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Chapter 3

The effect of cannabinoid receptor 1 activation on anxiety-like behavior in zebrafish larvae

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Abstract

Anxiety disorders are among the most common mental disorders. Pharmacological treatment is intensive and close supervision is required to secure a balance between benefits and adverse effects; the latter including tolerance and dependence. The endocannabinoid system (ECS) has emerged as a potential drug target for the treatment of anxiety disorders. The ECS is a signaling system which comprises the endocannabinoids anandamide and 2-arachidonoylglycerol and the cannabinoid receptors 1 and 2 (Cnr1 and Cnr2), which regulate neurotransmitter release and thus modulate neuronal excitability. The zebrafish larva is a promising model for the screening of psychoactive drugs, and its ECS is highly homologous to that of rodents and other mammals. In the present study, we have investigated the effect of Cnr1 activation on anxiety-like behavior in zebrafish larvae, using a light/dark preference test. The activation of Cnr1 by the agonist WIN55,212-2 had an anxiolytic effect, which was abrogated in a *cnr1*^{-/-} mutant line, and by co-administration of the Cnr1 antagonist AM251. Mutation of the *cnr1* gene, administration of AM251 alone, or increasing levels of the endocannabinoid anandamide by chemical inhibition of the enzyme fatty acid amide hydrolase (FAAH), did not change anxiety-like behavior. These results show that in zebrafish larvae the endogenous activity of the ECS is insufficient to modulate anxiety-like behavior, but that administration of an exogenous Cnr1 agonists reduces anxiety-like behavior. Therefore, zebrafish larvae represent an excellent model to study the behavioral effects of pharmacological Cnr1 activation and screen for novel anxiolytic drugs.

Introduction

Anxiety is a feeling of apprehension, fear or worry, often without a specific threat and often out of proportion to the danger anticipated. Generalized anxiety disorder (GAD) is one of the most common mental disorders and leads to functional impairment and disability. Patients have high rates of absenteeism from work and are frequently hospitalized, and GAD has high rates of comorbidity with major depressive disorder and other mood disorders (Revicki et al. 2012). Current first-line pharmacotherapy for GAD consists of selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs), along with benzodiazepines such as valium (Koen and Stein 2011). Although SSRIs and SNRIs have proven efficacy in both the short-term and long-term treatment of GAD, they are both associated with side effects such as insomnia, nausea, headache, fatigue and withdrawal effects on discontinuation (Bandelow et al. 2017). Benzodiazepines are not recommended for use as routine treatments of anxiety because of their addictive potential and because of adverse effects, including sedation and cognitive impairment (Baldwin et al. 2014). As a result, currently there is a great demand for novel anxiolytic drugs.

The endocannabinoid system (ECS) constitutes a lipid signaling system which can modulate both neuroendocrine and inflammatory pathways. It comprises the cannabinoid receptors 1 and 2 (Cnr1 and Cnr2), the endocannabinoids (eCBs) anandamide and 2-arachidonoylglycerol (AEA and 2-AG) and the metabolic enzymes involved in synthesis or degradation of those ligands. Cnr1 and Cnr2 are presynaptic G-protein-coupled receptors (GPCR). Cnr1 is mainly expressed in the central nervous system and activation results in inhibition of neurotransmitter release by inhibiting adenylate cyclases and N- and P/Q-type Ca^{2+} -channels, and by activating K^+ channels (Freund et al. 2003). By regulating excitatory and inhibitory synaptic neurotransmission, Cnr1 mediates several cognitive functions, such as memory, mood, stress and anxiety. Cnr2 is abundantly expressed on immune cells, including lymphocytes and macrophages, and plays an important role in immune regulation (Cabral and Griffin-Thomas 2009). Recently it was shown that this receptor also has neuronal effects, as both expression and functional effects of Cnr2 were shown in the brain (Chen et al. 2017).

Several researchers have indicated that the ECS could be a potential drug target for the treatment of anxiety disorders (Chhatwal and Ressler 2007; Gaetani et al. 2009; Hill and Gorzalka 2009; Patel et al. 2017; Ruehle et al. 2012). The ECS has been mentioned as one of the top therapeutic targets for posttraumatic stress disorder (Krystal et al. 2017), a highly prevalent major depressive disorder in people following a major traumatic experience such as warfare that is often comorbid with GAD. However, relatively few studies have been conducted on the relationship between anxiety and the ECS in humans. Most of these studies indi-

cate that eCBs are indeed involved in anxiety modulation, although most clinical studies to date have not used objective or clinician-rated measures of anxiety, or included only very small sample sizes. For these reasons, based on existing clinical studies, no robust conclusion on the effect of modulation of the human ECS on anxiety can be drawn (Lisboa et al. 2017; Mandolini et al. 2018; Turna et al. 2017). In studies done on the ECS of experimental animals, both acute and chronic anxiety tests have been applied (Lisboa et al. 2017). In general, pharmacological and genetic manipulation of the ECS show that cannabinoids are involved in the regulation of anxiety. Most of these animal studies have been done on rodents, and these studies can be time-consuming and costly. Furthermore, rodents lack expression of fatty acid hydrolase subtype 2 (Faah2), an enzyme that metabolizes AEA by hydrolysis, which is present in other mammals and fish. Another animal model, to be used complementary to the common rodent models, could thus be advantageous in studying the ECS *in vivo*.

The zebrafish larva is a popular animal model which is well-developed for biomedical research and is widely used to complement data from rodent models (Ahmad et al. 2012; Khan et al. 2017). Easy maintenance, rapid development and high fecundity are features which have further increased interest in this model. The zebrafish genome has been sequenced and is well characterized. Genetic manipulation is relatively easy, and zebrafish are physiologically and genetically highly homologous to humans. Zebrafish have also been mentioned as a promising animal model for studying complex brain disorders (Kalueff et al. 2014), and the zebrafish neurotransmitter system is highly comparable to the mammalian neurotransmitter system (Gomez-Canela et al. 2018). Several interesting tools have emerged over the last few years. The optical transparency of zebrafish larvae allow for *in vivo* mapping of neuronal circuits in behaving fish (Feierstein et al. 2015), using for example calcium indicators, such as GCaMPs (Fosque et al. 2015; Turrini et al. 2017).

Most zebrafish ECS genes show an orthologous relationship with the human ECS genes (McPartland et al. 2007), and there is a high degree of conservation between the zebrafish and mammalian ECS receptors and metabolic enzymes (Demin et al. 2018). These properties make the zebrafish a very interesting complementary model to study the ECS. Most research on this subject has focused on the developmental effects of cannabinoids (Ahmed et al. 2018; Akhtar et al. 2013; Carty et al. 2019; Carty et al. 2018; Migliarini and Carnevali 2009; Thomas 1975; Valim Brigante et al. 2018; Watson et al. 2008), but effects on metabolism (Liu et al. 2016; Migliarini and Carnevali 2008; Nishio et al. 2012; Pai et al. 2013; Silvestri et al. 2015), memory (Ruhl et al. 2015; Ruhl et al. 2014; Ruhl et al. 2017) and anxiety (Barba-Escobedo and Gould 2012; Connors et al. 2013; Ruhl et al. 2014; Stewart and Kalueff 2014) have been studied as well. The research

on the role of the ECS in anxiety-like behavior has until now mainly focused on adult zebrafish.

In a previous study (Chapter 2), we have analyzed zebrafish larval behavior using a visual motor response (VMR) test. Although this assay usually allows for analyzing anxiety-like behavior, we were not able to distinguish anxiety-related effects of tested cannabinoids, due to coinciding locomotor-related effects. In the present study we have investigated potential modulation of anxiety-like behavior by the ECS in zebrafish larvae using a different assay. For this purpose, we have utilized a light/dark preference test, which is commonly used to study anxiety-like phenotypes (Steenbergen et al. 2011). This test consists of a plastic box, which is divided into a bright and a dark compartment. Since zebrafish larvae are scotophobic (Maximino et al. 2010), they incline to move or stay more in the bright zone compared to the dark zone. Our data show that upon treatment with Cnr1 agonist WIN55,212-2, zebrafish larvae move relatively more in this zone dark zone, spend relatively more time in the dark zone and move sooner into the dark zone. This effect is Cnr1-specific, since neither pharmacological inhibition with the Cnr1 antagonist AM251, nor genetic knockout of the *cnr1* gene abolished the effect of WIN55,212-2. Furthermore, our results suggest that endogenous cannabinoids are not involved in regulating anxiety during this developmental phase.

Materials and methods

Zebrafish strains and husbandry

Zebrafish (*Danio rerio*) were handled and maintained according to the ZFIN guidelines (ZFIN, <http://zfin.org>). Group crossings were set up to stimulate natural spawning and fertilization. Eggs were raised in 10 cm Petri dishes containing 50 mL of 10% Hanks' balanced salt solution (HBSS; for specifications see (Ali et al. 2011)), on a 14h light:10h dark cycle at 28°C. The behavioral analyses were performed at 5 dpf between the times of 11:00 and 15:00. Wild-type Tubingen (Tu) fish were used, and a cannabinoid receptor 1 knockout line (*cnr1*^{-/-}) (Liu et al. 2016)), was kindly provided by Prof. Wolfram Goessling of Harvard Medical School.

Test compounds

The following compounds were used: WIN55,212-2 and AM251 (MedChemExpress, Sweden), and PF-004457845 (Sigma-Aldrich, MO, USA). All compounds were dissolved in 10% Hanks Balanced Salt Solution (HBSS), and dimethylsulfoxide (DMSO) was used as a solvent (final concentration of 0.08% DMSO). The compounds and dosage selected were based on a previous study (Chapter 2 of this thesis) and pilot experiments. In the case of co-exposure (AM251 and WIN55,212-2), fish were first treated with AM251 for 15 minutes, after which fish were exposed to the combination of AM251 and WIN55,212-2.

Behavioral analysis

The behavioral test that was used to monitor anxiety-like behavior, was the so-called light/dark preference test, which has been characterized and validated before (Steenbergen et al. 2011). The light/dark preference test consists of a plastic box (dimensions: L, 45 mm x W, 30 mm x H, 21 mm), divided into an equally-sized bright and dark compartment (Fig. 1). A total of 4 boxes were placed in a frame, which was placed in the DanioVision™ recording apparatus (Noldus, The Netherlands). A single larva was then carefully transferred from a Petri dish to the center of the bright compartment of each box, containing 5 mL of water containing the vehicle or test compound. We applied removable separators between the compartments, to prevent larvae from swimming into the dark zone before the start of the analysis. When each box contained one larva, the separators were removed and video recording was carried out for 15 minutes using an infrared camera. The camera recorded at 60 frames per second. Each treatment group consisted of at least 25 larvae.

Videos were analyzed in EthoVision® XT v. 12 software (Noldus, The Netherlands). The following parameters were measured: distance moved in the dark zone, as a percentage of total distance moved, to assess zone preference; time spent in the dark zone, as a percentage of total testing time, to correct for individual differences in swimming activity; latency to visit the dark zone, to assess anxiety for the dark compartment.

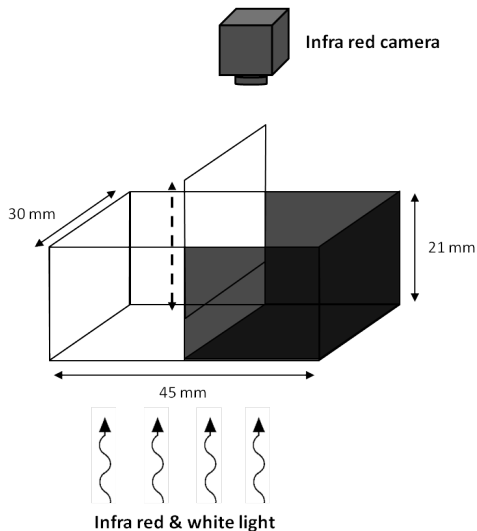


Fig. 1 Schematic overview of the light/dark preference test apparatus. It consists of an infrared camera and a plastic box, which is divided into two equally-sized compartments. Both compartments, one bright and one dark, are matte and opaque. A physical barrier (or separator) was placed between the two compartments, and this barrier was removed at the start of video recording.

Statistics

The experimental data were analyzed with a one-way ANOVA test with the concentration or compound as independent variable. Dunnett's post-hoc test was performed to analyze multiple comparisons. All analyses were done and all graphs were created using GraphPad Prism 7 (GraphPad Software Inc., CA, USA). Data shown are means \pm standard error of the mean (SEM). Statistical significance was reported at $p \leq 0.05$.

Results

A light/dark preference test was used in order to screen for anxiolytic effects of ECS manipulation in zebrafish larvae. In this test, larvae are placed in a box containing a light and a dark compartment, and the distance moved and time spent in the dark compartment (as a percentage of the total distance and time), and the latency to enter the dark compartment for the first time are considered a read-out for anxiety. Since zebrafish larvae prefer the light compartment, high values for the first two parameters and low levels for the third parameter are considered to reflect low levels of anxiety (Steenbergen et al. 2011).

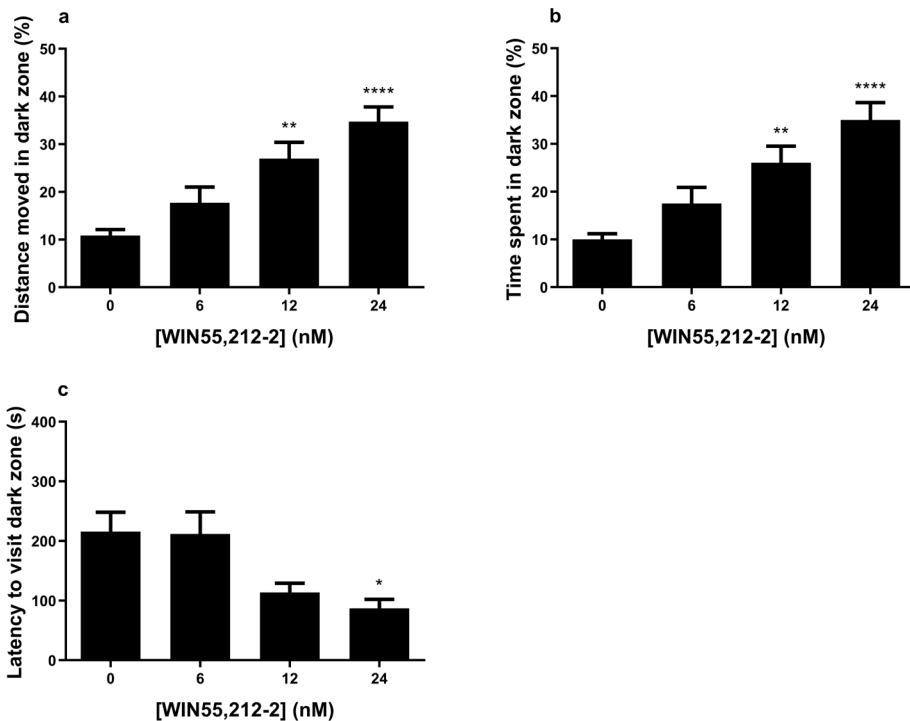


Fig. 2 The effect of WIN55,212 on anxiety-related behavior in the light/dark preference test. WIN55,212 dose dependently increases **a** the distance moved in the dark zone, **b** the time spent in the dark zone and **c** decreases the latency to visit the dark zone. Data shown are means \pm SEM. Significant differences compared to the corresponding vehicle-treated control group are indicated.* $P \leq 0.05$; ** $P \leq 0.01$; **** $P \leq 0.0001$

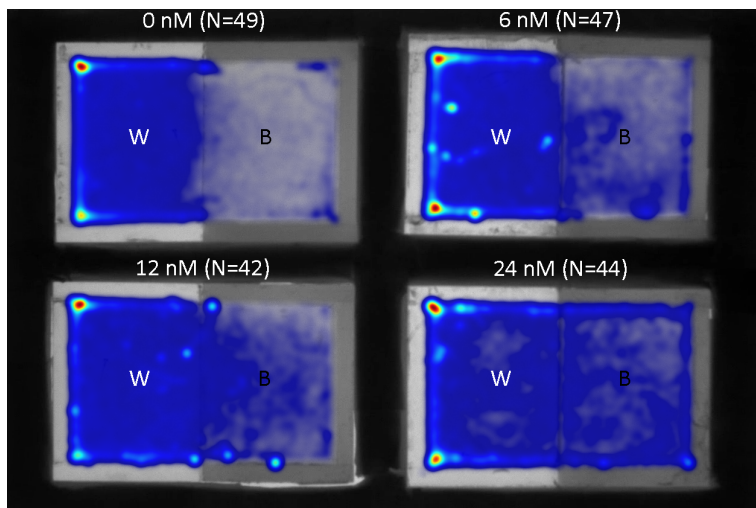


Fig. 3 General distribution of larvae in the light/dark preference test at different concentrations of WIN55,212-2. This heatmap was generated by EthoVision® XT v. 12 software (Noldus, The Netherlands) and shows the distribution of the larvae as represented by the data in Fig. 2.

Treatment with WIN55,212-2 results in an anxiolytic phenotypic

First, the Cnr1 agonist WIN55,212-2 was administered to study the effect of Cnr1 activation. The results showed that with increasing concentration of WIN55,212-2, the relative distance moved and time spent in the dark zone increased. The relative distance moved in the dark was significantly higher in WIN55,212-2-treated larvae (12 and 24 nM, Fig. 2a) compared to the vehicle-treated group. WIN55,212-2-treated larvae not only moved more in the dark compartment, but also spent relatively more time in it (12 and 24 nM, Fig. 2b). The heat map in Fig. 3 confirms that with increasing concentrations of WIN55,212-2, larvae spent more time in the dark compartment. Furthermore, larvae treated with WIN55,212-2 (24 nM) had a lower latency to enter the dark compartment (Fig. 2c).

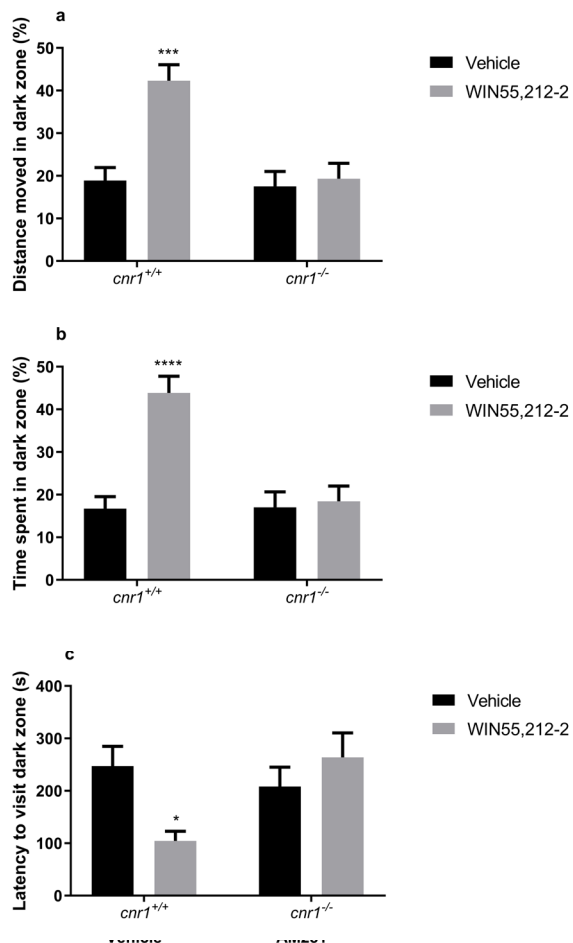


Fig. 4 *Cnr1* specificity of the anxiolytic effect of WIN55,212-2. The anxiolytic effect of WIN55,212-2 (24nM), as shown by **a** increased distance moved in the dark zone, **b** increased time spent in the dark zone and **c** decreased latency to visit the dark zone, was abolished in the *cnr1*^{-/-} mutant line. Data shown are means ± SEM. Significant differences compared to the corresponding vehicle-treated control group are indicated. * $P \leq 0.05$; *** $P \leq 0.001$; **** $P \leq 0.0001$

The anxiolytic effects of WIN55,212-2 are Cnr1 specific

Subsequently, to investigate the *Cnr1* specificity of the anxiolytic effect of WIN55,212-2, the compound was applied at a 24 nM concentration to a *cnr1*^{-/-} mutant line (Fig. 4). No differences were found between the *cnr1*^{+/+} and *cnr1*^{-/-} line in the vehicle-treated groups. However, the anxiolytic effects of WIN55,212-

2, as shown by relative distance moved in dark zone (Fig. 4a), relative time spent in dark zone (Fig. 4b) and latency to visit the dark zone (Fig. 4c) were present in the *cnr1*^{+/+} larvae, but absent in the *cnr1*^{-/-} mutants.

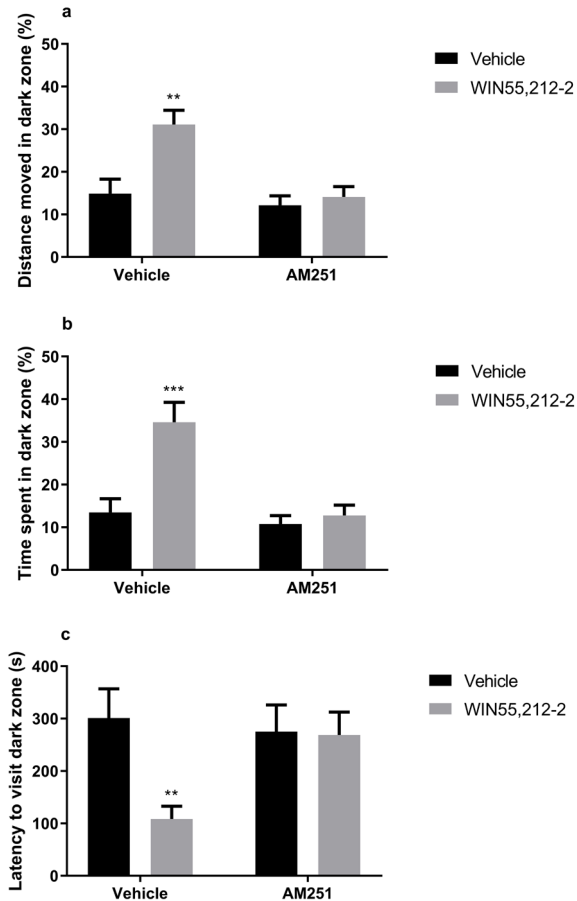


Fig. 5 Pharmacological verification of the *cnr1* specificity of the anxiolytic effect of WIN55,212-2. The anxiolytic effect of WIN55,212-2 (24nM), as shown by **a** increased distance moved in the dark zone, **b** increased time spent in the dark zone and **c** decreased latency to visit the dark zone, was blocked by pretreatment with AM251 (0.5μM). Data shown are means ± SEM. Significant differences compared to the corresponding vehicle-treated control group are indicated. ** P ≤ 0.01; *** P ≤ 0.001

Treatment with AM251 or *Faah* inhibition does not affect anxiety-related behavior

We also tested *Cnr1* specificity of the anxiolytic effect of WIN55,212-2 by using a specific *Cnr1* antagonist. We found that pretreatment with the antagonist AM251 completely blocked the anxiolytic effects of WIN55,212-2 on the relative distance moved in dark zone (Fig. 5a), the relative time spent in dark zone (Fig. 5b) and the latency to visit the dark zone (Fig. 5c). Similarly to the effect of mutation of the *cnr1* gene, treatment with AM251 alone did not cause any effect in this assay.

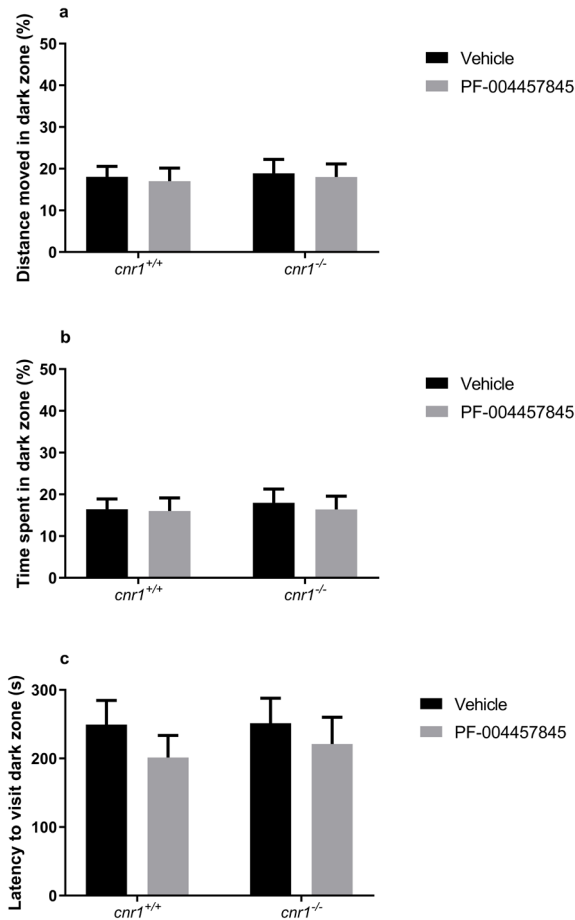


Fig. 6 Effect of PF-004457845 treatment (1 μ M) on behavioral parameters **a** distance moved in the dark zone, **b** time spent in the dark zone and **c** latency to visit the dark zone, in the light/dark preference test. Treatment with this FAAH inhibitor increases AEA-concentration by a 5-fold, but does not affect anxiety-related behavior in this assay. Data shown are means \pm SEM.

Apparently, blocking Cnr1 activity, either genetically or pharmacologically, does not affect anxiety-related behavior (in vehicle-treated larvae), suggesting that there is little or no endogenous activity of the ECS under the conditions of this assay. To further investigate the endogenous ECS activity, we administered PF-004457845 (1 μ M), an inhibitor of the metabolic enzyme Faah, to decrease the degradation of AEA. With the concentration and exposure time applied here, this results in a 5-fold increase of AEA (unpublished data, dr. V. Kantae). Our results show that this treatment, in contrast to exogenous activation by WIN55,212-2, does not affect the relative distance moved in the dark zone (Fig. 6a), the relative time spent in the dark zone (Fig. 6b), or the latency to visit the dark zone (Fig. 6c). Thus, even an increased activity of the endogenous ECS activity in zebrafish larvae does not affect the behavior in the light/dark preference test.

Discussion

In the present study, we have investigated the effects of *Cnr1* activation on anxiety-related behavior using a light/dark preference test. We show that activation of *Cnr1* by treatment with the *Cnr1* agonist WIN55,212 has pronounced anxiolytic effects. WIN55,212-2-treated fish spent more time in the dark zone, they move relatively more in this zone, and they enter the dark zone sooner. These effects were not observed in a *cnr1*^{-/-} mutant line, nor after pretreatment with the *Cnr1* antagonist AM251. This implies that the anxiolytic effects of WIN55,212-2, observed in our assay, are mediated specifically by *Cnr1*. Administration of AM251 alone or mutation of the *cnr1* gene does not affect anxiety-related behavior in our assay, which suggests that endogenous cannabinoids do not modulate anxiety in zebrafish larvae.

These data are in agreement with previous results (Chapter 2), in which we used a VMR test and showed that *Cnr1*-specific activation reduced the mobility of that larvae, and we could not distinguish between effects on locomotor activity and anxiety. In order to develop a simple assay that can be used to screen specific effects on anxiety-related behavior in a vertebrate organism, we studied the behavior of zebrafish larvae in the light/dark preference test. The light/dark preference test was initially developed for mice (Crawley and Goodwin 1980), and is based on the aversion of rodents to bright areas (Bourin and Hascoët 2003). It has been adapted for use in adult zebrafish (Maximino et al. 2010), and has subsequently been adjusted, characterized and validated for zebrafish larvae (Steenbergen et al. 2011). The latter test was developed to assess anxiety responses in zebrafish larvae, which, in contrast to rodents and adult zebrafish, prefer the light zone over the dark zone; anxiolytic compounds increase the time they spend in the dark. Using this test, we managed to show that WIN55,212-2 had an anxiolytic effect, causing a dose-dependent increase of the relative time spent and the relative distance moved in the dark zone, but also a lower initial latency to move into the dark.

In adult zebrafish, a few studies have been performed on the effects of cannabinoids on anxiety-related behavior, and most of them show anxiolytic effects. In one study, a comparable approach to ours, a light/dark cross maze, was used (Connors et al. 2013). Acute exposure to WIN55,212-2 had no effect on anxiety, but prolonged exposure (daily feeding with WIN55,212-2-containing dried food for 1 week) had an anxiolytic effect.

In another study, WIN55,212-2 was shown to have anxiolytic properties in a social interaction test (Barba-Escobedo and Gould 2012), and Stewart and Kalueff (Stewart and Kalueff 2014) found that acute exposure to delta (9)-tetrahydrocannabinol (THC), a *Cnr1* agonist, reduced anxiety-related behavior (latency to

move to top, number of top transitions and time spent in the top) in a novel tank test. Interestingly, Ruhl *et al.* (2014) found no effect of THC exposure in an escape-response test (Ruhl *et al.* 2014), in which the fish were confronted with an approaching object.

In others species the picture is more complicated. Several studies, performed using various animals and protocols, showed biphasic effects (Bellocchio *et al.* 2010; Genn *et al.* 2004; Haring *et al.* 2011) upon cannabinoid exposure, with low doses inducing anxiolytic effects and high doses anxiogenic effects. In addition, the anxiety-related effects of cannabinoids differ between species. For example, in mice WIN55,212-2 has an anxiolytic effect, whereas it increases anxiety in rats (Haller 2007). This variation might be explained by differences in the balance of GABAergic and glutamatergic signaling, which has been shown to be different between species (Haller *et al.* 2007). Anxiety processing by cannabinoids may be dependent on this signaling. For example, anxiolytic effects after a low dose of Cnr1 agonist CP-55,940 were blocked in mice with a *cnr1* knockout in cortical glutamatergic neurons specifically, whereas the anxiogenic effects after a high dose were blocked in a *cnr1* knockout in forebrain GABAergic neurons only (Rey *et al.* 2012). Thus, data on the effects of cannabinoids on anxiety-like behavior are highly inconsistent between and within different species. Our model system using zebrafish larvae may in future studies help to reveal the factors that cause this variation in behavioral response to Cnr1 activation.

In our study, Cnr1 activation has an anxiolytic effect, but in which brain regions does Cnr1 act to mediate these effects? Interestingly, Lau *et al.* (2011) exposed adult zebrafish to the light/dark preference test and mapped *c-fos* neuronal activity in their brain (Lau *et al.* 2011). It was shown that dorsal telencephalon (Dm) activity predicates choice in anxiety-like behavior in zebrafish. It has been shown that *cnr1* is expressed in the (medial zone of the) Dm in both larval (Watson *et al.* 2008) and adult zebrafish (Lam *et al.* 2006), which suggests that Cnr1 directly manipulates anxiety-like behavior. In the adult zebrafish brain, several regions are involved in the regulation of anxiety, including the habenula (Fontana *et al.* 2018; Lau *et al.* 2011) and the medial zone of the Dm (Lau *et al.* 2011; von Trotha *et al.* 2014). Finally, it was shown that reduced avoidance behavior was associated with lower telencephalic gene expression levels of *cnr1* (Manuel *et al.* 2015). It is interesting to note that it has been suggested that the Dm in fish is homologous to the cortical amygdala in mammals (Friedrich *et al.* 2010), which is also the brain area which is often associated with anxiety in humans (Babaev *et al.* 2018; Shin and Liberzon 2010).

Consistent with our previous results from the VMR test, our results of the light/dark preference test show that blocking endogenous activation of Cnr1 in zebrafish larvae

by the antagonist AM251 does not have any effect on the zebrafish larval behavior. However, in adult zebrafish, treatment with AM251 increased anxiety-like responses, such as freezing and bottom dwelling (Tran et al. 2016). This result indicates that the endogenous activity at the larval stages of development is insufficient to modulate anxiety-like behavior. Even though a complete ECS is present at these stages (Martella et al. 2016; Oltrabella et al. 2017), the levels and/or release of endocannabinoids seem to be insufficient to result in *Cnr1*-mediated behavioral effects. In addition, the results obtained using the *cnr1*^{-/-} mutant line confirmed that endogenous ligands are weakly active or inactive in affecting anxiety-like behavior in zebrafish larvae. Increasing the concentration of AEA by treatment with Faah-inhibitor PF-004457845 did not change anxiety-related behavior either. Again, the levels of endogenous ligands may be insufficient to have a measurable effect on behavior in our assay. Another explanation could be that the available AEA remains inactive as it needs to be secreted to activate *Cnr1* (Gabrielli et al. 2015).

In conclusion, we have shown that the exogenous activation of *Cnr1* in zebrafish larvae reduces anxiety-like behavior in a light/dark preference test. Since endogenous ligands do not appear to sufficiently activate *Cnr1* to affect anxiety in zebrafish larvae, the absence of endogenous stimulation makes the zebrafish larval model highly suitable to investigate effects of pharmacological *Cnr1* activation on anxiety-related behavior, and screen for novel anxiolytic cannabinoid drugs. This assay may additionally be used to study factors that determine the behavioral response to *Cnr1* agonists.

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