data and Materials

Scripts for stimulus presentation and response logging in Presentation (Neurobehavioral

Systems, Inc., Berkeley, CA) as well as single-participant data (.txt files) and R scripts for statistical

analyses are available on OSF (Panitz et al., 2019).

Results

Conditioning and extinction effects during Day 2 recall test

The ANOVA showed a significant main effect of Contingency ($F(1, 86) = 9.85$, $p = .002$, η_p^2

$= .103$) as CS+ were followed by a stronger suppression of alpha power compared to CS- (also see

Figure 2). Meanwhile, the main effect Extinction ($F(1, 86) = 0.18$, $p = .669$, $\eta_p^2 = .002$) and the

Contingency x Extinction interaction ($F(1, 86) = 1.29$, $p = .259$, $\eta_p^2 = .015$) were not significant.

In line with the frequentist ANOVA, Bayesian ANOVA provided strongest evidence for a

main effect of Contingency in the absence of other effects ($BF_{10} = 26.0$, all other models: $BF_{10} < 3.3$).

In line with this pattern, Bayesian inclusion factors provided support for the inclusion of the main

effect of Contingency ($BF_{Incl} = 25.9$) and against the inclusion of the main effect of Extinction (BF_{Incl}

$= 1 / 8.1$) or the Contingency x Extinction interaction ($BF_{Incl} = 1 / 4.0$). Figure 3 shows time-frequency

plots and topographic mapping of the Contingency effect on alpha power.

Figure 2. **Conditioning effects on Day 2 alpha power.** Mean alpha power (relative to baseline) at occipital
sites in the time window of 500 – 1200 ms. Light bars represent CS presented during Day 1 extinction, dark bars
represent CS not presented during Day 1 extinction. Error bars indicate SEM based on within-subject variance.
**p < .01 for the main effect of Contingency.
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Figure 3. **Main effect of Contingency on occipital alpha power. (a)** and **(b)** Time-frequency plots for CS+ and
CS-, respectively. Power values are % change relative to baseline (-400 to -200 ms) and averaged across Oz,
POz, O1, and O2. **(c)** Time-frequency plot of the difference between CS+ and CS-, across Oz, POz, O1, and O2;
the white rectangle indicates time (500 to 1200 ms) and frequency (8.1 to 11.9 Hz) windows for statistical
analyses. **(d)** Topography of the difference between CS+ and CS- in the a priori defined time window (500 to
1200 ms). White dots depict the electrodes used for statistical analyses.
8

10 *Time course of Contingency effect*

11   As suggested by permutation *t*-tests, viewing CS+ compared to CS- prompted significantly

12 lower alpha power in the time window from 630 to 1230 ms post-CS (Figure 4), largely converging

13 with our a priori window (500 to 1200 ms).

2 *Figure 4.* **Time course of Contingency effect on mean occipital alpha power.** Alpha power (relative to
3 baseline) for collapsed CS+ and CS-, respectively, averaged across occipital sites. The gray-shaded area
4 indicates significant differences between CS+ and CS- as determined by permutation testing ($p < .05$, two-
5 sided).
6

Discussion (max 1500 words)

In the present study, we investigated the role of heightened selective attention to threat cues in

long-term threat conditioning and extinction. For this purpose, participants underwent a differential

threat conditioning paradigm with acquisition and extinction on Day 1 and a test phase on Day 2 that

allowed to assess long-term recall of extinguished and non-extinguished threat-conditioned responses.

We found that, one day after threat conditioning, CS evoked a suppression of alpha power at occipital

sites between 600 and 1200 ms, which was more pronounced for threat cues (i.e., CS+) compared to

safety cues (i.e., CS-). Importantly, this conditioning effect was unaffected by Day 1 extinction

training.

In the present sample, we observed robust alpha power suppression at occipital electrodes that

was stronger for threat-conditioned CS+ than for CS-. This is the first time that occipital alpha power

suppression is shown in response to conditioned threat cues. The present effects converge with

previously shown alpha suppression to naturally threatening stimuli (Huster et al., 2009; de Cesarei

and Codispoti, 2011; Vagnoni et al., 2015) and can be interpreted as stronger disinhibition of early

visuocortical areas facilitating attentional prioritization of behaviorally more relevant (i.e., threat) cues

(Foxe and Snyder, 2011; Frey et al., 2015). They are also consistent with previous ERP research

showing threat-related prioritization of visuocortical processing (Bublatzky and Schupp, 2012;

Michalowski et al., 2015; Gruss et al., 2016; Mueller and Pizzagalli, 2016; Muench et al., 2016;

Wieser et al., 2016; Thigpen et al., 2017; Kastner-Dorn et al., 2018). Prioritization of threat is highly

important for the successful choice of adaptive responding (Bradley, 2009; Lang and Bradley, 2010;

Bradley et al., 2012), given limited capacities for information processing in the brain (Broadbent,

1965; Lavie, 2005; Chun et al., 2011).

Threat-potentiated alpha suppression was found in the time window from about 600 to 1200

ms post-CS. Therefore, this alpha suppression likely indicates *sustained* attention allocation to the

threat cue via recruitment of visuocortical resources (de Cesarei and Codispoti, 2011). This process

may be initiated after initial stimulus recognition and affective stimulus categorization as presumably

indicated by early event-related potential (Schupp et al., 2006; Miskovic and Keil, 2012) and may

reflect a more thorough analysis of threat cues. Taken together, the present results suggest occipital

alpha as a promising new marker of sustained visuocortical attention modulation in response to

conditioned threat cues.

Importantly, the stronger alpha suppression in response to CS+ was evident one day after

initial learning, indicating successful long-term recall of selectively increased attention allocation to

threat cues. To our knowledge, this is the first study to show such long-term threat conditioning effects

on selective visual attention, stable across timely spaced situations. The long-term stability of the

present alpha suppression suggests selective attention modulation in threat as a central feature of

stable fear. While there is some evidence that selective attention to threatening information contributes

to the long-term maintenance of fear (Richards et al., 2014; Van Bockstaele et al., 2014), the neural

underpinnings of this link are not well understood. The present study suggests a mechanism in which

differential activation of visuocortical areas is a temporally stable threat-conditioned response and

underlies increased attentional processing of threat cues across time. Increased attentional threat

processing may consolidate fearful behavior via increased levels of state fear (and other negative

affects; MacLeod et al., 2002; Van Bockstaele et al., 2014) and by a reduced ability to disengage from

threat cues at the cost of other potentially relevant stimuli (Fox et al., 2002; Georgiou et al., 2005;

Rinck et al., 2005) – e.g., concurrent safety cues or cues for successful coping. Moreover, attentional

biases may interact with negative expectancy, memory, and interpretation biases related to threat (Aue

and Okon-Singer, 2015). Future studies may use occipital alpha to investigate these and other potential

mechanisms in order to elucidate attentional mechanisms of long-term fear maintenance.

In addition to long-term threat recall, we observed long-term extinction resistance of threat-

conditioned alpha suppression. In other words, the initially threat-conditioned CS+ continued to evoke

conditioned threat responses on Day 2, regardless of Day 1 fear extinction. The conclusion of

extinction resistance was backed by Bayesian analyses, which favored models excluding the extinction

factor. Note that the present result pattern of extinction-resistant alpha suppression mirrors the pattern

of long-term extinction-resistance of (a) rapid processing enhancements of threat-conditioned faces

(Mueller and Pizzagalli, 2016) and (b) cardiac deceleration in the present sample (Panitz et al., 2018)

as well as in previous studies (Panitz et al., 2015; Sperl et al., 2016). Threat-evoked cardiac

deceleration has been suggested to also reflect attentional processes, namely orienting in the face of

imminent harm (Löw et al., 2015; Bastos et al., 2016; Roelofs, 2017; Wendt et al., 2017). On the other

hand, the present sample showed reduced differential skin conductance responses for extinguished

(CS+E vs. CS-E) compared to non-extinguished (CS+N vs. CS-N) threat cues (Panitz et al., 2018),

which indicates successful extinction recall of CS-US contingency awareness (Hamm and Vaitl,

1996). This suggests that attention-related processes in general, and occipital alpha suppression in

particular, could be more extinction-resistant than other conditioned responses and may occur in a

better-safe-than-sorry fashion. In other words, the cost of increased attentional engagement to invalid

threat cues (i.e., false alarms) may be judged as significantly smaller than the cost for overlooking

valid threat cues – even after repeated omission of harmful events.

As discussed earlier, alpha-related attentional processes may be crucial in the long-term

maintenance of fears. The observed extinction resistance in the present study suggests that former

threat cues continue drawing on attentional resources even in the absence of contingent reinforcement

by harmful outcomes, i.e., even when cues are not followed by negative consequences anymore after

initial learning. Moreover, occipital alpha suppression may prove useful for investigating the influence

of threat-focused attention and attentional biases on the effectiveness of exposure therapy (Barry et al.,

2015; Mogg and Bradley, 2018) .

The limitations of the current study should be addressed. First, using the current paradigm, it

cannot be ruled out that CS+ evoked stronger alpha suppression than CS- due to partial reinforcement

and changing contingencies across phases, making predictions of US occurrence more difficult in CS+

vs. CS- and motivating participants to process CS+ more thoroughly. This, however, is unlikely to

explain the present effects given that threat-depicting pictures, with no learning history, also evoked

stronger alpha suppression in previous studies (Güntekin and Basar, 2007; Huster et al., 2009; de

Cesarei and Codispoti, 2011; Vagnoni et al., 2015). Second, we only used male participants in order to

investigate conditioning and extinction without the influence of known sex differences (Lebron-Milad

et al., 2012; Merz et al., 2012). As there also may be gender differences in visuocortical threat

processing (Sass et al., 2010; Pintzinger et al., 2017), the present results should be replicated in

females.

In the present study, we could show that conditioned visual threat cues evoke enhanced alpha

suppression at occipital sites. Moreover, we showed for the first time that increased attention

allocation to conditioned threat cues via sustained recruitment of early visuocortical areas is long-term

stable and resistant to extinction. Future studies may use occipital alpha power to further elucidate

mechanisms of visual attention in the development, maintenance, and extinction of fears.

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