Precision dynamical mapping using topological data analysis reveals a unique hub-like *transition state* at rest

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40 Abstract

- 41 Even in the absence of external stimuli, neural activity is both highly dynamic and organized
- 42 across multiple spatiotemporal scales. The continuous evolution of brain activity patterns during
- 43 rest is believed to help maintain a rich repertoire of possible functional configurations that relate
- 44 to typical and atypical cognitive phenomena. Whether these transitions or "explorations" follow
- 45 some underlying arrangement or instead lack a predictable ordered plan remains to be
- 46 determined. Here, using a *precision dynamics* approach, we aimed at revealing the rules that
- 47 govern transitions in brain activity at rest at the single participant level. We hypothesized that by
- 48 revealing and characterizing the overall landscape of whole brain configurations (or states) we
- 49 could interpret the rules (if any) that govern transitions in brain activity at rest. To generate the
- 50 landscape of whole-brain configurations we used Topological Data Analysis based Mapper
- 51 approach. Across all participants, we consistently observed a rich topographic landscape in
- 52 which the transition of activity from one state to the next involved a central hub-like "transition
- 53 state." The hub topography was characterized as a shared attractor-like basin where all canonical
- 54 resting-state networks were represented equally. The surrounding periphery of the landscape had
- 55 distinct network configurations. The intermediate transition state and traversal through it via a
- 56 topographic gradient seemed to provide the underlying structure for the continuous evolution of
- 57 brain activity patterns at rest. In addition, differences in the landscape architecture were more
- 58 consistent within than between subjects, providing evidence of idiosyncratic dynamics and
- 59 potential utility in precision medicine.

60 1. Introduction

61 Spontaneous brain activity in the absence of sensory input is considered to be highly structured

- 62 in both space and time¹ with amplitudes at least as large as stimulus-driven activity^{2,3}. The
- 63 ongoing patterns of cortical activity are thought to continually evolve over time and have been
- 64 shown to encode multidimensional behavioral activity⁴. It is believed that the continuous
- 65 evolution of cortical activity patterns could reflect multiple functions, namely, recapitulating (or
- 66 expecting) sensory experiences^{5–8}, maintaining a rich repertoire of possible functional
- 67 configurations^{9,10}, continuing top-down prediction/expectation signal for updating representation
- 68 of the world¹, reflecting changes in the behavioral and cognitive states¹¹, and has been shown to
- 69 be largely bistable¹²⁻¹⁴. However, it is not fully established whether transitions in intrinsic brain
- 70 activity *follow* some underlying arrangement or instead *lack* a predictable ordered plan.
- 71 Characterizing the rules underlying transitions in cortical activity has the potential to advance
- our understanding of the neural basis of cognition, and also to better anchor psychiatric disorders
- 73 onto more robust biological features^{15,16}.
- 74

75 Since its inception, functional magnetic resonance imaging (fMRI) has been used to non-

- 76 invasively measure blood oxygen level-dependent (BOLD) signal as a proxy for neural
- ⁷⁷ activity¹⁷. Several fMRI studies have significantly advanced our understanding of brain
- functioning in healthy and patient populations by successfully identifying static or long-time-
- averaged measures of intrinsic functional organization^{18–23}. To measure brain's intrinsic
- 80 functional architecture, i.e., in the absence of any task (resting-state), co-fluctuations in the
- 81 BOLD signal are assessed (a.k.a., resting-state functional connectivity). Although the dynamical
- 82 aspect of brain activity has long been known to be critical in electrophysiology, low
- 83 spatiotemporal resolution of the human neuroimaging has slowed down embracing dynamical
- 84 analysis of the brain²⁴. However, time-varying analysis of fMRI data is gathering momentum due
- to recent advances in data acquisition methods, such as multi-band^{25,26} and multi-echo²⁷ imaging
- that enhance spatiotemporal resolution of the acquired data and facilitate development of novel
- 87 data analytics²⁸⁻³⁶.
- 88
- 89 Time varying analyses of intrinsic human neuroimaging data have revealed richer dynamics than
- 90 previously appreciated, including existence of: fast switching between metastable states³⁷;
- 91 intermittent periods of globally coordinated co-fluctuations across spatially distributed brain
- 92 regions³⁰; large-scale metastable cortical waves^{24,38}; and hierarchical temporal organization at the
- 93 group level³⁴. Further, individual differences in time varying signals at rest have been associated
- 94 with a wide range of cognitive and behavioral traits and even shown to be more sensitive than
- 95 static (or averaged) functional connectivity²⁹. Typically, a time varying analysis first
- 96 characterizes a set of brain states at the group level, followed by examining individual
- 97 differences in frequency or duration of such states. A brain state is typically defined as a
- 98 transient pattern of whole brain activation (or functional connectivity) and is usually
- 99 characterized by activation of (or connectivity in) known large-scale brain networks (a.k.a.
- 100 resting state networks). Importantly, typical time-varying analyses (e.g., using sliding window-
- 101 based approaches) have been prone to be affected by sampling variability and physiological
- artifacts in the fMRI data^{39,40}. With that said, however, work using simultaneous wide-field
- 103 optical imaging and whole-brain fMRI has established a direct link between resting-state
- hemodynamics in the awake and anesthetized brain and the underlying patterns of excitatory
- neural activity^{41–43}. Thus, while the ongoing hemodynamics as measured by noninvasive fMRI

are coupled to excitatory neural activity, novel methods are required to carefully parse neuronal

107 dynamics while discounting artifactual transitions, with a goal towards deciphering the 'rules'

108 that determine whole-brain transitions across brain states. For example, it is unclear whether the

109 temporal transitions in brain activity (or connectivity) are best conceptualized as a continuous (or

110 gradual) evolution^{44–46} or discrete (or binary) switches^{47–49}. Further, it is also unclear whether

111 transition from one so-called brain state to another is direct or does the brain pass through a set

- 112 of intermediary states. Lastly, while previous work defined brain states at the *group level*, it is
- unclear whether individual differences exist in terms of the configuration of brain statesthemselves.
- 115

116 The low spatiotemporal resolution and high complexity of the fMRI data make the study of

117 whole-brain dynamics at the single person level (n=1) a challenging endeavor. Specifically, low

signal-to-noise ratio of the BOLD signal⁵⁰ and the typically short duration of resting state fMRI

119 scans (~5-15 min⁵¹) impedes precise characterization at the individual subject level. Further, high

120 cost of MR data acquisition and excessive participant burden limit the amount of data that can be

121 gathered. Fortunately, in the past few years, there is a growing momentum towards collecting

and sharing fMRI data using a precision functional mapping approach, where each participant is

sampled at multiple occasions (>=10) yielding hours' worth of data for each individual^{52–55}. Due

124 to the vast heterogeneity in network topology from person to person, these approaches are

125 critical to unveiling basic principles of brain function and organization. We argue that a similar

126 approach for *precision dynamics* will be vital for deciphering the rules regarding how the human

brain dynamically adapts from one configuration to the next and how these transitions relate to
 cognition and various psychopathologies^{56–59}.

129

130 In the current work, using a precision dynamics approach and the Midnight Scan Club (MSC)

131 dataset⁵³, we aimed at revealing the overall landscape of at-rest whole-brain configurations (or

132 states) at the single individual level. We hypothesized that by revealing and characterizing the

133 overall landscape we could interpret the rules that govern transitions in brain activity at rest. The

134 MSC dataset includes individually defined parcellations and ~5 hours of resting state fMRI data

135 for each participant – both of which allowed us to examine the topology and dynamics of at-rest 136 whole-brain configurations in an unprecedented detail. We also addressed previous

137 methodological limitations by using tools from the field of topological data analysis (TDA),

137 include of great data analysis (TDA), 138 which are designed to learn the underlying topology (or shape) of high dimensional datasets that

are relatively sparse and noisy 60,61 . Specifically, here, we used the TDA-based Mapper approach

that generates the shape of the underlying dataset as a graph (a.k.a., shape graph)^{32,62,63}. Mapper

has been previously shown to capture task-evoked transitions in the whole-brain activity patterns

142 at the highest spatiotemporal resolution³¹. Unlike previous time varying analytics, Mapper does

143 not require splitting or averaging data across space or time (e.g., windows) at the outset. Further,

144 Mapper does not require any a priori knowledge about number of whole-brain configurations and

does not impose strict assumptions about mutual exclusivity of brain states³⁷. Lastly, the

146 presented results were not only validated in the MSC dataset using split half analysis, but were

147 also independently validated using a separate dataset from the Human Connectome Project²⁵

- 148 (n=100, unrelated individuals).
- 149

150

152

153 2. Results

154 2.1 Estimating reliable landscape of whole-brain configurations at the single participant level

155 Our first aim was to utilize the TDA-based Mapper approach to reliably estimate individually

156 specific landscape (or manifold) of whole-brain configurations. To ensure the replicability of our

157 findings, we first split the MSC data for each participant into two halves (discovery and

158 replication sets) – each with ~ 2.5 hours of data per participant. Thus, for each participant, out of

159 a total of ten sessions (each 30 mins long), we assigned odd sessions to the discovery and even 160 sessions to the replication set.

161

After rigorous preprocessing (see Methods and Gordon et al.⁵³ for details), the individually 162

163 specific parcellated data were fed into the TDA-based Mapper pipeline³¹, which consists of four

164 main steps. First, the high-dimensional neuroimaging data are embedded into a lower dimension

165 d, using a non-linear filter function f. Importantly, information loss incurred during

dimensionality reduction is putatively recovered during the partial clustering step^{64,65} (third step 166

167 in the Mapper pipeline). To better capture the intrinsic geometry of the data, a nonlinear filter

function based on neighborhood embedding was used³¹ (see Methods for benefits of this non-168

169 linear approach). Second, overlapping *d*-dimensional binning is performed to allow for

170 compression and to reduce any destructive effects of noise. Third, partial clustering within each

171 bin is performed, where the original high dimensional information is used for coalescing (or

172 separating) data points into nodes in the low-dimensional space and hence allows for partially

173 recovering information loss incurred due to dimensionality reduction. Lastly, to generate a

174 graphical representation of the data landscape, nodes from different bins are connected if any

175 data points are shared between them. Fig. S1 provides step-by-step representation of the Mapper 176 pipeline.

177

178 In contrast to traditional graphical representations of neuroimaging data, nodes in the Mapper-

179 generated shape graph represent clusters of highly similar whole-brain volumes (or time frames

180 (TRs)), and edges connect any two nodes that share one or more whole-brain volumes. This approach naturally embeds temporal patterns within the spatial structure of the graph, which in

181 182 turn confers several benefits for interrogating the spatiotemporal characteristics of the resting

183

brain. For instance, using this shape graph, we can track how the resting brain dynamically 184 evolves across different functional configurations at the individual-subject level. Importantly, our

185 approach does not require any time-window averaging, which could potentially blur the data and

186 has been shown to lead to artifactual findings due to head movement artifacts and sampling

variability^{39,40}. 187

188

189 To reveal the rules that govern transitions between whole-brain configurations at-rest, we

190 examined: (a) the topological properties of the shape graph, such as the degree distribution and

191 existence of hubs; (b) the relationship between the Mapper embedding and canonical resting

192 state networks; and (c) the transitions between whole-brain configurations. See Fig. 1 for our

193 analytical approach. In addition to individual variability in the characteristics of Mapper-

194 generated landscapes, we also report the central tendency (or group average) of the dynamical

195 landscape at rest. To account for linear properties of the data (e.g., serial auto-correlation) and

196 sampling variability issues, we compared results with two null models, namely, the phase

197 randomized null⁶⁶ and the multivariate autoregressive null model⁴⁰. Lastly, the results revealed

- 198 from the MSC dataset were independently validated using a separate dataset from the Human
- 199 Connectome Project²⁵ (HCP; n=100 unrelated individuals).
- 200

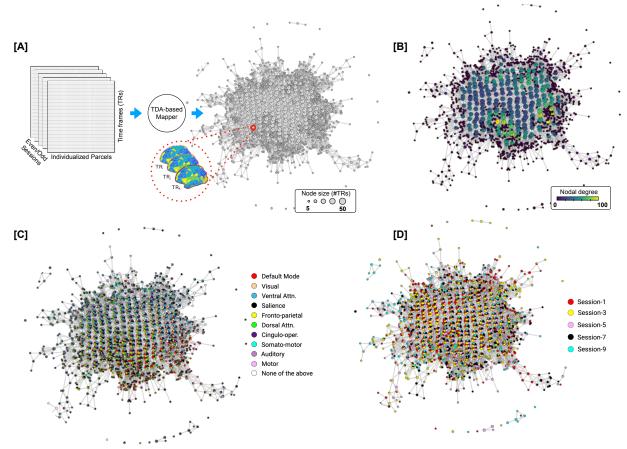


Fig. 1: Estimation and characterization of the dynamical structure underlying transitions in intrinsic 203 brain activity using our TDA-based Mapper approach. Here, we present data from a representative 204 participant (MSC-01; odd sessions). [A] Individualized parcellated data from the highly sampled Midnight 205 Scan Club (MSC) individuals⁵³ was split into two halves: odd sessions (2.5 hours) and even session (2.5 206 hours) sets. The Mapper approach was independently run on each set to generate the underlying 207 structure as a graph. Each graph consists of nodes and edges, where the nodes could in turn contain 208 multiple whole-brain volumes (or TRs; size of a node represents the number of TRs). The nodes are 209 connected if they share TRs. [B] The Mapper-generated graph can be characterized in several ways. Here, 210 211 212 213 214 215 we examine topological properties by annotating the graph nodes using nodal degree. [C] The graph can also be annotated with meta-information to characterize the mesoscale structure. Here, we show annotation using the activation of individual-specific resting state networks (RSNs). A pie-chart based annotation is used to reveal the proportion of time frames with each node belonging to different RSNs. [D] Similarly the graph can also be annotated using other available meta-information, e.g., session information.

216

217 2.2 Topological properties of the landscape reveal existence of hub nodes

- 218 We first characterized the Mapper-generated graphs by calculating nodal degree, which measures
- the strength (or number) of connections (or edges) per node. In the context of the shape graph,
- 220 high degree nodes represent whole-brain activation patterns that are shared by many other nodes
- 221 (i.e., are visited often in the temporal evolution of the data). The degree distribution for each
- 222 participant and their corresponding splits (odd and even sessions) were further characterized to
- determine whether they deviated from what might be expected for linear properties of the data

224 (e.g., autocorrelation in the BOLD signal). We accomplished this goal by comparing the degree

distribution from the real data with multiple instances of the two pre-defined null models (phase

randomization and multivariate AR model). As evident from the degree distribution plots (Fig.

227 **2**A), the real data contained heavy (or fat) tail distributions as compared to both null models. The

heavy tail distribution is iconic for most real-world networks and indicates existence of highly

229 connected nodes $^{67-70}$. This finding was independently replicated in both halves of the MSC data.

- Statistical difference in the proportion of high-degree nodes (>20) in the real versus null data was 121
- assessed using one-way ANOVAs for both odd (F(2,27)=5.27, p=0.012) and even sessions (F(2,27)=7.15, p=0.003).
- 232

Highly connected nodes that are also topologically central (i.e., influential) in the graph are

known as hub nodes. Hub nodes are hypothesized to act as focal points for the convergence and

236 divergence of information in the network⁷⁰. Existence of hub nodes in the Mapper-generated

graph would indicate the presence of nodes (or whole-brain configurations) that are visited often,

238 potentially as intermediate (or transition) state. To examine the existence of hub nodes in the

239 Mapper-generated landscapes, we estimated the closeness centrality of highly connected

240 nodes^{71,72}. This measure associates the nodes with shortest average path lengths as being the

241 most influential (or central) for the graph. Nodes with high closeness centrality can receive

information from other parts of the network in a short time (and *vice versa*). Across both halves

of the data and all participants, topologically central highly connected hub nodes occurred in the

shape graph (Fig. 2B highlights the hub nodes in a representative participant and supplementary

245 figure Fig. S2 shows hub nodes across all MSC participants).

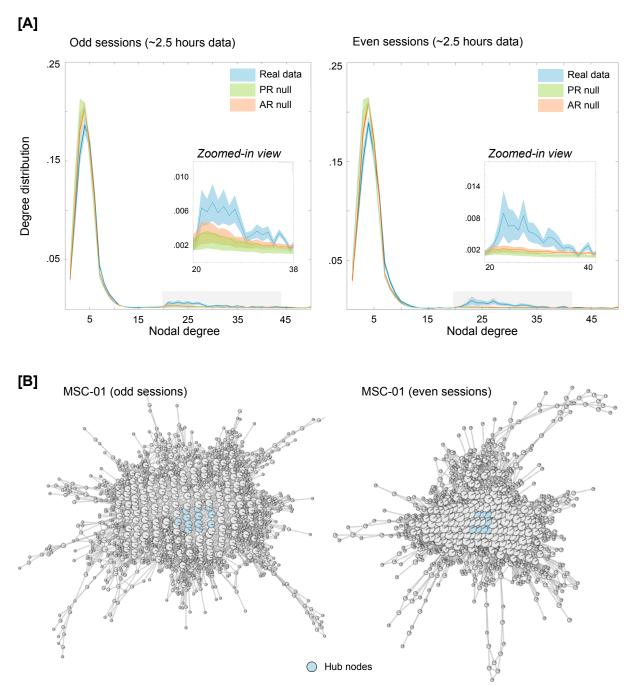


Fig. 2: Characterizing the Mapper-generated graph using degree distribution. [A] Degree distributions averaged across the ten participants, separately for odd and even sessions. For examining linear vs. nonlinear aspects, two null models were used, namely, the phase randomized null and the multivariate autoregressive null model. As evident from the degree distribution plots, real data were significantly fat tailed (>20) compared to both nulls. This finding was independently replicated in both halves of the data. The shaded area represents standard error around the mean (S.E.M.). [B] Mapper-generated graphs for a representative participant (MSC-01), highlighting hub nodes (i.e., nodes with high degree (>20) and high centrality (top 1%)). Similar plots were observed across all MSC dataset participants (see Fig. S2).

Although substantial data censoring was performed to reduce the impact of head movement

259 related artifacts, several additional analyses were performed to examine whether the observation

of high degree (and hub) nodes was associated with such artifacts. First, we examined whether
 the presence of high degree nodes was associated with head movement or global signal

- 262 variations. No difference in framewise displacement (FD) or global signal was observed between
- brain volumes represented by high and low degree nodes of the shape graph (ps>0.15 for FD and
- $p_{s>0.75}$ for global signal), for either split of the data. Second, we examined whether the
- 265 percentage of frames censored due to head movement was related with percentage of high degree
- 266 nodes. No significant relation was observed of either splits of the data (ps>0.20). Third, we
- applied frame censoring to the data generated from null models to examine whether the presence
- of high degree nodes was merely due to temporal masking. As shown in supplementary Fig. S5,
 high degree nodes were not present in the null data even after frame censoring.
- 269 270
- Further, parameter perturbation analysis was performed to make sure topological properties of
- the graph were stable across a moderate range of Mapper parameters and the high degree nodes
- in the real data were not an artifact of Mapper parameters (see Methods). Similar work was
- 274 previously done to show Mapper-generated graphs were stable across different parameter
- 275 combinations³¹. As shown in supplementary **Fig. S6**, for a large portion of Mapper parameter
- values, the proportion of high-degree nodes in the real data were significantly higher than nulldata.
- 278

Overall, the presence of hub nodes in the dynamical landscape (across all participants) provides
evidence for whole-brain configurations that i) are often visited during rest; ii) are highly
conserved at the individual subject level; and iii) may act as a 'switch' between different
configurations to putatively organize the spontaneous activity during rest.

283

284 2.3 Hub nodes represent uniform (mean) activation across all RSNs, whereas peripheral 285 nodes represent increased activation in one (or more) RSNs

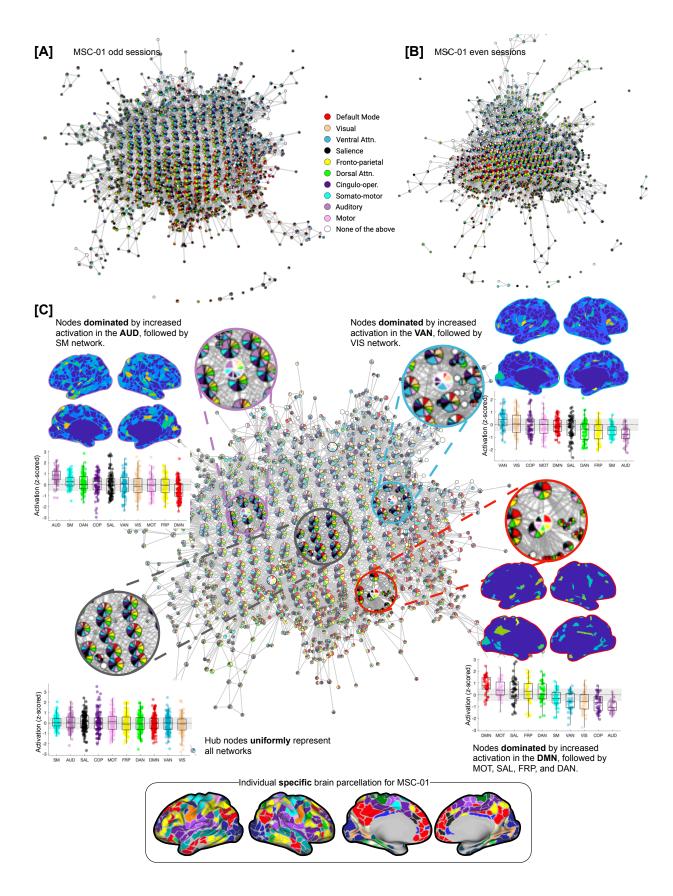
286 To relate Mapper-generated graphs to canonical neuroanatomical depictions of the resting brain, 287 we annotated nodes in the Mapper graph using the relative engagement of a set of canonical 288 large-scale resting state networks (RSNs). Importantly, we leveraged a set of individually-289 defined network assignments that were pre-defined for individuals in the MSC dataset⁵³. Fig. 290 **3A-B** shows a Mapper-generated graph for a representative participant (MSC-01, odd sessions), 291 where each node is annotated by activation in the RSN. In this view, each node is annotated 292 using a pie-chart notation to show the proportion of brain volumes (or TRs) that have any RSN 293 activated (above certain threshold). The mean signal for each RSN was z-scored and a threshold

- of 0.5 S.D. above the mean was used to denote activation of an RSN (other thresholds produced similar results).
- 296

As shown in **Fig. 3C**, the topography of the Mapper-generated landscape provides important insights into the temporal architecture of the resting brain. Topologically highly connected and central hub nodes contained brain volumes in which no characteristic RSN was activated above the mean, whereas nodes with brain volumes dominated by one (or more) RSN(s) tend to occupy

- 301 the peripheral corners of the landscape. The maps for all individual subjects demonstrated this
- solution states of the handscape. The maps for an individual subjects demonstrated this 302 same basic pattern, although there was evidence to suggest that different combinations of RSNs
- 303 were dominant in different individuals. For instance, the default mode, ventral attention, and
- 304 auditory networks clearly dominated the periphery of MSC-01 landscape, across both splits of

- 305 the data, but other participants had a different combination of networks dominating their
- 306 landscapes (**Fig. S3**).



310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 Fig. 3: Annotating Mapper-generated graphs based on individual-specific large-scale resting state networks (RSNs). [A-B] Mapper-generated graph for a representative participant (MSC-01; [A] odd and [B] even sessions) are shown. Here, each node is annotated by activation in the known large-scale resting state networks. Each node is annotated using a pie-chart to show the proportion of RSNs activated within each node. As evident, for MSC-01, for both odd and even sessions, the Mapper-generated graph has mainly three networks dominating on the periphery of the dynamical landscape: default mode, ventral attention, and auditory network. [C] Zoomed-in view of the Mapper graph generated using MSC-01 odd sessions. The nodes with dominating RSNs are located more towards the periphery of the landscape, while the hub nodes of the landscape are not dominated by any RSN and rather have uniform mean-level distribution across all RSNs. Four zoomed-in circles highlight four exemplary nodes, where the peripheral nodes have one (or more) RSNs in majority and the central node has no network dominating. Box plots represent activation (z-scored) in the corresponding RSNs across all time frames (TRs) within each highlighted node. We also present representative whole-brain activation maps for each of the three peripheral nodes, thresholded using mixture modeling⁷³. The inset on the bottom shows individualspecific parcellation for the participant MSC-01.

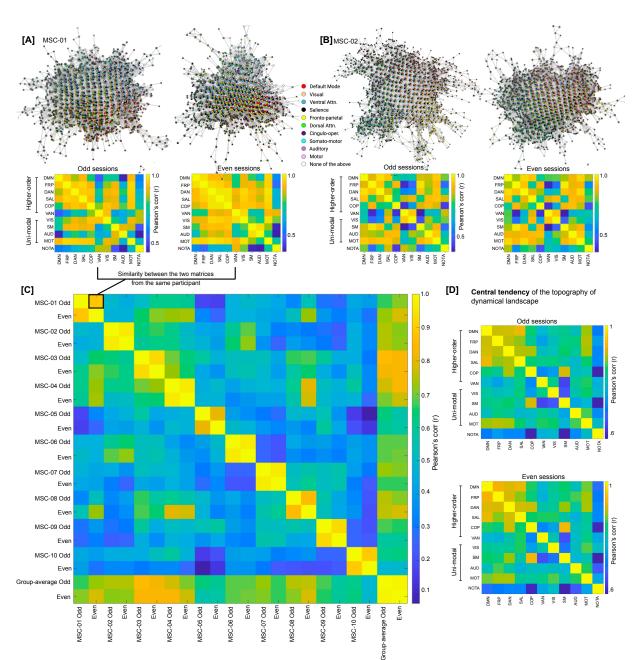
325 326

327 2.4 RSN-based topography of landscapes is highly subject specific and stable across sessions

- 328 To quantify the subject-specificity and examine whether Mapper-generated landscapes were
- 329 stable within participants, we computed similarity between RSNs in terms of their co-
- 330 localization on the Mapper-generated graphs. If two networks are co-localized on the graph, then
- they activate (or deactivate) synchronously. Fig. 4A-B presents network similarity matrices for
- three representative participants across their odd and even sessions. As evident, qualitatively, the
- network similarity matrices are comparable across odd and even sessions. To quantify subject
- 334 specificity in terms of network similarity, we compared network similarity matrices across
- sessions and participants using Pearson's correlation. As evident in **Fig. 4C**, high within-
- 336 participant correspondence (i.e., high similarity between odd and even sessions) for network 337 similarity matrices was observed as compared to between participant correspondence, suggesting
- similarity matrices was observed as compared to between participant correspondence, suggesting
- dynamical landscapes are subject-specific and stable (over sessions).
- 339

340 Lastly, we computed the central tendency of the dynamical landscape topography by averaging

- 341 the network similarity plots across participants. As evident in **Fig. 4D**, the group averaged
- 342 topography presents a different picture than the individual topographies. Across both halves of
- the data, group-averaged topography represents more synchrony between higher order cognitive
- networks (e.g., default mode, fronto-parietal, etc.) than unimodal sensorimotor networks (e.g.,
- visual, auditory, etc.). However, this discrimination between network types is evident due to
- 346 group averaging and is not necessarily present at the individual participant level. At the
- 347 participant level, subject-specific combinations of higher order cognitive networks and unimodal
- 348 sensorimotor networks are observed to be in synchrony. In summary, individual subjects
- 349 demonstrated idiosyncratic, yet highly replicable, topological signature at the level of canonical
- 350 resting state networks.
- 351



352 353 354 355 Fig. 4: Dynamical landscapes and their organization are subject specific. [A-B] Mapper-generated graphs annotated by RSN activation for two representative participants (MSC01-02) are shown. Both split halves (odd and even sessions) are shown for each participant. For each half, the figure also shows a similarity 356 357 358 359 (correlation) matrix between RSNs, where high correlation between two RSNs suggest co-location on the Mapper-generated graph. As evident through Mapper-graph annotations and between network correlations there was high degree of similarity between two halves of the same participant. [C] To quantify between- vs within-participant correspondence across network similarity matrices, network 360 similarity matrices were compared across split halves from all participants. As shown in the between 361 subject matrix, high correspondence was observed for within-participant matrices, suggesting dynamical 362 landscapes demonstrated idiosyncratic, yet highly replicable, topological signature at the level of 363 canonical resting state networks. [D] Central tendency of the dynamical landscape, averaged over ten 364 highly sampled individuals, for odd and even sessions.

365

367 2.5 Traversal on the Mapper-generated landscape revealed a topographic gradient with hub 368 nodes as a putative transition state

369 Next, we used a variance-based approach to examine whether the traversal on the landscape - i.e. 370 going from one corner to the next (or towards the center) – was smooth (i.e., continuous) or 371 bumpy (i.e., discrete). To this end, we estimated the mean activation for each RSN (across all the 372 brain volumes) within each node, followed by estimating variation (standard deviation; S.D.) in 373 the mean network-level activation across all RSNs. High variance (or S.D.) indicated dominance 374 of one or more RSNs, whereas low variance indicated uniformity across mean RSN activation. 375 As shown in Fig. 5A (using a representative participant, MSC-01), annotating Mapper-generated 376 graphs using this variance-based approach revealed a *topographic gradient* in the dynamical 377 landscape, where the peripheral nodes had higher variance with a continual decrease in variance 378 when going towards the center of the graph. To further illustrate the gradient between peripheral 379 dominating nodes and central hub (non-dominating) nodes, using MSC-01, Fig. 5A shows three 380 trajectories (one for each of the three dominating networks) and the corresponding boxplots for a 381 sample of nodes from each trajectory - starting from the dominating node on the periphery and 382 moving towards the hub (or non-dominating) nodes. As evident, peripheral nodes represent time 383 frames where one or more RSNs were more activated than others, while as one traverses towards

the center of the graph the nodes represent time frames with uniform mean-level activation

across all RSNs. **Fig. 5B** shows average distribution of S.D. values, over ten MSC participants,

386 for hub nodes (blue) and other nodes (orange). As evident, the hub nodes had significantly lower

387 S.D. values than non-hub nodes (for both splits of the data; odd: F(1,18)=132.96, $p = 9.57 \times 10^{-10}$

and even: F(1,18)=102.7, p=7.3 x 10^{-09}) – suggesting uniform distribution across all RSNs.

389 Similar gradients were observed across all ten MSC participants (Fig. 5C and Fig. S4).

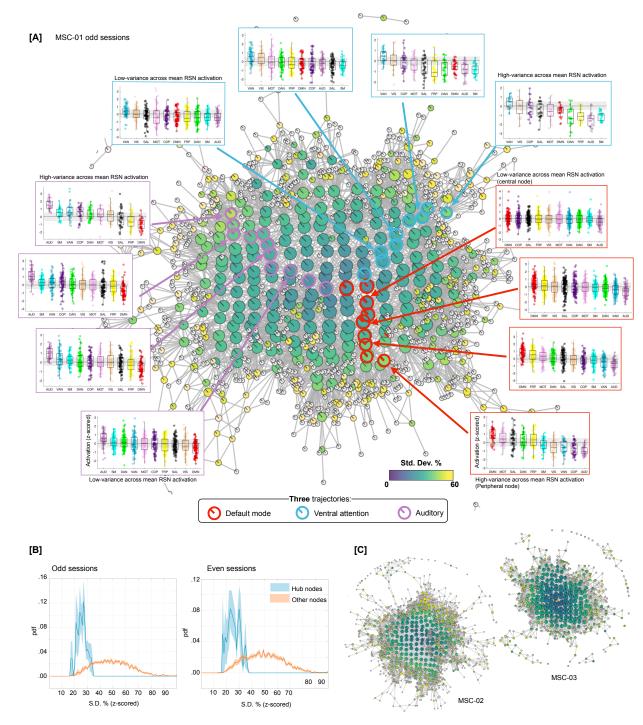




Fig. 5: Annotating the traversal on Mapper-generated landscape using a variance-based approach revealed a dynamical topographic gradient. To quantify the variation in RSN-based dominance, we first 395 estimated mean activation for each RSN across the time frames within each node, followed by estimating variation in mean activation across RSNs. High variance (or S.D.) indicated dominance of one or more RSN while low variance (or S.D.) indicated uniformity across RSN activation. [A] Annotating Mapper-396 397 398 generated graphs using variance-based approach revealed a dynamical topographic gradient, where the 399 peripheral nodes had higher variance with a continual decrease in variance when going towards the 400 center of the graph. The graph is shown from a representative participant (MSC-01; odd sessions). Three 401 trajectories are shown, starting from peak dominance for each of the three RSNs (default mode, ventral 402 attention, and auditory) and ending towards the middle of the graph with nodes of no particular network

403 dominating. Boxplots, for representative nodes on each trajectory, represent activation (z-scored) in the 404 corresponding RSNs across all time frames (TRs) within each represented node. [B] Group averaged 405 distribution of S.D. values, over ten MSC participants, for hub nodes (blue) and other nodes (orange) is 406 shown, with S.E.M. as shaded value. Evidently, the hub nodes had significantly low variance across mean 407 RSN activation (indicating uniformly distributed RSN), while the non-hub nodes were highly variant across 408 mean RSN activation. [C] Shows variance-based annotation of Mapper graphs for two other participants 409 from MSC dataset (odd sessions). The topographic gradient was observed consistently across 410 participants and for both even and odd sessions (see Fig. S4).

411

412 To confirm whether the brain configuration represented by the hub nodes does indeed act as a

413 putative switch, we examined changes in brain activation patterns in the time domain, i.e., at the

414 single time frame (or brain volume) level. The RSN-based proportions from each graph node

415 were propagated to the individual time frames (or TRs) represented by that node. For nodes 416 dominated by any particular RSN, the encompassing TRs were assigned the dominant RSN. For

417 hub nodes, where RSNs were uniformly distributed, the encompassing TRs were assigned a new

418 label (Hub). **Fig. 6A** depicts labels for each TR, across the ten MSC participants, separately for

419 the two splits of the data. To better characterize transitions in RSN-based states we estimated the

420 discrete-time finite-state Markov chains⁷⁴ for each participant and data half. Note the strong

421 visual similarity between rows of the two session matrices.

422

423 **Fig. 6B** shows transition probabilities estimated from the Markov chain estimation averaged

424 across all participants, separately for the two splits of the data. While estimating Markov chains

and associated transition probabilities, we ignored putatively artifactual transitions associated
 with frames discarded due to head movement and due to stitching the sessions together. As

420 with frames discarded due to head movement and due to stitching the sessions together. As 427 evident from the estimated transition probabilities, brain configuration represented by the hub

428 nodes (or our putative transition state) was observed to be the most sought-after destination from

429 any other RSN-dominated state. Fig. 6C shows the same result at the individual participant level,

430 such that from any other RSN-dominant state the brain was more likely to transition to the hub

431 transition state – providing evidence for the hub state to be a likely intermediary between any

432 two RSN-dominating states. Transition probabilities can also be represented as a graph (show in

Fig. 6D). Lastly, we observed the transition probabilities to be highly subject-specific and

reliable across sessions (Fig. 6E). A one-way ANOVA showed transition probability matrices

435 across the two halves of data were more similar within participant (highly correlated) than across 436 participants (F(1,398) = 307.86, $p=1.83 \times 10^{-51}$).

437

438 In summary, traversal directly on the Mapper-generated landscape revealed a continuous

439 evolution of brain dynamics – a *dynamic topographic gradient*. Similar traversal in the time

440 domain (at single frame level) revealed that the brain configurations represented by hub nodes

441 acted as a putative switch (or a transition state) between different RSN-dominated

442 configurations. Further, the transition probabilities between states were individual-specific,

443 indicating a putative future application in precision medicine.

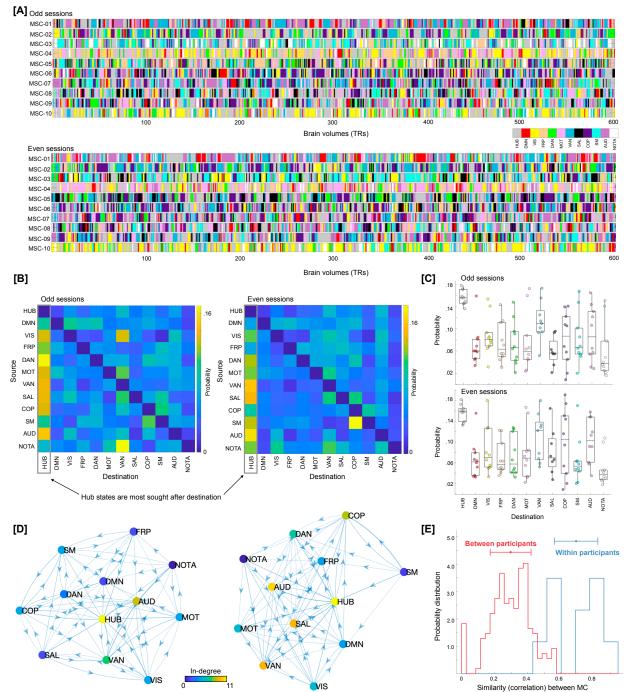
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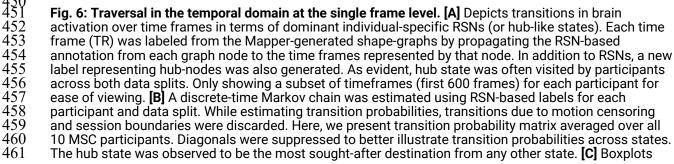
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depicting high probability of transitioning into the hub state from any other state, across all participants.
 [D] Estimated Markov chain averaged across all participants. As evident, the hub-state was observed to be most central and with highest in-degree. **[E]** The transition probability matrices (as show in **B**) were reliably estimated at the individual participant level (i.e., high within-participant similarity), indicating a putative application in precision medicine approaches.

467

468 2.6 Replicating main results in an independent dataset

469 Although split-half data validation was performed for the MSC dataset, we further replicated the 470 main results in an independent multi-session resting state fMRI dataset (100 unrelated 471 participants from the Human Connectome Project (HCP)²⁵). In the HCP dataset, four 15 min sessions of resting state scans were acquired over a period of two days. Thus, for each individual, 472 473 we could analyze up to 1 hour of resting state fMRI data. It is important to note that the HCP 474 data were substantially lower in scan duration than the MSC dataset (with 5 hours of resting state 475 fMRI data per individual). Further, instead of using individually-defined parcellation, we used a 476 group parcellation (Gordon atlas with 333 brain regions⁷⁵).

477

478 After generating Mapper landscapes for each HCP participant, we first compared the degree

distribution of graphs generated from real versus null data (from phase randomization and

480 multivariate AR models). Like the MSC data, the HCP data also showed heavy (fat) tail

distributions as compared to both null models. Statistical difference in the proportion of high-

482 degree (>20) nodes in the real versus null data was assessed using one-way ANOVA (F(2, 225) 483 = 288.11, p = 8.88 x 10^{-63} ; Fig. 7A). Mapper-generated landscapes from the HCP data also

- 484 contained hub-nodes (**Fig. 7B**).
- 485

486 Next, we annotated Mapper-generated graphs using the relative engagement of a set of canonical
 487 large-scale resting state networks (RSNs). As opposed to individually-defined networks for the

488 MSC dataset, we used a group parcellation (Gordon atlas with 333 brain regions⁷⁵) for the HCP

489 data. Results are shown for three representative participants in the Fig. 7C. We observed highly

490 connected and central hub nodes contained brain volumes where no particular RSN was

491 activated, whereas nodes with brain volumes dominating from one particular RSN tend to

492 occupy the peripheral corners of the landscape. The maps for individual subjects all

demonstrated this same basic pattern, although there was evidence to suggest that different

494 combinations of RSNs were dominant in different individuals.
495
496 Lastly, for the HCP dataset, we examined traversal on the landscape as well as temporal

497 evolution of brain activation patterns at the single time-frame level. Using a variance-based
 498 approach, as for the MSC-dataset, we again observed a *smooth topographic gradient* in the

499 dynamical landscape of HCP participants, where the peripheral nodes had higher variance with a

500 continual decrease in variance when going towards the center of the graph (**Fig. 7C-D**). For the

501 temporal evolution of brain activation patterns at the single TR level RSN-based proportions

from each graph node were propagated to the individual time frames (or TRs) represented by that node. **Fig. 7E** depicts RSN-based labels for each TR, across the 30 representative HCP

504 participants. Using discrete-time finite-state Markov chains, we also estimated transition

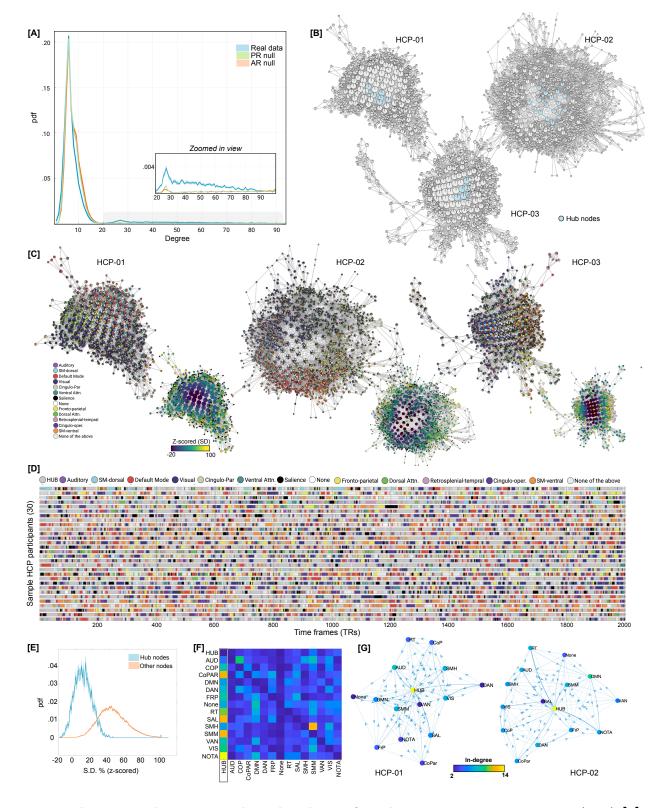
505 probabilities, while ignoring putatively artifactual transitions associated with frames discarded

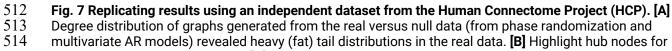
506 due to head movement and due to stitching together sessions. In parallel to the MSC data, the

507 HCP data also provided evidence for the hub-state to be the most sought-after destination from

any other RSN-dominated state; thereby providing a putative role of intermediating between

509 other RSN-dominant states (Fig. 7F-G).





510 511

515 three representative participants. **[C]** Annotating Mapper-generated graphs using the relative engagement

516 of a set of canonical large-scale resting state networks (RSNs). Like MSC data, the HCP dataset also 517 revealed that highly connected and central hub nodes contained brain volumes where no particular RSN 518 was activated, whereas nodes with brain volumes dominating from one particular RSN tend to occupy the 519 peripheral corners of the landscape. Using a variance-based approach, like the MSC-dataset, we again 520 observed a smooth topographic gradient in the dynamical landscape of HCP participants. [D] Traversal in 521 the temporal domain at the single frame level for 30 representative HCP participants. Only showing a sub-522 set of timeframes for ease of view. Color depicts transitions in brain activation over time frames in terms 523 of dominant individual-specific RSN (or hub-like state). [E] Group averaged distribution of S.D. values, over 524 all the HCP participants, for hub nodes (blue) and other nodes (orange) is shown, with S.E.M. as shaded 525 value. [F] Group averaged transition probability matrix derived using Markov chains, indicating the hub-526 state to be the most sought-after destination from any other RSN-dominated state. Diagonal values were 527 set to zero for ease of visualization. [G] Estimated Markov chain for two representative participants. As 528 evidence the hub-state was observed to be most central and with highest in-degree.

529

530 **3. Discussion**

531 Understanding how the brain dynamically adapts its distributed activity in the absence of any

- extrinsic stimuli lies at the core of understanding cognition. Although several innovative
- approaches have been developed to study the dynamical properties of intrinsic brain activity at
- rest, the organizational principles governing transitions in spontaneous activity are not fully
- 535 understood. For example, it is unclear whether transition from one brain state to another is direct,
- 536 or whether the brain passes through a set of characteristic intermediary states. Further, while 537 previous work defined brain states at the group level, it is unclear whether individual differences
- 537 previous work defined orall states at the group level, it is unclear whether individual differences 538 exist in terms of how the brain states themselves are configured. Lastly, more work is needed to
- understand whether temporal transitions in brain activity are best conceptualized as continuous
- or discrete. To address these foundational questions, using a precision dynamics approach at the
- 541 single participant level, we constructed the overall landscape of whole-brain configurations at
- rest. Altogether, four robust findings are observed: (1) across all participants, the landscape of
- 543 whole-brain configurations contains centrally located hub-nodes that are often visited and likely 544 acted as a *switch* or transition state between different configurations to organize the spontaneous
- 545 brain activity; (2) transitions occur as a smooth dynamic topographic gradient in the landscape,
- 546 suggesting a continuous (as opposed to discrete) setup for brain state transitions at rest; (3)
- 547 importantly transition probabilities between one state to another, at the level of a single time
- 548 frame, are subject-specific and provide a stable signature of that individual; and (4) while the
- 549 hub-nodes are characterized by a uniform representation of canonical RSNs, the periphery of the
- 550 landscape is dominated by a *subject-specific* combination of RSNs (which are also stable across
- sessions). All the findings reported in this work are corroborated using split-half validation and
- replication in an independent dataset. Together, using precision dynamics we identify several
- rules or principles organizing spontaneous brain activity.
- 554
- 555 We begin the discussion by first providing a coarse viewpoint of our results that aligns well with
- 556 previous and more recent works that have identified brain dynamics at rest as a bistable
- 557 phenomenon. We then dive deeper into the rich subject-specific idiosyncrasies that our work
- revealed as our approach allowed precision analytics. We then provide a discussion on how our
- approach can putatively address common limitations of the previous work. Lastly, we provide
- 560 limitations of our work and avenues for future applications.
- 561

562 **Coarse viewpoint:** *bistable brain dynamics at rest*

563 From a coarse vantage point, the presence of low-amplitude (or close to mean activation) hub 564 configurations versus high-amplitude peripheral configurations points towards bistable brain

dynamics at rest. This bistable phenomenon is in line with the previous theoretical^{12–14} and recent empirical work that has also shown brain dynamics during the resting state to be predominantly bistable^{34,76,77}. In contrast to the null models, real data revealed significantly higher numbers of hub nodes that were centrally located in the landscape and were representing whole-brain configurations with mean-level activity across all RSNs. The periphery of the landscape, on the other hand, was representative of one or a few dominant RSNs.

571

572 Using Hidden Markov Models (HMM), van der Meer and colleagues recently reported brain 573 dynamics during rest to be primarily driven by whole-brain configurations where all RSNs were 574 uniformly expressed with amplitude close to mean network activities, while configurations with dominant RSNs were only evident sporadically⁷⁶. At the coarse level, our results are in line with 575 576 these findings as we also observed intrinsic brain activity to be largely driven by whole-brain 577 configurations with uniform RSN representation (i.e., hub-nodes), while configurations with 578 dominant RSNs (i.e., peripheral nodes) were evident sporadically. However, it is important to 579 note that we used precision connectomics data (with longer duration scans) and individual-level 580 definition of brain configurations (as opposed to group-level in case of HMM). These data and 581 methodological enhancements led us to examine finer details about resting brain dynamics as

- 582 detailed in the next sub-section.
- 583

In another work, also using HMMs, Vidaurre and colleagues found that transitions in intrinsic brain activity are stochastic and cycles between two major meta-states, where the first meta-state was associated with unimodal networks (i.e., sensorimotor) and the second meta-state involves regions related to higher order cognition^{34,78}. Across individuals, the authors observed one of the two meta-states to be dominant, such that the brain cycled between networks within a meta-state

- 580 two meta-states to be dominant, such that the brain cycled between networks within a meta-state 580 more frequently then across meta states. To enchar the tenegraphical grouperties of the charge and
- 589 more frequently than across meta-states. To anchor the topographical properties of the observed 590 landscape of whole-brain configurations, we computed similarity between RSNs in terms of their
- 590 landscape of whole-brain configurations, we computed similarity between RSNs in terms of their 591 co-localization on the Mapper-generated graph. Co-localization of two networks on the Mapper-
- 591 co-localization of the mapper-generated graph. Co-localization of two networks of the mapper-592 generated graph implies higher chances of co-activation. As shown in **Fig. 4D**, at the group-
- 593 level, we also observed a hierarchy of network co-localization, broadly separating unimodal
- sensorimotor and higher-order cognitive networks. This group-level hierarchy was stable across
- sessions. However, we also observed individual differences in network co-localization that were
- 596 highly subject-specific and not exactly following the hierarchy between unimodal and higher-597 order networks, suggesting the promise of precision dynamics over group-level approaches.
- 597 598

599 In another recent work, Esfahlani and colleagues showed bistable brain dynamics at rest using 600 edge-level co-fluctuations. The authors observed the resting brain to oscillate between high- and 601 low-amplitude edge-level co-fluctuations. Further, the authors showed that the relatively short-602 lived high-amplitude edge co-fluctuations i) drove the functional organization of the resting brain 603 (estimated using functional connectivity; rsFC) ii) were observed to be highly correlated with 604 high-amplitude BOLD (activity) fluctuations; and iii) were more similar within than between subjects^{77,79}. Although we examined transitions in whole-brain activity (as compared to co-605 606 fluctuations between regions), we also observed the amplitude-level dichotomy, such that the 607 peripheral nodes of the landscape contained high-amplitude network-specific activations while 608 the hub-nodes contained mean-level low-amplitude activations. We also found that the co-

- 609 localization of RSNs (primarily driven peripheral nodes) were highly subject specific.
- 610

611 From the metabolic point of view, Zalesky and colleagues showed that the resting brain

- dynamically transitions between high- and low-efficiency states³⁰. The high efficiency states 612
- 613 were characterized by global coordination across brain regions, thus optimizing information
- 614 processing at a putatively larger expense of metabolic energy. The low efficiency states on the
- 615 other hand were characterized by lack of global coordination and putatively requiring minimal
- 616 metabolic expenditure. Although our results are based on whole-brain activation patterns and do
- 617 not use sliding windows, the whole-brain configurations represented by hub nodes could
- 618 putatively require minimal metabolic expenditure due to the low or close to mean activation
- 619 amplitude, whereas the configurations represented by the peripheral nodes could potentially
- 620 require high metabolic expenditure as they show high amplitude network-specific activation. It is
- 621 important to note that the approaches that focus on co-fluctuations between brain regions might 622 miss brain configurations represented by hub-nodes due to their low-amplitude and putatively
- 623 low co-fluctuations between brain regions. Future work is required to carefully combine 624
- activation-based fluctuations in brain dynamics with fluctuations in coordination across brain
- 625 regions to better understand how changes in network activations relate to co-fluctuations.
- 626

627 Fine viewpoint: rich and idiosvncratic intrinsic brain

- 628 Our approach was developed to examine brain activity dynamics at the single participant level,
- 629 as opposed to previous approaches that have used group-level data to define states^{30,34,76}. Thus,
- 630 along with precision connectomics data, our precision dynamics approach facilitated finer
- 631 examination of dynamical organization at rest than before. Although across participants we
- 632 observed bistable brain dynamics of transitioning between hub and peripheral states, our
- 633 approach also revealed a large degree of individual variability in terms of the configuration of
- 634 peripheral nodes. Different combinations of resting state networks dominated peripheral nodes,
- 635 albeit these combinations were highly subject-specific and consistent across sessions. Further,
- 636 estimated temporal transition probabilities between RSN-dominated states were also more
- 637 similar within- than between-participants. Overall, pointing towards future application of our
- 638 approach in precision medicine.
- 639
- 640 Examining the traversal on the landscape as well as across the individual timeframes suggest that
- 641 the brain configurations represented by hub-nodes were putatively acting as a transition state
- 642 between different parts of the landscape (and respective brain configurations or states). At the
- 643 single timeframe level, the hub state was also observed to be the most sought-after destination
- 644 from any other RSN-dominated state. Thus, suggesting a putative intermediary and faciliatory
- 645 role of the low (or close to mean) amplitude hub states in enabling neural switching between
- 646 high-amplitude RSN-dominated states. Descriptively, the hub-nodes can be thought of serving a
- 647 role akin to transportation hubs (e.g., the Grand Central Station for trains), such that these hub-
- 648 nodes facilitate efficient travel as well as cost-effective transportation architecture. It is also
- 649 possible that the hub nodes represent washout (or recovery) configurations of the brain between
- 650 high-amplitude brain states represented by the peripheral nodes. Future work using our precision
- dynamics approach in conjunction with theoretical biophysical modeling⁸⁰ and neuromodulation 651
- experiments⁸¹ is needed to better understand how the hub-states facilitate transitions in the 652 intrinsic brain.
- 653 654
- 655 When the Mapper-generated graphs were annotated by variability in mean activation across
- 656 RSNs, a smooth topographic gradient was consistently observed across all participants. The

- 657 spontaneous brain activity was observed to be spatiotemporally organized in a continuous
- gradient with hub- and peripheral-nodes at the opposite ends of the spectrum. Recent work has
- shown existence of spatial gradients that provide organizational principle for the anatomical
- 660 organization of large-scale brain networks as a spectrum from unimodal to heteromodal
- networks⁸². Here, we provide evidence for a dynamical topographic gradient organizing
- spontaneous brain activity at rest. Looking forward, our precision dynamics approach can be
- 663 used to understand differences in temporal organization across various mental health disorders.
- 664

665 Methodological advances: *addressing previous issues*

- 666 Our TDA-based Mapper approach provides a novel avenue to conceptualize fluctuations in brain 667 dynamics at rest, while addressing several limitations with similarly aimed previous approaches.
- 668 Broadly speaking, most of the previous approaches conceptualized transitions in the at-rest brain
- by either estimating inter-regional (or inter-voxel) co-fluctuations over time (e.g., sliding
- 670 window Pearson's correlation⁴⁴, dynamical conditional correlation⁴⁵, and multiplication of
- 671 temporal derivatives⁴⁶) or by exploring brain activations on the basis of sparse events (e.g., co-
- 672 activation patterns⁸³, paradigm-free mapping⁴⁸ and point process analysis⁴⁹). Further, previous
- 673 work clustered the observed transitions into a set of configurations (or states) at the group level,
- 674 thereby putatively missing subject-level idiosyncrasies^{30,34,76}. Although several key insights were
- 675 revealed using previous approaches, e.g., bistability of the resting brain⁷⁶ and applications in
- 676 clinical realms have been attempted⁸⁴, several methodological limitations were also
- 677 identified^{28,39,85}. First, it is unclear what spatiotemporal scale is ideally suited for studying brain
- dynamics, i.e., what window length (or threshold for tagging sparse events) is ideal for
- 679 measuring transitions²⁸. Further, a priori knowledge is also required to estimate the number of
- 680 configurations (or states) during clustering. Second, recent work using linearity preserving
- 681 surrogate data showed that some of the findings recovered using time-varying analysis could be
- artifactual due to sampling variability^{39,86}. Third, statistical models like HMM also require strict
 assumptions related to the mutual exclusivity of brain states and require a priori knowledge about
- 684 number of states⁷⁶.
- 685

686 Our Mapper-based approach can work directly at the spatiotemporal scale at which the data were

- 687 acquired and thus bypasses the issues associated with sliding-window based analysis (e.g., how
- to choose window-length and reduce artifacts related with sampling variability). Recently, a
- 689 similar Mapper-based approach was shown to capture and track the task-evoked brain dynamics
- 690 that matched known ground truth transitions associated with the experimental design³¹. Further,
- 691 our Mapper-based approach also distinguishes itself from the category of exploring dynamics
- based on sparse events, because the output does not necessarily assume that brain dynamics arise
- 693 from only a subset of significant events but permits exploration of the *continuous* unfolding of
- 694 dynamics across each time frame. Further, the Mapper-based approach does not require
- 695 estimation of correlation (or connectivity) between parcellated brain regions and instead use
- 696 whole-brain activation maps to extract the overall landscape of brain dynamics. Lastly, no697 assumptions are required to be made regarding mutual exclusivity of brain states or resting state
- 698 networks. Instead, Mapper generated graphs can be later annotated (e.g., using pie-chart based
- 699 visualization) to reveal overlapping communities (or states).
- 700
- 701 Limitations and future work

702 Some limitations of our work and associated avenues for future work should also be noted.

- 703 Although we used a precision individual connectomics dataset to show stable results with ~2.5
- 704 hours of resting state fMRI data per individual, acquiring that much data from individual patients
- 705 will initially only be feasible in cases where the clinical needs are very high, e.g., when planning
- 706 neurosurgical interventions such as resecting epileptic foci. Thus, we also replicated the main
- 707 findings in an independent cohort from the HCP, with ~1 hour of rsfMRI data per individual.
- 708 However, future work is required to examine whether our approach would work with datasets
- 709 that are not as dense (e.g., traditional rsfMRI scans of 10-20 min of rsfMRI data) - potentially 710 leveraging alternative acquisition paradigms⁸⁷.
- 711

712 Another potential limitation and avenue for future work includes combining activation-based

- 713 dynamics with co-fluctuation of signal across brain regions. New methods are being developed
- 714 that can provide fluctuations in functional connectivity at the single frame³⁵. Thus, in the future, 715 TDA-based approaches could be used to combine different degrees of interactions between brain
- 716
- regions ranging from brain activations themselves to higher-order interactions. Future work is 717 also required to better understand what purpose the hub state serves in intrinsic dynamics and
- 718 whether similar hub states can be seen under other states of consciousness (e.g., anesthesia or 719
- sleep). One putative hypothesis could be that the intermittent hub state corresponds to a wash-out 720 period required by the brain before moving from one precise brain configuration to the next.
- 721 Lastly, due to better signal to noise ratio, we restricted our analysis to cortical activity only.
- 722 Future work is thus required to include sub-cortical structures and cerebellum to better
- 723 understand their role in the dynamical organization of the brain.
- 724

725 Although the topology of Mapper-generated graphs was largely similar across participants, key 726 subject-specific idiosyncrasies were also observed. For example, which networks (or group of

- 727 networks) dominated the periphery of the landscape was highly subject-specific and reliable
- 728 across sessions. Further, the Markov chains, estimated from individual time-frame data, were
- 729 also observed to be not only subject-specific but also reliable across sessions. These results
- 730 provide preliminary evidence that our Mapper-related approach contains potential utility for
- 731 precision medicine approaches. Due to the small number of participants in the MSC dataset and
- 732 only a moderate group size of the HCP cohort used here, we did not attempt to associate
- 733 topological properties of Mapper-generated landscapes and trait behavior (e.g., intelligence); as
- 734 large samples are required for reproducible brain-behavioral phenotypic associations⁸⁸. Future
- 735 work, using data from large consortia (e.g., leveraging the Adolescent Brain Cognitive
- 736 Development (ABCD) Study; ⁸⁹ (n>11,000)) such brain-behavior associations could be 737 examined.
- 738

739 Conclusions

- 740 Altogether, we present a novel approach to reveal the rules governing transitions in intrinsic
- 741 brain activity that could be useful in understanding both typical and atypical cognition. Our work
- 742 extends previous work both methodologically and conceptually. We observed the dynamical
- 743 landscape of at-rest brain to contain a shared attractor-like basin that acted like an intermediate
- 744 state where all canonical resting-state networks were represented equally, while the surrounding
- 745 periphery had distinct network configurations. Traversal through the landscape suggested
- 746 continuous evolution of brain activity patterns at rest. Lastly, differences in the landscape

- architecture were more consistent within than between subjects, providing evidence that this
- approach contains potential utility for precision medicine approaches.
- 749

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