

· 抑郁症的精准治疗专题 ·

重度抑郁症药物治疗相关的磁共振研究进展

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【摘要】 重度抑郁症(MDD)是一种高度异质性的精神疾病,抗抑郁药是MDD治疗的首选方案,其中选择性5-羟色胺再摄取抑制剂(SSRI)及5-羟色胺和去甲肾上腺素再摄取抑制剂(SNRI)是临床中常用的抗抑郁药物。但是目前临床用药主要依赖医生的临床经验,疗效的个体差异性较大,缺乏客观的疗效评估指标。本文对SSRI和SNRI治疗中不同抗抑郁药物疗效相关的磁共振神经影像特征进行综述,旨在寻找可预测或评估SSRI、SNRI类抗抑郁药疗效共有的和特异的神经影像学特征,为MDD患者的个体化精准治疗、提高治疗效果提供参照。

【关键词】 抑郁症; 磁共振成像; 药物治疗; 选择性5-羟色胺再摄取抑制剂; 5-羟色胺和去甲肾上腺素再摄取抑制剂; 机器学习

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Research advances of magnetic resonance imaging related to drug therapy of major depressive disorder

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【Abstract】 Major depressive disorder (MDD) is a highly heterogeneous disease. Antidepressants are the preferred treatment for MDD, among which selective serotonin reuptake inhibitors (SSRI) and serotonin and norepinephrine reuptake inhibitors (SNRI) are commonly used antidepressants in clinical practice. However, currently clinical medication treatment mainly relies on the clinical experience of doctors, with significant individual differences in efficacy and a lack of objective efficacy evaluation indicators. This article reviews the magnetic resonance neuroimaging features related to the efficacy of SSRI and SNRI, aiming to find the common or specific neuroimaging features that can predict or evaluate the efficacy of SSRI and SNRI antidepressants, so as to provide reference for the individualized and precise treatment, expecting to improve antidepressant effect.

【Key words】 Major depressive disorder; Magnetic resonance imaging; Drug therapy; SSRI; SNRI; Machine learning

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重度抑郁症(major depressive disorder, MDD)是一种以情绪持续低落及快感缺失为核心症状,疾病负担较重的精神疾病^[1]。目前,抗抑郁药是MDD患者首选的治疗方法。但在评估抗抑郁药的药物治疗时,临床主要依靠量表,较少进行抗抑郁药物的早期疗效预测。随着MRI技术的飞速发展,MRI在抗抑郁药物疗效预测中表现出巨大的潜力。本文对SSRI、5-HT和去甲肾上腺素再摄取抑制剂(serotonin

and norepinephrine reuptake inhibitors, SNRI)不同抗抑郁药治疗反应相关的神经影像特征进行综述,以期寻找SSRI和SNRI治疗相关共有和特异性的神经影像学特征,为个体化精准诊疗提供依据。

一、MDD发病机制的神经影像学基础及治疗

目前,普遍认为MDD的发病机制与两个神经环路的异常相关,一个是5-HT介导的内隐情绪调节环路,以内侧前额叶皮质和杏仁核为中心,包括前

扣带皮质、背侧前额叶皮质、海马等;另一个是多巴胺介导的奖赏神经环路,以内侧前额叶皮质、腹侧纹状体、伏隔核为中心。MDD患者两个神经环路的异常包括灰质体积、静息功能连接、脑代谢等多个水平的异常。此外,近年来的多项研究表明,小脑不仅参与人体的感觉运动,在情绪、认知及执行功能中也发挥重要作用^[2-3]。Hwang等^[4]的研究发现,MDD患者的自杀行为与小脑体积减小有关;Dai等^[5]的研究发现,MDD患者小脑-新皮层和小脑-基底节回路的有效功能连接显著改变,提示小脑结构和功能异常可能与抑郁症发病相关。

MDD的治疗目前以抗抑郁药物为主,常用的药物为SSRI及SNRI类,辅以心理治疗、物理治疗等。国际指南目前推荐SSRI类药物作为大多数MDD患者的一线治疗药物^[6],常见的SSRI类药物包括舍曲林、艾司西酞普兰、氟西汀、帕罗西汀等。SSRI类药物可增强突触可塑性^[7],但药物治疗反应个体差异性较大。一项大样本的抗抑郁药疗效临床试验表明,SSRI类药物仅对约50%的患者起效,仅约30%的患者临床症状缓解^[8-9]。SNRI为双通道抗抑郁药,以文拉法辛和度洛西汀为代表,抑制突触前膜对突触间隙中5-HT及去甲肾上腺素的再摄取。目前,临床药物治疗方案多依赖于经验性、试错性用药,尚未发现预测抗抑郁药物疗效的可靠生物标志物。

二、MDD药物治疗反应相关的神经影像特征

预测MDD治疗反应的常用MRI方法包括结构MRI及功能MRI(functional MRI, fMRI),脑结构MRI的研究方法包括评估灰质体积的常规结构MRI、基于表面的形态学测量方法(surface-based morphometry)、基于体素的形态学测量方法(voxel-based morphometry)及实现中枢神经纤维精细成像的弥散张量成像(diffusion tensor imaging, DTI)等。fMRI研究包括任务态fMRI(task functional MRI, task-fMRI)及静息态fMRI(resting-state functional MRI, rs-fMRI)。task-fMRI基于任务实验设计进行血氧水平依赖脑功能成像;rs-fMRI是在没有感官及认知刺激的静息状态研究自发脑活动的成像方法,主要包括低频振荡振幅(amplitude of low frequency fluctuations)、低频振荡振幅分数(fractional amplitude of low frequency fluctuations)、局部一致性(regional homogeneity, ReHo)、功能连接、图论分析等。现针对可预测SSRI、SNRI类抗抑郁药治疗反应的潜在神经影像特征进行综述。

1. SSRI类抗抑郁药物治疗反应相关的神经影像特征:结构MRI可反映大脑结构变化及脑组织成分差异,已被广泛应用于MDD治疗反应预测中。研

究表明,非缓解者的结构异常主要位于5-HT相关的脑区,包括海马、前扣带回皮质(anterior cingulate cortex, ACC)、背侧前额叶皮质等^[10]。海马是参与记忆和学习的大脑区域,目前多项研究均得出相似结论,认为治疗前患者较大的海马体积是抗抑郁药物效果较好较稳健的预测因子^[11-13]。ACC在情绪调节中有着关键作用,ACC体积和皮质厚度的差异可能与抗抑郁治疗反应相关。两项专门针对ACC体积的老年抑郁症(late life depression, LLD)研究表明,艾司西酞普兰治疗前较大的背侧和吻侧ACC体积与缓解相关^[14],治疗前较大的左侧膝下后扣带回体积与淡漠症状的改善相关^[15]。Chen等^[16]基于17例MDD患者氟西汀治疗前的结构磁共振数据发现,ACC、岛叶和右侧顶叶皮质体积较大,预示症状改善。此外,相关研究表明,SSRI类药物舍曲林的抗抑郁作用与背外侧前额叶皮质体积增大相关^[17]。Pimontel等^[18]基于46例LLD患者结构MRI数据发现,基线期脑岛皮质厚度大预示着艾司西酞普兰12周治疗后淡漠症状的改善。一项基于126例MDD患者SSRI治疗的研究发现,基线期右侧额叶辅助运动区的皮质厚度越小,抑郁症状改善越大^[19]。基于DTI分析的研究表明,LLD患者SSRI治疗前,额叶白质束的高各向异性分数(fractional anisotropy, FA)与SSRI积极治疗结果相关^[20];Alexopoulos等^[21]基于皮质-纹状体-边缘网络的研究发现,MDD患者SSRI治疗前吻侧和背侧扣带回、前额叶背外侧、胼胝体膝部、邻近海马区的白质、多个后扣带回、岛叶白质、新纹状体、中脑较高的FA与治疗缓解相关。相反的是,Taylor等^[22]基于74例MDD患者舍曲林治疗前数据发现,未缓解患者双侧额上回和ACC的FA值较高。因此,不同部位的治疗前FA值在抗抑郁治疗反应预测中具有不同意义。在一项基于18例MDD患者SSRI治疗前数据的研究中发现,中缝核和杏仁核间较高FA可预测缓解^[23];然而,一项基于144例MDD患者的抗抑郁药疗效调节因素和生物特征研究(Establishing Moderators and Biosignatures of Antidepressant Response for Clinical Care for Depression, EMBARC)的试验发现,舍曲林治疗前的DTI数据表现为未缓解者在中缝与杏仁核之间的FA高于缓解者^[24]。目前,针对同一部位治疗前FA值的抗抑郁治疗反应预测结论仍存在差异。

fMRI研究相关的神经影像学预测因子主要涉及5-HT介导的神经环路的异常。rs-fMRI研究显示,认知控制网络(cognitive control network, CCN)较低的静息状态功能连接预示着艾司西酞普兰治疗后

的低缓解率^[25]。背内侧前额叶皮质的功能连接强度减少与艾司西酞普兰治疗8周后症状的改善显著相关^[26]。有研究发现, MDD患者SSRI抗抑郁治疗后, 非缓解者杏仁核到ACC和腹外侧前额叶皮层的连接降低^[27]。Cheng等^[28]的研究表明, 艾司西酞普兰治疗后, MDD患者第5小时的枕叶和颞叶皮质低频振幅的变化是8周后临床缓解的预测因素。2022年, Oberlin等^[29]基于40例LLD患者行12周艾司西酞普兰治疗前后rs-fMRI扫描数据发现, 岛叶-前额叶背外侧/中扣带皮质较低的静息功能连接与持续不缓解有关。一项Meta分析表明, 治疗前较高的执行控制网络(executive control network)间功能连接、默认模式网络(default mode network, DMN)-突显网络(salience network)间功能连接与积极治疗结果之间存在关联^[13]。艾司西酞普兰治疗前task-fMRI的研究显示, 在成功抑制事件时基线期双侧下额叶、左侧杏仁核、脑岛和伏隔核的脑激活模式以及在不成功抑制事件时基线期ACC吻侧部的脑激活模式可预测抑郁症状改善^[30]。有研究表明, 面对悲伤面孔任务, 杏仁核激活减少与帕罗西汀治疗有效之间存在关联^[31]。Godlewska等^[32]基于35例MDD患者艾司西酞普兰治疗后的task-fMRI数据发现, 患者治疗7d后ACC、脑岛、杏仁核和丘脑对恐惧和快乐面孔神经反应可以预测6周后的治疗反应。研究表明, 在具有负面刺激和认知任务的情绪任务中, 基线期较高的ACC激活与积极治疗结果之间存在关联^[33-34]。

以上相关研究结果表明, 结构MRI和fMRI对于SSRI类抗抑郁药治疗反应的评估有着重要价值, 治疗前患者相应脑区的体积、皮质厚度差异及相关脑区的连接模式可能与SSRI类药物的治疗反应有关, 但不同研究之间仍存在差异, 且目前研究多为临床评估结合MRI的回顾性研究, 未来研究可扩大样本量进行前瞻性研究, 为MDD患者的诊疗提供参照。

2. SNRI类抗抑郁药治疗反应相关的神经影像特征: 既往研究发现, SNRI类抗抑郁药物治疗反应相关的脑区也主要集中在5-HT介导的神经环路中, 与SSRI类抗抑郁药有着与治疗反应相关的共有和特异性的神经影像学特征。既往结构MRI研究发现, 度洛西汀治疗后左侧海马体积的早期增加预示着治疗12周后的临床缓解^[35]。另一项结构MRI研究发现, LLD患者12周文拉法辛治疗后眶额上回灰质体积增加与症状改善有关^[36]。task-fMRI研究发现, 未用药MDD患者文拉法辛治疗8周后, 基线期对负面刺激和中性刺激较高的ACC激活与抑郁症状减轻相关^[37]。一项有关预测抑郁症最佳治疗方法的研究表明, 治疗前杏仁核对悲伤面孔的激活模式是文

拉法辛治疗无效的独特预测因子^[38]。另一项task-fMRI研究发现, LLD患者采用文拉法辛治疗后, 非缓解者右侧颞中回情感处理相关的神经活动增加, 而缓解者右侧颞中回情感处理相关的神经活动下降^[39]。既往研究基于15例MDD患者度洛西汀治疗前后rs-fMRI数据发现, 治疗后右上额叶皮质和右内侧额叶皮层的ReHo增加, 右上额叶皮质ReHo降低, ReHo值的变化与抑郁症状改善轻度相关^[40]。有研究基于32例MDD患者度洛西汀前后rs-fMRI数据发现, 基线期DMN的眶额叶的静息功能连接降低可预测药物反应^[35]。Karim等^[41]的研究基于37例LLD文拉法辛治疗前后rs-fMRI数据发现, 缓解者在执行控制网络右侧中央前回的连接增加, 在DMN右侧颞下回和缘上回的连接减少。有研究基于23例MDD患者度洛西汀治疗前后的rs-fMRI数据发现, MDD患者右纹状体与左额上回功能连接减少更明显的患者表现出更大程度的反刍症状减轻^[42]。有研究基于32例MDD度洛西汀及34例文拉法辛治疗前后的rs-fMRI数据发现, 与安慰剂组相比, 文拉法辛、度洛西汀治疗组丘脑皮质-中脑导水管周围网络内功能连接降低, 与抑郁症状、疼痛体验改善相关^[43]。以上相关研究结果表明, MDD患者SNRI类药物治疗早期相应脑灰质体积的改变及药物治疗前认知、情绪相关脑区的差异与治疗反应相关。目前, 对于SNRI类药物治疗相关的MRI研究相对较少, 且研究方法比较局限, 未来采用多模态MRI方式进行研究具有较好的前景。

3. 识别SSRI和SNRI两类抗抑郁药的神经影像特征: Xue等^[44]基于62例MDD患者和39名健康对照者的DTI数据构建贝叶斯模型, 用于识别SSRI及SNRI治疗的抑郁患者的共有和特异的影像学特征, 结果表明, DMN和CCN之间的连接模式由SNRI靶向治疗患者独特表达, 与迟滞症状有关; CCN和注意网络(attention network)内部的连接模式以及威胁网络(threat network)和奖励网络(reward network)之间的连接由SSRI靶向治疗患者独特表达, 与认知障碍有关。Gyurak等^[45]基于未用药MDD患者SSRI/SNRI治疗8周前后的task-fMRI数据发现, 缓解者和对照组的背外侧前额叶在认知任务中皮层激活均降低, 但未缓解组未降低, 提示背外侧前额叶可用于MDD抗抑郁药物治疗反应预测; 此外, SSRI治疗缓解组较非缓解组下顶叶皮层基线期激活更强, SNRI组的缓解者在下顶叶皮层激活方面表现出相反的模式。以上研究表明, 认知、情绪相关脑区和脑网络的连接模式和激活状态在两种抗抑郁药治疗缓解组中存在差异。目前, 相关研究较少且样本量

较小,日后应扩大样本量进行个体化研究。

三、基于MRI的机器学习在SSRI/SNRI药物治疗反应评估中的应用

基于MRI的机器学习已被应用于MDD治疗反应预测研究,可分为有监督的机器学习、半监督的机器学习及无监督的机器学习。对于监督学习及半监督学习,可进一步分为基于回归或基于分类的方法,其中基于分类的机器学习方法主要包括支持向量机(support vector machine, SVM)、决策树与随机森林(random forest)等;对于无监督的学习方法,多为聚类分析。

目前,广泛应用于MDD治疗反应预测的机器学习方法为SVM^[46]。Costafreda等^[47]基于30例MDD患者全脑结构神经解剖特征发现,基线期MDD患者右侧ACC、左侧后扣带回、左侧额中回和右侧枕叶皮质灰质体积较大,采用SVM方法预测氟西汀治疗缓解率的准确性为88.9%。Gong等^[48]基于61例MDD患者灰质结构特征分析采用SVM的方法区分SSRI/SNRI治疗后难治性抑郁障碍和非难治性抑郁障碍患者,准确率为69.57%。Tian等^[49]基于3个站点106例MDD患者脑网络的时空属性,利用SVM的方法区分艾司西酞普兰治疗后应答者和不应答者,预测模型准确率为79.41%,发现ACC可以作为艾司西酞普兰单药治疗反应的预测因子。Wu等^[50]基于81例MDD患者基线期情绪调节网络的静息态功能连接,采用SVM算法预测12周艾司西酞普兰治疗后缓解的准确率为82.08%,并发现情绪调节网络的静息功能连接是抗抑郁药物反应的潜在预测因子。

其他分类器如交替决策树、随机森林在MDD治疗反应预测中也有应用。Patel等^[51]基于33例MDD患者DMN、突显网络的结构及功能连接特征分析,利用随机森林方法预测SSRI/SNRI治疗12周后的临床缓解的准确率为89.47%。Grzenda等^[52]基于基线期人口学和临床特征、灰质体积特征采用随机森林和SVM径向偏差函数算法预测SSRI治疗反应,受试者工作特征曲线下面积分别为 (0.83 ± 0.11) 和 (0.80 ± 0.11) ;治疗反应的重要预测因子包括前后扣带回体积、抑郁特征和量表评分。Harris等^[53]基于6站点144例MDD患者基线期艾司西酞普兰治疗2周后的全脑功能连接的特征,利用SVM、随机森林、LR预测治疗反应,最高性能模型达到69.6%。

基于回归的机器学习方法也常被应用于预测MDD治疗反应。Korgaonkar等^[54]基于74例MDD患者扣带回和终纹束扣带部分纤维束连接性,采用逻辑回归模型预测SSRI/SNRI药物治疗8周的缓解率的准确性为74%。Nguyen等^[55]基于106例MDD患

者基线时奖励处理任务的fMRI数据及临床特征,采用Logistic回归模型预测舍曲林治疗后HAMD评分变化的 R^2 为48%,需治疗人数为4.86;奖赏处理活动可预测治疗反应的脑区包括前额叶皮层和小脑脚。

无监督的机器学习方式在MDD治疗反应预测中的研究较少,但表现出了很大潜力。Karim等^[56]基于task-fMRI研究发现重度抑郁症患者治疗前额叶皮层、海马、副海马、尾状核、丘脑、内侧颞叶皮层、中扣带和视觉皮层较高的基线期激活预测了12周文拉法辛治疗后的缓解,应用49例MDD患者基线及第1次治疗后的fMRI数据进行主成分分析及最小角回归建模预测缓解的准确率较基线期量表评分提高了15%。

机器学习在神经影像学领域的应用挑战与机遇并存,多站点大数据分析是发展趋势也是挑战^[57],不同数据通常以不同类型的扫描仪、采集协议或扫描仪软件和硬件版本进行获取,图像特征可能有显著差异,从而放大了过度拟合和泛化能力差的问题。此外,数据的小样本量、道德伦理问题等也是机器学习应用中的挑战^[46]。

四、总结与展望

MDD药物治疗反应个体差异较大,基线期及药物治疗急性期MRI数据已表现出预测SSRI和SNRI类抗抑郁药早期治疗反应的潜力。目前,对于两类药物治疗反应预测的神经影像特征的比较研究较少,样本量较小,且多为基线期及短期治疗反应研究;基于MRI的机器学习模型多为单站点,且样本量较小。结合多模态MRI研究方法、多站点大样本长期治疗反应预测模型构建是MDD治疗反应预测的进一步研究方向。

利益冲突 文章所有作者共同认可文章无相关利益冲突

作者贡献声明 文献调研与整理、论文撰写为侯西蔓,论文修订为刘瑞,论文构思与设计、审校为于爱红

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