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Archival Report

Shared and Distinct Alterations in Brain Structure of Youth With Internalizing or Externalizing Disorders: Findings From the ENIGMA Antisocial Behavior, ADHD, Major Depressive Disorder, and Anxiety Working Groups

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ABSTRACT

BACKGROUND: Externalizing and internalizing disorders are common in youth but are often studied separately, preventing researchers from identifying shared (i.e., transdiagnostic) alterations in brain structure. Using data from the ENIGMA (Enhancing Neuroimaging Genetics through Meta-Analysis) Consortium, we conducted a mega-analysis to identify shared and distinct cortical and subcortical brain alterations across internalizing (anxiety disorders and depression) and externalizing (attention-deficit/hyperactivity disorder [ADHD] and conduct disorder [CD]) disorders in youth.

METHODS: 3D T1-weighted magnetic resonance imaging data from youths (age range 4–21 years) with anxiety disorders ($n = 1044$), depression ($n = 504$), ADHD ($n = 1317$), and CD ($n = 1172$) along with healthy control participants ($n = 4743$) were analyzed. We assessed group differences in regional cortical thickness, surface area (SA), and subcortical volume using linear models, adjusted for site, age, and sex, as well as total intracranial volume in the SA and subcortical volume models.

RESULTS: We observed transdiagnostic associations, with both internalizing and externalizing disorders characterized by lower SA in the insula, entorhinal cortex, and middle temporal gyrus and lower amygdala volume (Cohen's $d_s = -0.07$ to -0.24) as well as total SA and intracranial volume ($d_s = -0.11$ to -0.25). Externalizing-specific reductions in SA were observed in frontoparietal regions ($d_s = -0.08$ to -0.13), but no internalizing-specific associations were identified. Disorder-specific alterations were identified for ADHD, CD, and anxiety disorders but not depression.

CONCLUSIONS: Both common and disorder-specific alterations were identified, with regions involved in salience attribution and emotion processing implicated across internalizing and externalizing disorders. These novel findings can guide future research targeting common biological processes across youth psychiatric disorders as well as features unique to individual disorders.

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Psychiatric disorders often emerge during childhood and adolescence and lead to an increased risk of mental and physical health problems throughout the lifespan (1). While many studies have examined the correlates of individual disorders, there is increasing evidence that many disorders share common genetic underpinnings (2–4), environmental risk factors (5,6), and comorbidity patterns (1,7,8). An important question is whether this extends to brain structure.

Most neuroimaging studies have focused on single disorders in isolation, and even disorders with overlapping symptom profiles (e.g., anxiety and depression) have seldom been compared directly. Youth disorders have often been classified as either internalizing (reflecting internal distress, comprising depression and anxiety disorders) or externalizing (associated with externally focused distress or behaviors, including attention-deficit/hyperactivity disorder [ADHD] and conduct disorder [CD]) (9). Case-control studies of single disorders suggest neuroanatomical similarities within these diagnostic groupings, such as hippocampal volume reductions in internalizing disorders (10,11) and basal ganglia and fronto-temporal alterations in externalizing disorders (12–14). Nevertheless, results are often inconsistent and based on small sample sizes, and overlapping alterations have been implicated across internalizing and externalizing disorders (e.g., altered amygdala volume) (11,13), raising questions about which alterations are transdiagnostic (shared across disorders) and which are disorder specific.

Meta-analytic work has attempted to identify common and distinct brain structure alterations across disorders (15–18). For example, when comparing across internalizing and

externalizing disorders in adults, Goodkind *et al.* (19) observed transdiagnostic reductions in anterior cingulate and insula volumes. However, Goodkind *et al.* (19) studied adults only, included just one externalizing disorder (substance use disorder), and considered gray matter volume (GMV) rather than differentiating between cortical thickness (CT) and surface area (SA). Additionally, coordinate-based meta-analytic approaches can be affected by methodological heterogeneity (e.g., preprocessing and analysis approaches) and publication bias (20–22).

The advent of large-scale, international data-sharing collaborations in neuroimaging research has provided opportunities for systematic cross-disorder comparisons. The Enhancing Neuroimaging Genetics through Meta-Analysis (ENIGMA) Consortium facilitates team science through data-sharing and standardized analysis protocols (23). ENIGMA working groups focused on specific disorders have identified neuroanatomical alterations relative to control participants in individuals with ADHD (24,25), depression (26,27), anxiety disorders (28–30), and (most recently) CD (31). However, due to differences in methodology, it was not possible to directly compare these results, and it was unclear whether common (or distinct) structural alterations would be found when comparing individuals with each of these disorders to control participants within the same study. Previous meta-analytic studies have used ENIGMA data to study cross-disorder similarities (in adults) by comparing effect size estimates from published studies (32–35). However, conducting mega-analyses with individual participant-level data offers greater flexibility in statistical modeling and investigation of individual-

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level characteristics (e.g., age and sex) (20,21). Only one mega-analysis has investigated shared and distinct brain alterations across disorders in youth. Leveraging ENIGMA data, Boedhoe *et al.* (36) compared youths with ADHD, autism, and obsessive-compulsive disorder to each other and healthy control (HC) participants, identifying lower total intracranial volume (TIV) as specific to the children and adolescents with ADHD relative to the obsessive-compulsive disorder, autism, and HC groups (36). Interestingly, no shared alterations were found across these 3 neurodevelopmental disorders.

We extended this work by investigating shared and distinct brain structural alterations across the most common and impairing mental health disorders of childhood and adolescence (37–39), guided by a well-established model of internalizing (e.g., anxiety disorders and depression) versus externalizing (ADHD and CD) groupings (1,4,40–42). Using newly generated ENIGMA Consortium data, we conducted a mega-analysis in which we examined CT and SA separately [given their distinct genetic and developmental profiles (43,44)] and subcortical volume. Based on previous findings (including disorder-specific ENIGMA studies), we hypothesized that we would find common alterations across disorders in fronto-temporal and (para)limbic regions (19,24–29,31). Lower hippocampal volume was predicted in internalizing disorders, consistent with their links to emotion regulation and stress sensitivity, and lower CT or SA was predicted in fronto-temporal regions in externalizing disorders, potentially related to disrupted impulse control and emotion processing (10–14).

METHODS AND MATERIALS

Samples

We collated data from 4 ENIGMA working groups, including 1317 youths with ADHD from ENIGMA-ADHD, 1172 youths with CD from ENIGMA-Antisocial Behavior, 1044 youths with anxiety disorders (including generalized anxiety, social anxiety, panic disorders, and phobias) from ENIGMA-Anxiety (45), and 504 youths with depression from ENIGMA-Major Depressive Disorder (MDD). Finally, 4743 HC participants were included across the 4 working groups. We used all available youth data up to age 21 [consistent with (24–29,31)], with no minimum age cutoff. Groups were based on primary clinical/research diagnoses assessed using standardized clinical interviews or established questionnaire cutoffs (see Appendix 1 in the Supplement for further details, including inclusion/exclusion criteria). Demographic and clinical characteristics are presented in Table 1.

Informed consent was obtained from participants (and/or their parents/caregivers) at the contributing sites, and individual studies were approved by local institutional review boards/ethics committees. This project was preregistered on the OSF (<https://osf.io/ar94t/>) and approved by Bath University's Ethics Committee (21-278/22-149).

Image Acquisition and Processing

Structural T1-weighted brain magnetic resonance imaging (MRI) scans were acquired at each site and processed at the contributing or coordinating site using FreeSurfer 5.3/6.0. Standardized ENIGMA protocols for preprocessing and

quality control were used (<http://enigma.ini.usc.edu/protocols/imaging-protocols/>), except in ENIGMA-Anxiety's Generalized Anxiety Disorder subgroup (see Appendix 2 in the Supplement) (30). Segmentations were based on the Desikan-Killiany and aseg atlases, yielding CT and SA measures for 34 cortical regions and volumes for 7 subcortical regions. Mean values across hemispheres were used in the analyses (see Appendix 16 in the Supplement for exploratory hemisphere-specific analyses). Additionally, average CT, total SA, and TIV were computed.

Statistical Analyses

Extracted values for CT, SA, and subcortical volume were pooled across sites to perform a mega-analysis using individual participant-level data. Statistical analyses were performed in R (version 4.2.2). Site and scanner effects were adjusted for using ComBat (Appendix 3 in the Supplement) (46). Differences between the diagnostic groups and the HC group were analyzed using general linear models, with each regional or global brain measure treated as an individual outcome and diagnostic group as the predictor (with 5 levels: control, ADHD, CD, anxiety, and depression) (see Appendix 4 in the Supplement). Because the 4 diagnostic groups had different mean ages and age distributions, we assessed the normal distribution and homoscedasticity of the residuals (see Appendix 17 in the Supplement).

Results were categorized as shared if ≥ 2 disorder groups differed from the HC group in the same region, measure, and direction and could be further categorized as transdiagnostic, partly shared, or internalizing- or externalizing-specific (Figure 1). Disorder-specific associations were defined by a significant difference between just one diagnostic group and the HC group. While this does not indicate exclusivity (e.g., a diagnostic group differs from the HC group and the other diagnostic groups), it is consistent with previous studies (36,47). Diagnostic groups were also directly compared to test for exclusive effects (see Appendix 7 in the Supplement). Age and sex were adjusted for in all analyses (plus TIV for SA and subcortical volumes). False discovery rate correction was applied separately to CT, SA, and subcortical outcomes ($q = .05$) (36).

Sensitivity analyses adjusted for IQ and psychotropic medication status, where available. To evaluate whether disorder-related alterations differed by sex or age, we modeled sex-by-diagnosis and age-by-diagnosis interactions. Supplementary analyses additionally adjusted for age² to account for potential nonlinear associations with age (see Appendix 9 in the Supplement). We also tested for sex-by-internalizing, sex-by-externalizing, age-by-internalizing, and age-by-externalizing interactions (see Appendices 12 and 14 in the Supplement).

RESULTS

Transdiagnostic associations (shared across all disorders) were identified, with lower SA in the insula, middle temporal gyrus, and entorhinal cortex (Figure 2A) and lower volume in the amygdala (Figure 3A). Additionally, all 4 disorder groups showed lower total SA ($d_s = -0.17$ to -0.25) and TIV ($d_s = -0.11$ to -0.21) relative to the HC group.

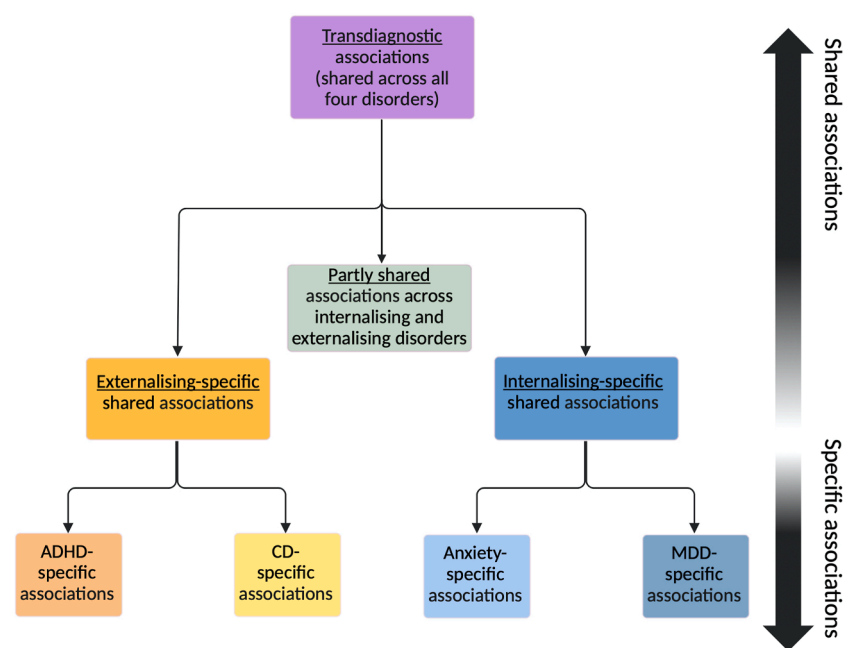


Figure 1. Definitions of transdiagnostic vs. shared vs. disorder-specific associations. Transdiagnostic associations were those where all 4 disorders showed the same case-control association. Partly shared associations were those where 2 or more disorders from different diagnostic groupings differed from the healthy control (HC) group in the same region and direction, but this association was not found across all 4 disorders. Internalizing-specific associations were those where both the anxiety and depression diagnostic groups showed the same association, and externalizing disorders did not display this association. Externalizing-specific associations were those where both the attention-deficit/hyperactivity disorder (ADHD) and conduct disorder (CD) diagnostic groups showed the same association, and internalizing disorders did not show this association. Finally, disorder-specific associations were defined by a significant difference at false discovery rate threshold between one disorder group and the HC group and nonsignificant differences between the other disorder groups and the HC group. (Figure created with BioRender.) MDD, major depressive disorder.

Shared associations across internalizing and externalizing disorders (i.e., ≥ 1 internalizing and ≥ 1 externalizing) included lower SA in the frontal pole and pars orbitalis (Figure 2A) and lower volume of the pallidum (Figure 3A) in CD, anxiety, and depression, while lower rostral middle frontal gyrus SA was shared by ADHD, CD, and anxiety disorders. Lower precentral gyrus CT was common to ADHD, anxiety, and depression (Figure 4A). Finally, the CD and anxiety groups both showed lower SA in the inferior temporal gyrus and lateral occipital cortex, while the CD and depression groups showed lower medial orbitofrontal cortex (OFC) and superior temporal gyrus SA.

Externalizing-specific associations (shared between ADHD and CD only) were found, with lower SA in the caudal middle frontal gyrus, superior frontal gyrus, lateral OFC, and inferior parietal cortex observed in CD and ADHD (Figure 2A). No internalizing-specific associations were identified.

Disorder-specific associations were identified for ADHD, CD, and anxiety but not depression. The ADHD group showed lower SA in the posterior cingulate cortex and lower CT in the fusiform gyrus and temporal pole (Figures 2A and 4A). The CD group showed unique reductions in SA in 7 frontal, parietal, and temporal regions (Figure 2A). Similarly, reductions in hippocampus, nucleus accumbens, and thalamus volume were specific to CD (Figure 3A). The anxiety group showed specific alterations in 2 fronto-occipital regions for SA, 3 frontocingulate regions for CT, and putamen volume (Figures 2A, 3A, and 4A). Only the anxiety group showed higher CT (in the isthmus cingulate cortex) and subcortical volume (in the putamen) compared with the HC group (Figures 3B and 4B; full results are provided in Appendix 6 in the Supplement).

Overall, disorder-related differences in SA and subcortical volume were more widespread and had larger effect sizes (d s between -0.33 and 0.11) relative to differences in CT (d s between -0.14 and 0.09) (Figures 2C and 4C).

Significant differences between diagnostic groups were also observed for SA and subcortical volume, with 2 types of effects emerging (Figures 2C and 3C). The first type were instances where all 4 diagnostic groups showed reduced SA/volume relative to the HC group, but to different extents (i.e., smaller vs. larger effects in the same region). This was true for the insula, frontal pole, and pallidum. A second pattern emerged in other regions wherein opposite effects were observed in ≥ 2 diagnostic groups. For example, the CD and anxiety groups differed from the HC group in opposite ways in the parahippocampal gyrus (lower vs. higher SA) and differed significantly from each other. Similar patterns were observed for fusiform gyrus, isthmus cingulate cortex, and postcentral gyrus SA and for hippocampal volume.

Effects of Sex and Age

Interactions With Sex. No significant sex-by-diagnosis interactions were observed (see Appendix 11 in the Supplement).

Interactions With Age. Age-by-diagnosis interactions were identified for ADHD in SA (lateral OFC), CT (cuneus cortex), and subcortical volume (nucleus accumbens), as well as total SA and TIV. Age-by-diagnosis interactions were also found for anxiety in SA (in the medial OFC, superior frontal cortex, and frontal pole). Finally, an age-by-diagnosis interaction was observed for depression in pallidum volume (see Appendix 13 in the Supplement). To explore these interactions further, we divided the sample into children (<12 years; $n = 2947$) and adolescents (≥ 12 years; $n = 5329$) (36). In these regions or global measures, effect sizes were consistently larger in children and smaller or nonsignificant in adolescents (Figure 5). However, only 8 depressed participants were <12 years of age, so the depression-by-age interaction is not displayed.

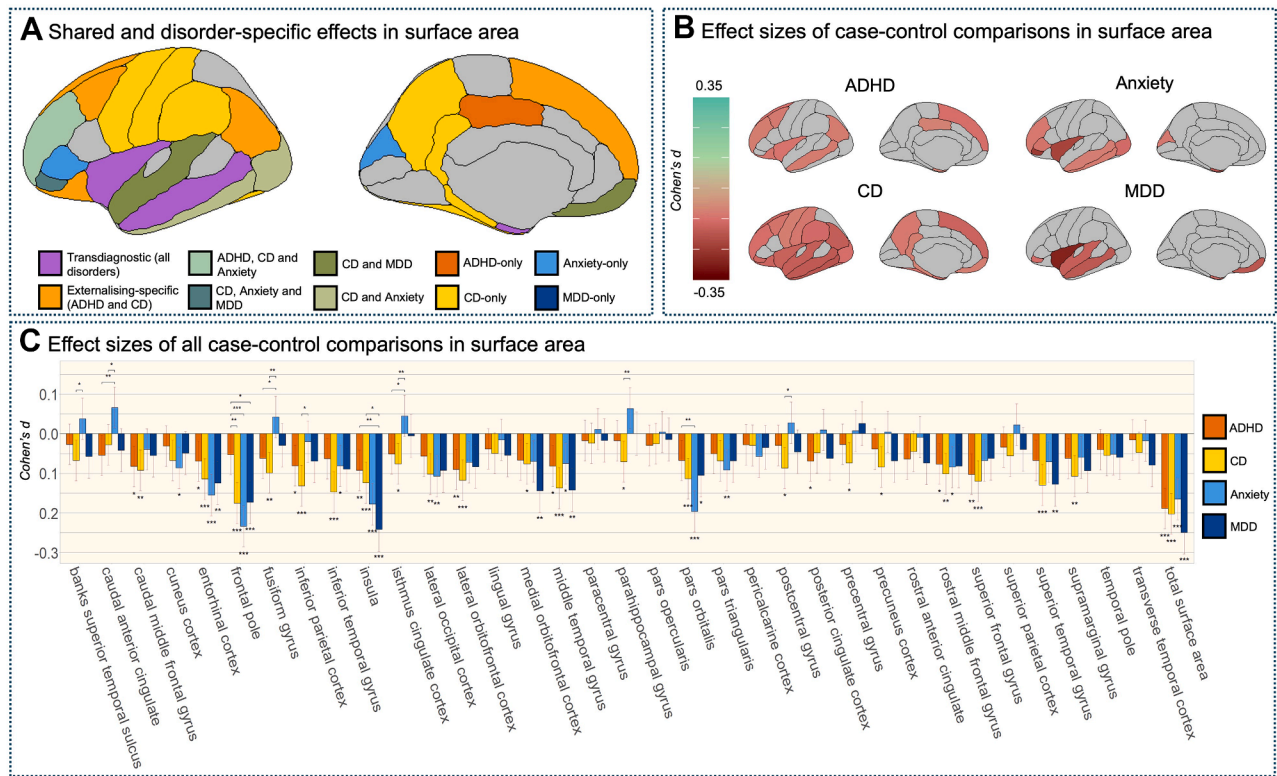


Figure 2. Transdiagnostic, shared, and disorder-specific effects on surface area. **(A)** Brain maps showing case-control effects in surface area that were shared across disorders or were disorder specific. Thirty-four cortical regions based on the Desikan-Killiany atlas were investigated, as illustrated in the maps. **(B)** Cohen's *d* maps indicating case-control differences in surface area for each disorder separately, where red represents a decrease and green represents an increase relative to control participants. **(C)** Effect sizes for all case-control comparisons in surface area, expressed as Cohen's *d*. Comparison lines in the top portion of the graph indicate significant differences between diagnostic groups. All analyses were adjusted for age, sex, and total intracranial volume (except for total surface area). Error bars represent 95% CIs. Significant results (false discovery rate [FDR] $q = .05$) are indicated by * $p_{FDR} < .05$, ** $p_{FDR} < .005$, *** $p_{FDR} < .001$. ADHD, attention-deficit/hyperactivity disorder; CD, conduct disorder; MDD, major depressive disorder.

Sensitivity Analyses

Most SA and CT results survived adjustment for IQ but were more affected by medication status, while the opposite was true for subcortical volume. For example, the transdiagnostic reductions in amygdala volume survived adjustment for medication status but not IQ. When we adjusted for IQ, all externalizing-specific associations survived, but when we adjusted for medication status, only CD youth showed differences in these regions (i.e., ADHD-related effects were nonsignificant). Ninety percent of the disorder-specific associations observed for SA, CT, and subcortical volume survived adjustment for IQ, while only 42% survived adjustment for medication status (see [Appendix 8](#) in the [Supplement](#)). Results were largely unchanged when adjusting for age² (see [Appendix 9](#) in the [Supplement](#)).

Comorbidity Analyses

Exploratory analyses examining comorbidity effects are reported in [Appendix 10](#) in the [Supplement](#). Notably, as comorbidity information was not consistently available across samples/working groups, we focused on CD only (where the most widespread structural alterations were observed and comorbidity information was largely available). Structural

alterations were similar in pure and comorbid CD subgroups, suggesting a limited impact of comorbidity.

DISCUSSION

This study represents the largest mega-analysis to compare brain structure alterations in youths with the most common internalizing and externalizing disorders (combined $n = 4037$) versus HC participants ($n = 4743$). We identified several transdiagnostic associations. Compared with the HC group, all 4 diagnostic groups showed lower regional SA and amygdala volume and reductions in total SA and TIV. Additional shared associations were found across at least one internalizing and one externalizing disorder. An externalizing-specific signature was also identified, wherein youths with ADHD or CD showed common reductions in SA in frontoparietal regions. Beyond shared associations, disorder-specific alterations were observed in ADHD, CD, and anxiety disorders. Finally, age-by-diagnosis interactions indicated more pronounced structural alterations in children with ADHD, anxiety disorders, and depression than in adolescents with the same disorders.

Supporting our hypotheses, transdiagnostic reductions in insula, middle temporal gyrus, and entorhinal cortex SA and

Cross-Disorder Analysis of Brain Structure Alterations

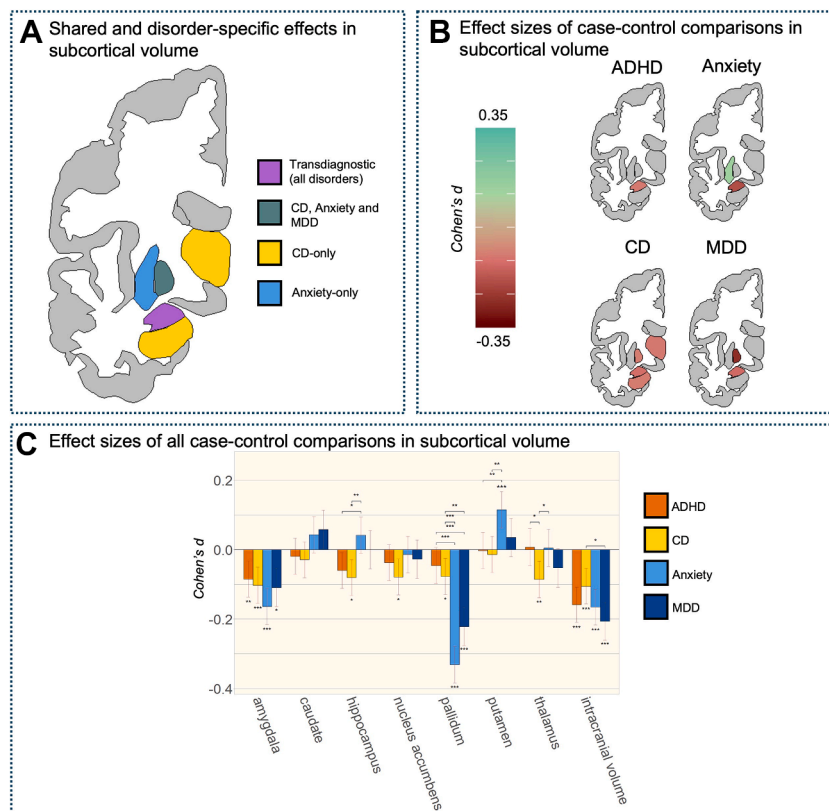


Figure 3. Transdiagnostic, shared, and disorder-specific effects on subcortical volume. **(A)** Brain maps showing case-control effects in subcortical volume that were shared across disorders or were disorder specific. **(B)** Cohen's *d* maps indicating case-control differences in subcortical volume for each disorder separately, where red represents a decrease and green represents an increase relative to control participants. Note that the lower nucleus accumbens volume found in the conduct disorder (CD) group is not visible. **(C)** Cohen's *d* effect sizes for all case-control comparisons in subcortical volume. Comparison lines in the top portion of the graph indicate significant differences between diagnostic groups. All analyses were adjusted for age, sex, and intracranial volume (except for intracranial volume itself). Error bars represent 95% CIs. Significant results (false discovery rate [FDR] $q = .05$) are indicated by * $p_{FDR} < .05$, ** $p_{FDR} < .005$, *** $p_{FDR} < .001$. ADHD, attention-deficit/hyperactivity disorder; MDD, major depressive disorder.

amygdala volume were observed across all 4 disorders, spanning internalizing and externalizing groupings. This fits with previous cross-disorder studies of brain structure and function in adults (19,32,48), including a recent meta-analysis that confirmed that common GMV alterations (including in the insula) were not due to comorbidity (16). Cortico-amygdala network alterations are implicated in both internalizing and externalizing disorders (49) and may relate to shared emotion-processing deficits (50). The insula and amygdala are key nodes within the salience network, which is involved in the detection of salient stimuli (51). Salience network dysfunction may be present across psychiatric disorders, contributing to misattributions of salience and subsequent maladaptive behavior (e.g., threat-based responses and biases) (52). Together with previous work (19,32,48,53,54), our results suggest that the salience network may be implicated in general psychopathological processes shared across diagnostic categories, consistent with theories of the latent structure of psychopathology (40,41). These common alterations could represent targets for intervention, using neurofeedback or neuromodulation to enhance cognitive control and salience attribution with potential transdiagnostic applicability (19,48,54,55), particularly during youth when these regions are still developing (56).

We identified additional alterations common to at least one internalizing and one externalizing disorder, with several regions implicated in 3 disorders. Many identified alterations

replicate findings from ENIGMA working groups focusing on specific disorders (24,26) but highlight cross-disorder similarities, such as lower SA in prefrontal regions. Prefrontal cortex alterations have been identified across psychiatric disorders in youth (10,12,14,47), consistent with evidence that executive dysfunction is shared across internalizing and externalizing disorders (49,52). Previously, such common alterations were difficult to identify due to methodological differences between single-disorder studies. Thus, our results demonstrate the potential of mega-analyses to allow formal statistical comparisons of each diagnostic group against control participants and to one another within the same study.

Consistent with predictions, some brain alterations were observed only in externalizing disorders (lower SA in frontoparietal regions). These regions support higher-order cognition and emotional appraisal (48,51), and therefore structural alterations in these regions may contribute to attention, working memory, and cognitive control deficits observed in externalizing disorders and underlying common symptoms (e.g., impulsivity) (57,58). ADHD and CD frequently co-occur (59), and while we evaluated the impact of comorbidity in CD (these analyses showed that effect sizes were similar in pure and comorbid forms of CD), this was not possible in ADHD. As rates of comorbid CD in the ADHD group are unknown, these results should be interpreted with caution. Nevertheless, previous studies have reported that frontoparietal structural alterations in ADHD or CD were independent of comorbidity (14,24,31).

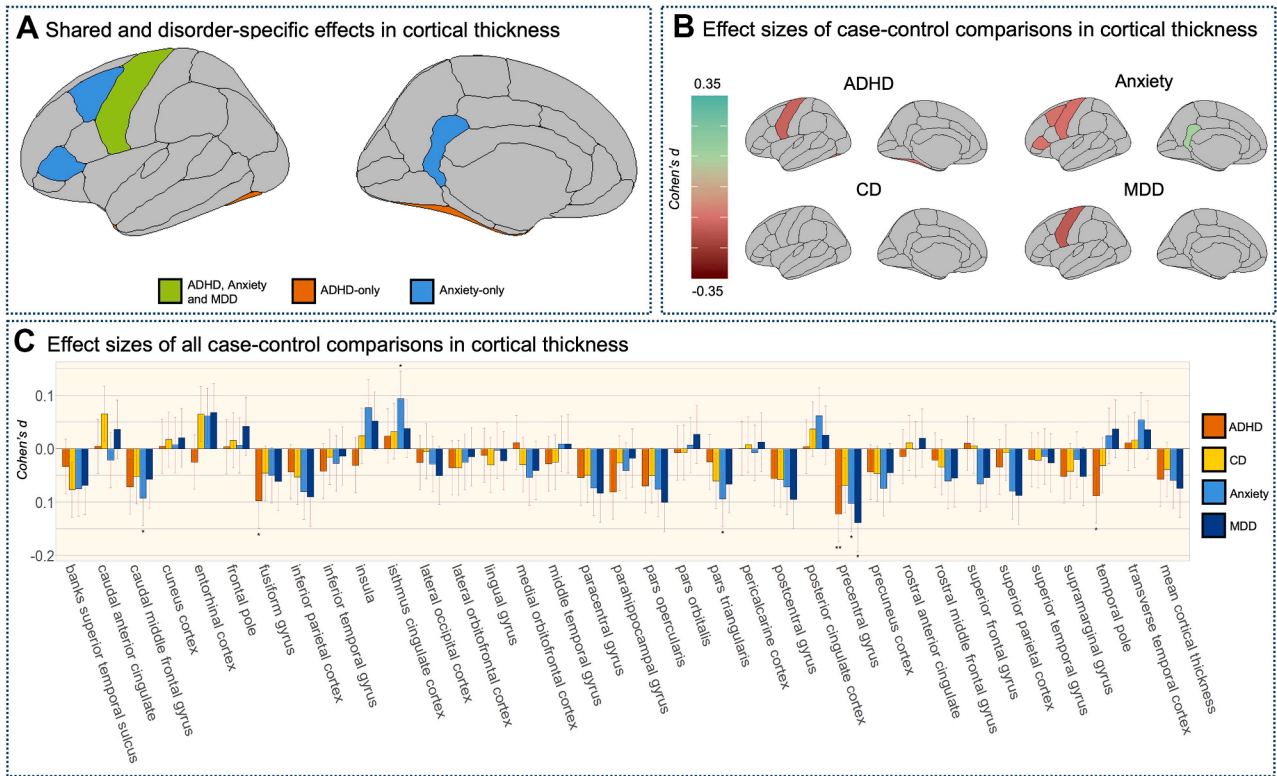
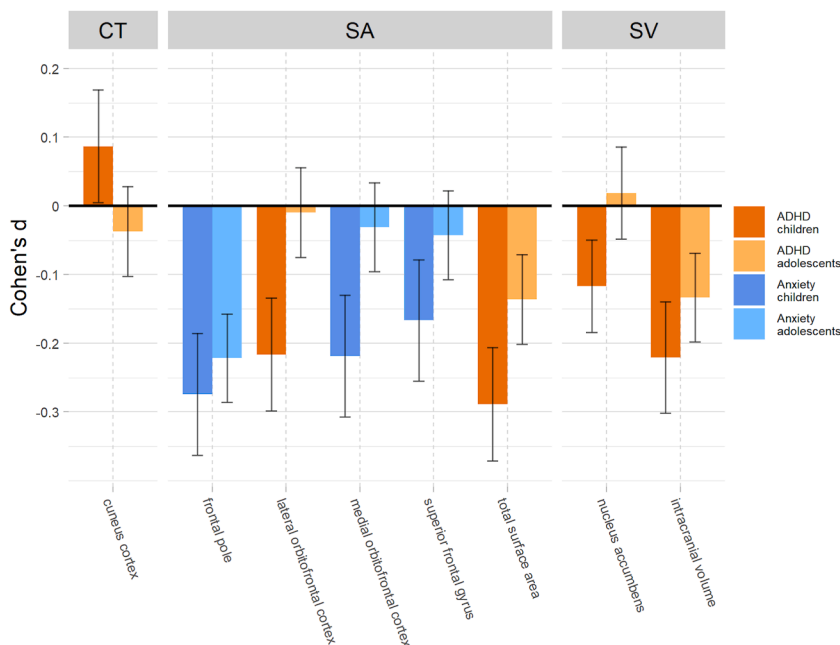


Figure 4. Transdiagnostic, shared, and disorder-specific effects on cortical thickness. **(A)** Brain maps showing case-control effects in cortical thickness that were shared across disorders or were disorder specific, again presented showing the 34 regions investigated from the Desikan-Killiany atlas. **(B)** Cohen's *d* maps indicating case-control differences in cortical thickness for each disorder separately, where red represents a decrease and green represents an increase relative to control participants. **(C)** Effect sizes for all case-control comparisons in cortical thickness, expressed as Cohen's *d*. All analyses were adjusted for age and sex. Error bars represent 95% CIs. Significant results (false discovery rate [FDR] $q = .05$) are indicated by * $p_{FDR} < .05$, ** $p_{FDR} < .005$. ADHD, attention-deficit/hyperactivity disorder; CD, conduct disorder; MDD, major depressive disorder.



Cross-Disorder Analysis of Brain Structure Alterations

Interestingly, internalizing-specific alterations were not observed. Although youths with anxiety disorders and depression did show common alterations in SA, CT, and subcortical volume, these alterations were also observed in externalizing disorders. These findings could be due to comorbidity between internalizing and externalizing disorders. Although the hippocampus has been implicated in internalizing disorders in adults (10,19), no changes were observed here. Previous ENIGMA investigations suggest that these effects may be associated with longer illness duration, as smaller volume was observed in recurrent depression and in adults (but not youths) with early-onset social anxiety (27,28). Future research should investigate the impact of comorbidity and examine how alterations change with disorder course across the lifespan.

Beyond shared associations, disorder-specific alterations were identified in ADHD, anxiety disorders, and CD. For example, only youths with ADHD displayed lower fusiform gyrus and temporal pole CT and posterior cingulate cortex SA. These findings highlight the potential importance of these regions to the pathophysiology of ADHD, given that they are implicated in ADHD-related processes, such as socioemotional processing and cognition-motivation interactions (60,61).

Youths with anxiety disorders showed disorder-specific alterations in frontal, occipital, and cingulate regions, largely consistent with previous ENIGMA-Anxiety studies (28–30). Interestingly, while we found lower pallidum and higher putamen volume in youths with anxiety disorders, previous ENIGMA studies of social anxiety disorder and specific phobia identified higher pallidum and lower putamen volume in adults (28,29). The basal ganglia's role in reward processing has been linked to anxiety and social avoidance during adolescence (28,62). Further discrepancies between previous ENIGMA findings and our results may be explained by methodological differences (e.g., surface-based vs. voxel-based morphometry and combining vs. separating several anxiety disorders).

No depression-specific alterations were identified, possibly due to high rates of co-occurring anxiety in the MDD group (56%) and insufficient power to detect subtle structural alterations, as the depression group was considerably smaller than the other groups (504 vs. >1000). Indeed, when considering nominally significant associations with effect sizes comparable to other diagnostic groups, there was suggestive evidence for depression-specific associations (e.g., transverse temporal cortex SA).

Interestingly, the CD group showed the most extensive alterations relative to the HC group, with lower SA in 21 of 34 cortical regions, 7 of which were CD specific, and lower volume in 5 subcortical regions, 3 of which were disorder specific. These results are broadly consistent with previous meta-analyses (13,14) and support recent findings on CD from ENIGMA-Antisocial Behavior (31). Notably, CD is underrecognized and understudied relative to the other disorders included here (57), despite being associated with the greatest burden of all mental disorders in 0- to 14-year-old individuals (39).

We also observed differences between diagnostic groups when we compared them directly. Some reflected differences in effect magnitude only. For example, while all 4 disorder

groups exhibited lower SA in the insula relative to the HC group, the depression group also showed significantly lower SA than the ADHD and CD groups. In other regions, the diagnostic groups showed opposing associations relative to the HC group. This was most evident when we compared the CD and anxiety groups, which differed from the HC group in opposite ways and differed significantly from each other in parahippocampal gyrus, fusiform gyrus, isthmus cingulate cortex, and postcentral gyrus SA, as well as hippocampal volume. These regions are broadly related to sensory processing, memory, and emotion regulation. Direct comparisons of youth with these disorders are rare in the literature, and our findings provide novel insight into their differing neuroanatomical profiles. While this could provide targets for precision medicine, we note that the lack of exclusive effects and extent of shared alterations instead suggest that these diagnostic groups may have more in common than was previously thought. This is consistent with 2 recent network-level meta-analyses, also suggesting a lack of specificity across diagnostic groups (and identifying transdiagnostic overlap within the salience network) (53,63).

Across the 4 disorders studied here, widespread alterations were observed for SA and subcortical volume but not for CT. Moreover, effect sizes were smaller for CT. These findings are consistent with previous ENIGMA disorder-specific studies of youths (24,26,31). In contrast, large-scale studies of psychiatric disorders in adults have reported CT reductions, with less clear evidence of SA alterations (26,64). In healthy development, SA tends to peak during preadolescence before plateauing and gradually decreasing during adolescence, while CT peaks during early childhood before decreasing in late childhood/adolescence (44). Our findings fit with the hypothesis that youth psychopathology is associated with disrupted maturation of SA, potentially normalizing by adulthood. Transdiagnostic causes or mechanisms may underlie these findings. For example, there are reports of significant negative genetic correlations between SA and certain psychiatric disorders (e.g., ADHD, MDD), indicating that genetic influences that result in smaller SA may overlap with those that increase risk for psychopathology (43). Our results also suggest that many previous findings of altered CT in single disorders in youth samples might have been false positives, which may explain challenges with replication in this area (65–68).

Notably, we did not examine the range of established subtypes within each of the included diagnostic groups. For example, the class of anxiety disorders groups together several subtypes, including generalized anxiety disorder, social anxiety disorder, specific phobias, and panic disorders, while subtype specifiers for CD include age of onset (childhood vs. adolescent onset) and with versus without limited prosocial emotions. These sources of heterogeneity within each of the disorders might have contributed to the small effect sizes observed here (maximum Cohen's $d = -0.33$). As only a subset of those with a given disorder may show brain alterations (69–71), averaging across them may yield small effect sizes.

No sex-by-diagnosis interactions were identified, consistent with limited evidence for sex differences in the ENIGMA studies of these disorders (24–28,30,31). However, a small number of age-by-diagnosis interactions were observed for

ADHD, anxiety disorders, and depression: Associations were more pronounced in children versus adolescents, consistent with findings from ENIGMA-ADHD (24,25). Notably, these interactions were mainly found in later-developing frontal regions, which may explain why they are more vulnerable to disrupted maturation (56). Although our results are suggestive of altered developmental trajectories, we note that our results were based on cross-sectional data, and longitudinal designs are needed to investigate hypotheses regarding altered brain development.

Most findings survived adjustment for IQ but were more affected by adjusting for medication status, suggesting that some structural alterations were more related to medication use than to disorder status. Alternatively, medication status may serve as a proxy for disorder severity (e.g., children with severe ADHD are more likely to be prescribed psychostimulants). Missing information on disorder severity prevented us from exploring this aspect here. Moreover, the sensitivity analyses should be interpreted cautiously as medication (and IQ) data were unavailable for many sites/participants, reducing sample sizes for these analyses.

A key strength of this study is the sample size, representing the largest cross-disorder analysis of brain structure in youths performed to date, and the broad age range (4–21 years). Our comparison of common internalizing and externalizing disorders builds on a leading model of the latent structure of psychopathology and earlier studies on genetic and environmental risk factors (4,40–42). Standardized protocols reduced site-related heterogeneity, while using individual participant-level data enabled us to explore individual-level characteristics (e.g., age and sex).

However, comorbidity effects could not be systematically investigated due to a lack of consistent data across samples and working groups. Comorbidity might have impacted our identification of transdiagnostic and disorder-specific associations. While we conducted exploratory analyses of comorbidity effects in youths with CD, these were based on small subgroups and are presented only for completeness, highlighting the need for future research. The diagnostic groups differed in age, with youths with depression being older on average. Although we adjusted for age, these differences might have impacted our findings. Our definition of disorder-specific associations depended on false discovery rate-corrected case-control differences and did not indicate exclusivity (i.e., a diagnostic group differing from the HC group and the other 3 disorder groups). We note that there were instances where similar effect sizes were found for 2 groups, but only 1 was significant (potentially due to differing sample sizes). While no examples of true exclusivity were identified, the strongest evidence for a specific association was for parahippocampal gyrus SA, where the CD and anxiety groups differed from the HC group in opposite ways and differed significantly from each other, with no differences observed in ADHD or depression. Finally, we only studied 4 disorders, and although these are the most common [and impairing (39)] internalizing and externalizing disorders in youth (37,38), the terms transdiagnostic, internalizing-specific, and externalizing-specific should be interpreted with this in mind.

Although this mega-analysis included community- and population-based cohorts, most of the included studies used

case-control designs with clinical samples (in common with most neuroimaging research). This represents a limitation of the current study, as the biases associated with case-control designs may limit generalizability to the wider population (72). However, we note similarities between our findings and those obtained in more representative community- and population-based samples. For example, 3 studies based on the ABCD (Adolescent Brain Cognitive Development) sample suggest that general psychopathology (a measure of shared variance across internalizing and externalizing dimensions) in youth is associated with lower global SA rather than CT (73–75), consistent with our results. Nevertheless, while community-based samples are more representative of the general population, case-control designs are more generalizable to help-seeking individuals (76). Arguably, this is the (sub)population that will benefit most from advances in clinical neuroimaging.

Conclusions

In this first mega-analysis of structural brain alterations across internalizing and externalizing disorders in youth, we demonstrated that youths with different diagnoses showed common reductions in cortical SA and subcortical volume relative to HC participants. Beyond transdiagnostic alterations, additional shared and disorder-specific associations were identified, with youths with CD showing the most widespread associations overall. These results extend our understanding of the neurobiological basis of youth psychopathology and have the potential to guide research targeting common biological processes across psychiatric disorders and examining how and why shared alterations in the salience network (e.g., the insula and amygdala) may give rise to different forms of psychopathology. We also observed some evidence for more pronounced brain structural alterations during childhood than adolescence for certain disorders, highlighting the need to study psychopathology during childhood [when many psychiatric disorders emerge (77)] to reduce the global disease burden.

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Data supporting the findings of this study are not publicly available due to privacy or ethical considerations but can be requested from the corresponding authors or the ENIGMA working group in question (contact details can be found on the ENIGMA Consortium website: <https://enigma.ini.usc.edu>). Requested data can only be shared if approved by the working group in question and the principal investigators of the individual cohorts. Some of the included datasets (e.g., ABCD Study, The Neurobiology and Treatment of Adolescent Female Conduct Disorder [FemNAT-CD] study, IMAGEN, and Consortium on Vulnerability to Externalizing Disorders and Addictions [cVEDA]) have additional data-sharing requirements.

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