

The nucleus accumbens 5-HTR₄-CART pathway ties anorexia to hyperactivity

A Jean^{1,2,3,4,9}, L Laurent^{1,2,3,9}, J Bockeaert^{1,2,3}, Y Charnay⁵, N Dusticier⁶, A Nieoullon⁶, M Barrot⁷, R Neve⁸ and V Compan^{1,2,3,4}

In mental diseases, the brain does not systematically adjust motor activity to feeding. Probably, the most outlined example is the association between hyperactivity and anorexia in *Anorexia nervosa*. The neural underpinnings of this 'paradox', however, are poorly elucidated. Although anorexia and hyperactivity prevail over self-preservation, both symptoms rarely exist independently, suggesting commonalities in neural pathways, most likely in the reward system. We previously discovered an addictive molecular facet of anorexia, involving production, in the nucleus accumbens (NAc), of the same transcripts stimulated in response to cocaine and amphetamine (CART) upon stimulation of the 5-HT₄ receptors (5-HTR₄) or MDMA (ecstasy). Here, we tested whether this pathway predisposes not only to anorexia but also to hyperactivity. Following food restriction, mice are expected to overeat. However, selecting hyperactive and addiction-related animal models, we observed that mice lacking 5-HTR_{1B} self-imposed food restriction after deprivation and still displayed anorexia and hyperactivity after ecstasy. Decryption of the mechanisms showed a gain-of-function of 5-HTR₄ in the absence of 5-HTR_{1B}, associated with CART surplus in the NAc and not in other brain areas. NAc-5-HTR₄ overexpression upregulated NAc-CART, provoked anorexia and hyperactivity. NAc-5-HTR₄ knockdown or blockade reduced ecstasy-induced hyperactivity. Finally, NAc-CART knockdown suppressed hyperactivity upon stimulation of the NAc-5-HTR₄. Additionally, inactivating NAc-5-HTR₄ suppressed ecstasy's preference, strengthening the rewarding facet of anorexia. In conclusion, the NAc-5-HTR₄/CART pathway establishes a 'tight-junction' between anorexia and hyperactivity, suggesting the existence of a primary functional unit susceptible to limit overeating associated with resting following homeostasis rules.

Translational Psychiatry (2012) 2, e203; doi:10.1038/tp.2012.131; published online 11 December 2012

Introduction

In mental diseases (for example, depression, anxiety, eating disorders), the brain does not systematically adjust energy expenditures to intakes, as highlighted by the 'paradoxical' association between restrictive diet and motor hyperactivity in *Anorexia nervosa*.^{1–3} Here, we set out to study potential neural underpinnings of this apparent homeostatic failure. We reasoned that if at least one single molecular pathway triggers both anorexia and motor hyperactivity, its abnormal activation could prevail over homeostasis rules. In this situation, interpreting motor hyperactivity as an 'intention' of patients with anorexia could be challenged because their motor hyperactivity would be anorexia-dependent. In contrast, if two parallel and different pathways trigger anorexia on one hand, and motor hyperactivity on the other hand, a complex coincidence of two parallel impairments in both the feeding and motor neural networks could be in cause.

Among the cumulative neural events related to anorexia, as in most eating disorders, altered 5-HT volume transmission⁴ is at the forefront of investigations.⁵ With exceptions, regardless stimulation of 5-HT_{1A} and 5-HT_{2B} receptors (5-HTR_{1A}, 5-HTR_{2B}) in the hypothalamus,⁶ increased activity of 5-HT

transmission in brain following treatments classically reduces feeding and body weight.⁷ For instance, the 3,4-*N*-methylenedioxyamphetamine (MDMA, ecstasy) diminishes feeding in rodents and humans, and enhances motor hyperactivity.^{8–11}

The hypothalamus appears central in regulating feeding behavior,¹² but motivation disorders related to self-imposed food restriction despite energy demand (anorexia) may involve disturbances in the nucleus accumbens (NAc),^{7,13,14} a brain structure involved in reward and feeding.^{15–18} Considering the ability of 5-HT₄ receptors (5-HTR₄) knockout (KO) mice to better resist stress-induced anorexia, we detected a first example of an addictive molecular facet of anorexia.^{14,19} Indeed, stimulating NAc-5-HTR₄, as MDMA, provokes anorexia only if production of the same transcripts stimulated in response to cocaine and amphetamine (CART) is increased in the NAc.¹⁴

We investigated, here, whether the NAc-5-HTR₄/CART molecular pathway triggers not only anorexia but also motor hyperactivity. To address this possibility, we used (i) an addiction- and hyperactive-related animal model: the 5-HTR_{1B} KO (KO_{1B}) mice, (ii) the ability of MDMA to mimic

¹Institut de Génomique Fonctionnelle, Montpellier, France; ²INSERM, U661, Montpellier, France; ³Universités de Montpellier 1 and 2, UMR-5203, Montpellier, France; ⁴Université de Nîmes, Nîmes, France; ⁵Hôpitaux Universitaires de Genève, Division de Neuropsychiatrie, Chêne-Bourg, Switzerland; ⁶Université d'Aix-Marseille, Marseille, France; ⁷Institut des Neurosciences Cellulaires et Intégratives, Strasbourg, France and ⁸Department of Brain and Cognitive Sciences, Massachusetts Institute of Technology, Cambridge, MA, USA

Correspondence: Dr V Compan, Neurobiology, Institut de Génomique Fonctionnelle, 141, rue de la Cardonille, Montpellier 34094, France.

E-mail: Valerie.Compan@igf.cnrs.fr

⁹Authors equally contribute to this study.

Keywords: feeding; 5-HT_{1B}; 5-HT₄; knockout; locomotion; reward

Received 17 August 2012; revised 6 October 2012; accepted 10 October 2012

both anorexia and hyperactivity and (iii) siRNA- and viral-mediated knockdown and surplus strategies combined to molecular and behavioral techniques.

Methods

Animals. Male KO_{1B}, KO₄ and control mice (WT_{1B}, WT₄) from heterozygous breeding (129/SvTer)^{19,20} were housed with food and water available *ad libitum*.¹⁴ Male WT 129/SvPas mice were used when KO mice were not required. All experiments were performed on mice aged of 4–6 months, except a set, aged of 2 months (Figures 1a and b), following the *Guide for Care and Use of Laboratory Animals* (authorization n° 21CAE011) (see Supplementary Information).

Surgery. As described in detail,¹⁴ a sterile 26-gauge stainless steel guide was unilaterally implanted in the left shell NAc for infusing 1 µl of each compound in freely moving mice (1 µl/min). The localization of the injection site was assessed in each mouse (see Supplementary Information).

Pharmacological and nucleic acid treatments in freely moving mice. As established,^{11,14,21} MDMA (10 mg kg⁻¹, Sigma, L’Isle d’Abeau Chesnes, Saint-Quentin-Fallavier, France) and selective dose of 5-HTR₄ antagonist, RS39604 (0.5 mg kg⁻¹, Tocris, Ellisville, USA) were dissolved in NaCl (9%) before acute intraperitoneal (i.p.) administration. The 5-HTR₄ agonist BIMU8 (Tocris, Ellisville, USA) and RS39604

was injected in the NAc at selective dose (4 × 10⁻⁴ µg µl⁻¹). Acute injection in the NAc of (i) double-stranded siRNA-5-HTR₄ (si5-HTR₄), siCART provoked 5-HTR₄ and CART downregulation compared with siRNA controls (siCt: 0.05 µg µl⁻¹), respectively; and of (ii) viral vector of *mHtr4* gene (HSV-5-HTR₄; 10⁷ infectious units per ml, 1 µl min⁻¹), an overexpression of 5-HTR₄ compared with HSV-LacZ construct (see Supplementary Information).

Biochemical analyses. As described,²² the levels of 5-HT and 5-HIAA were evaluated in brain tissue samples containing the NAc (+1.6 mm), striatum (+1.0 mm), dorsal hippocampus (-2.2 mm) and amygdala (-3.2 mm from the bregma)²³ of WT₄ and KO₄ mice sacrificed 5 min after the end of the open-field session. As reported in detail,^{14,19} receptor autoradiography was performed using (¹²⁵I)SB207710 and (³H)GR113808, two specific 5-HTR₄ antagonists (see Supplementary Information).

Quantitative Real-Time PCR. Mice were sacrificed 3-h after the different treatments and NAc (2 × 1.2 mm³) and hypothalamus (3.9 mm³) were micro-dissected from 1 mm-thick sections to treat total mRNA and treat complementary DNA in reactions containing CART or 5-HTR₄ primers, as described in detail.^{14,24}

Activity. Naive or feeding-tested mice were tested in the open-field¹⁹ after i.p. administration of NaCl or MDMA combined with (i) i.p. administration of RS39604 in KO_{1B},

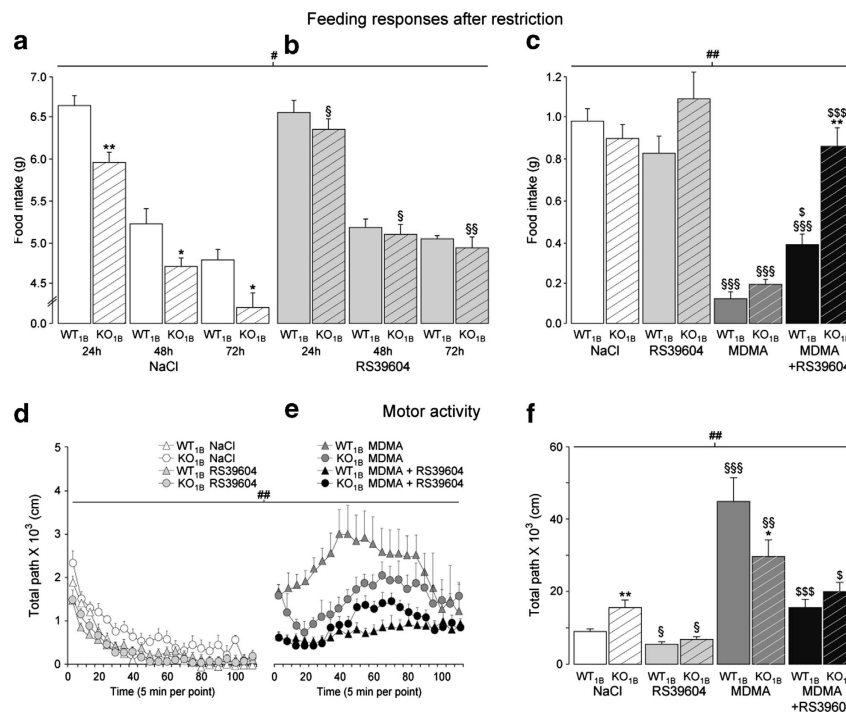


Figure 1 Anorexia-like symptoms in KO_{1B} mice are treated with RS39604, a 5-HTR₄ antagonist. (a–c) Total food intake of WT_{1B} and KO_{1B} mice following (a, b) 3 days of diet (-20%), over 24-h after NaCl or RS39604 (0.5 mg/kg) and (c) 24 h of 100% food deprivation, over 1 h after NaCl, MDMA (10 mg kg⁻¹, RS39604 alone, or combined with MDMA. (d–f) Total distance traveled (d, e) every 5 min (f) over 110-min after MDMA combined with RS39604 or not compared with NaCl. Data are means ± s.e.m.; n = 7–11 per group of mice treated with i.p. administration of each compound. *P < 0.05, **P < 0.01; §P < 0.05, §§P < 0.01, \$\$\$P < 0.001; #P < 0.05, ##P < 0.01 genotype and treatment interaction.

KO₄, WT_{1B} and WT₄ mice and intra-accumbal infusion of (ii) si5-HTR₄, RS39604, siCt (or NaCl) as controls in WT 129 Sv/Pas mice and (iii) HSV-5-HTR₄, BIMU8 combined or not with siCART, compared with controls (NaCl, HSV-LacZ, siCt) in WT 129 Sv/Pas mice. Ten min after RS39604 injection, 3 h after injection of the siRNAs or BIMU8, or 1 day after viral infection, the traveled path length was monitored.¹⁹

Feeding tests. Classic feeding paradigms^{11,19} were used in fed mice or, following (i) 100% food deprivation for 24 h or (ii) 20% food-restriction for 3 consecutive days. Four days before the experiments, mice were isolated in metabolic cages for baseline period with *ad libitum* access to food (pellet form, 16.5% crude proteins, 3.6% crude fat, 4.6% crude fibers, 5.2% ash). Food-deprived WT_{1B} and KO_{1B} mice were treated with i.p. administration of NaCl or RS39604 combined or not with MDMA. WT129Sv/Pas mice received acute infusion of HSV-5-HTR₄ or HSV-LacZ in the NAc and were 20% food-deprived for 3 days. The amount of food consumed (not include the spillage) was measured with 1 mg precision.

Place conditioning paradigm. An unbiased place conditioning protocol was adapted.²⁵ Mice received i.p. administration of NaCl, MDMA combined or not with RS39604, or injection in the NAc of NaCl or RS39604, 30 min before being confined to a single conditioning zone on alternate conditioning days. A preference score is the difference between times spent by each mouse in the MDMA-, NaCl-, RS39604-, or MDMA plus RS39604-paired zone during the preconditioning and testing phases (see Supplementary Information).

Statistical analysis. Data obtained in multiple sessions over time (food intake, locomotion) were analyzed using repeated measures analysis of variance (STATVIEW 5 software, SAS Institute Inc., San Francisco, CA, USA). When effects of independent variables (treatment, genotype, time), or interactions were significant, one-way analysis of variance (treatment, time or genotype) analyses were performed. For multiple comparisons, the Scheffé *F*-test was used. Differences with *P* < 0.05 were considered significant.

Results

KO_{1B} self-imposed food restriction following restriction and displayed hyperactivity: Anorexia-like symptoms still observed after MDMA. Considering the influence of 5-HT in the potential rewarding facet of anorexia,¹⁴ we tested whether an animal model predisposes to abuse of cocaine, and to be hyperactive persists to self-restrict following food restriction. Young KO_{1B} and WT_{1B} mice (2 months) were then selected^{26,27} and deprived of 20% of their normal food rations for 3 days in their home cages (means ± s.e.m. of normal food ration for 24 h expressed in g. in WT_{1B}: 4.80 ± 0.09 vs KO_{1B}: 4.82 ± 0.16). When food was reintroduced and available *ad libitum* after the diet period, WT_{1B} mice were eating more than their normal meal size (Figure 1a). This rebound in food intake was reduced in KO_{1B} mice that even ate less than their predeprivation food

ration after 3 days *ad libitum* (Figure 1a). Moreover, KO_{1B} mice did display increased locomotion compared with saline-injected WT_{1B} mice (Figures 1d and f), as reported.^{26,28}

Following MDMA in KO_{1B} mice, anorexia (Figure 1c), and hyperactivity although reduced (Figures 1e and f), are still observed, consistently with a previous study using a 5-HTR_{1B} antagonist (GR127935).¹¹

The absence of 5-HTR_{1B} then predisposes to anorexia-like symptoms in challenge situations. We next tested whether this predisposition requires 5-HTR₄.

Inactivating 5-HTR₄ in KO_{1B} mice suppressed their anorexia and hyperactivity. Selective inactivation of 5-HTR₄¹⁴ in food-restricted KO_{1B} mice restores adaptive feeding and motor responses because the mutant did not self-restrict (Figure 1b) and were not hyperactive anymore (Figures 1d and f). Inactivating 5-HTR₄ suppressed anorexia (Figure 1c) and hyperactivity (Figures 1e and f) induced by MDMA in KO_{1B} compared with NaCl-treated KO_{1B} mice. Identical dose of antagonist only reduced both effects in WT_{1B} mice (Figures 1c–f), suggesting a gain-of-function of 5-HTR₄ owing the absence of 5-HTR_{1B}. To ensure this issue, we first assessed whether the gene defective-mutation of 5-HTR₄ reduce hyperactivity induced by novelty and MDMA. This is the observed effect (Supplementary Figure S1). We then evaluated the density of 5-HTR₄ sites and mRNA in the brain of KO_{1B} mice.

Only the NAc of KO_{1B} mice over-expressed both 5-HTR₄ and CART whereas its hypothalamus over-expressed 5-HTR₄ but down-expressed CART. Among brain areas examined (Supplementary Table S1), 5-HTR₄ density (Figure 2a) and mRNA content (Figure 2b) were higher in the NAc and hypothalamus of KO_{1B} compared with WT_{1B} mice. The levels of CART mRNA were higher in the NAc and weaker in the hypothalamus of KO_{1B} compared with WT_{1B} mice (Figures 2c and d). Because CART in both the NAc and hypothalamus decreases feeding,^{14,29} its opposite changes could underlie the adequate feeding behavior of KO_{1B} mice in baseline conditions.^{11,30} Accordingly, the ability of KO_{1B} mice to self-restrict of food might depend on excessive NAc-5-HTR₄. We next focused on the NAc because additionally, marked increases in 5-HT metabolism were not detected in the NAc of KO₄ mice following the open-field session (Supplementary Table S2). To avoid bias of adaptive changes in KO mice and determine whether a 5-HTR₄ surplus within the NAc triggers both anorexia and hyperactivity, *mHtr4* gene (HSV-5-HTR₄) was transferred in the NAc of WT mice.

Overexpression of 5-HTR₄ in the NAc ties anorexia to hyperactivity. Injecting HSV-5-HTR₄ in the NAc of WT mice increased the density of NAc-5-HTR₄ at 54-h postinjection (Figure 3a). The NAc-5-HTR₄ mRNA content was still higher at 72 h than in control mice (HSV-LacZ), with the highest level observed at 30-h postinjection (Figure 3b). Consistently, CART mRNA content at 72-h postinjection was increased in the NAc (Figure 3c) and unchanged in the hypothalamus (Figure 3c) following injection of HSV-5-HTR₄

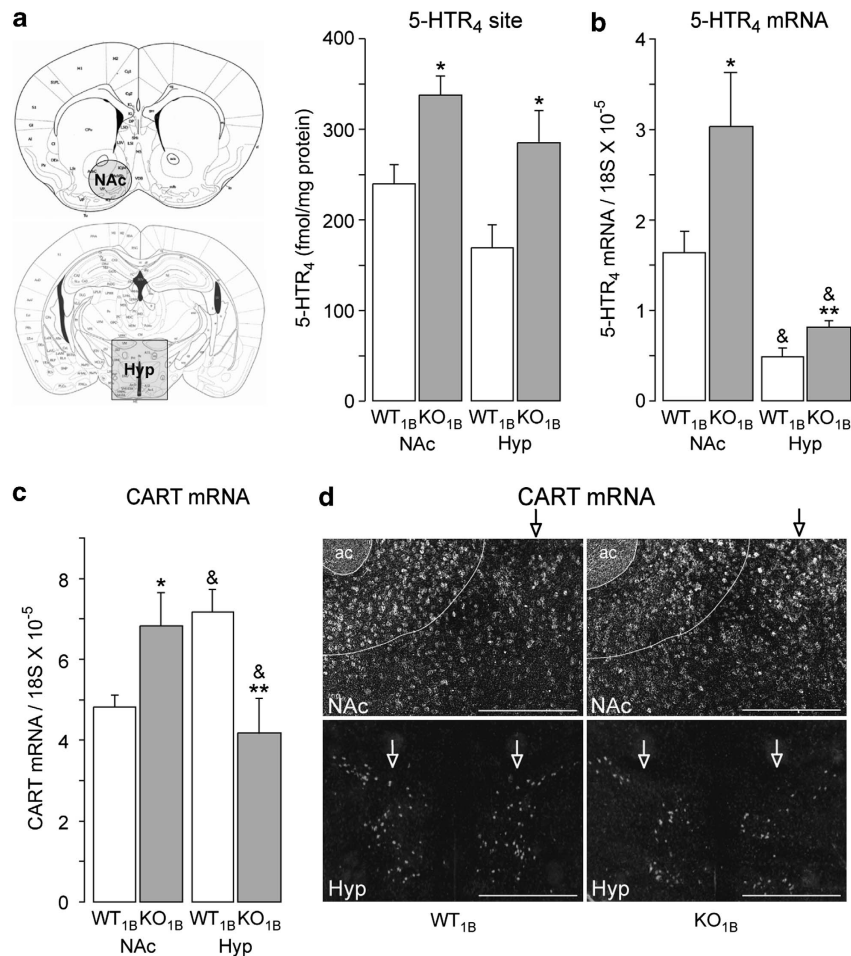


Figure 2 KO_{1B} mice over-expressed 5-HTR₄ and CART in the NAc. (a) The density of 5-HTR₄ binding site (³H)GR113808 of KO_{1B} compared with WT_{1B} mice following analyses of 3–6 brain frontal sections per structure level and per mouse ($n=5$). (b) 5-HTR₄ and (c) CART mRNA content in the NAc and hypothalamus (Hyp) of KO_{1B} ($n=6$) and WT_{1B} mice ($n=7$). (d) *In situ* hybridization of CART mRNA (scale bar: NAc, 100 μ m; Hyp, 1 mm; arrows point to changes). Data are means \pm s.e.m.; and $P < 0.05$ difference between the NAc and Hyp in either WT_{1B} or KO_{1B} mice; * $P < 0.05$, ** $P < 0.01$ compared with WT_{1B}.

in the NAc, compared with controls. Stimulating NAc-5-HTR₄ also increases CART mRNA content in the NAc but not in the hypothalamus.¹⁴

The feeding and motor behaviors were then analyzed. At 24-h postinjection, overexpressing NAc-5-HTR₄ decreased feeding (35%, Figure 3d) and enhanced motor activity (148%, Figure 3e). HSV-5-HTR₄ mice did further self-restrict after restriction compared with controls (Figure 3f), mimicking feeding responses of KO_{1B} mice, following 20% of their normal food rations for 3 days.

Subsequently, NAc-5-HTR₄ surplus increased CART, decreased feeding and increased motor activity. To circumvent the ectopic expression after viral vector injection, potential conclusion was ensured using pharmacological and RNA interference approaches, as we established.¹⁴

In the NAc, stimulation of 5-HTR₄ increases motor activity, and their blockade reduces hyperactivity. The distance covered in the open-field is enhanced following stimulation of NAc-5-HTR₄ with a specific dose of BIMU8, an agonist (198%), and unchanged following their specific blockade with antagonist or RNA interference (si5-HTR₄)

infused in the NAc (Figures 4a and b). In contrast, antagonism or knockdown of NAc-5-HTR₄ reduced hyperactivity induced by i.p. administration of MDMA (Figure 4a).

CART knockdown in the NAc inhibits stimulating NAc-5-HTR₄-induced motor hyperactivity. We next examined whether CART in the NAc mediates the motor effects of BIMU8, a 5-HTR₄ agonist. Blocking CART with RNA interference (siCART) in the NAc suppressed the motor hyperactivity induced by stimulation of 5-HTR₄ (Figure 4b).

We finally tested whether MDMA's preference requires 5-HTR₄ because a rewarding effect could prevail over self-preservation.

Inactivating 5-HTR₄ suppressed MDMA's preference in WT and reduced it in KO_{1B} mice. Using the conditioned place preference test, we found that The KO_{1B} mice displayed a higher preference for MDMA than WT_{1B} mice (Figure 5a), which is reduced after i.p. administration of a 5-HTR₄ antagonist (Figure 5a). An absence of preference for MDMA is further shown when 5-HTR₄ is locally inactivated in the NAc of adult WT₄ mice (Figure 5b).

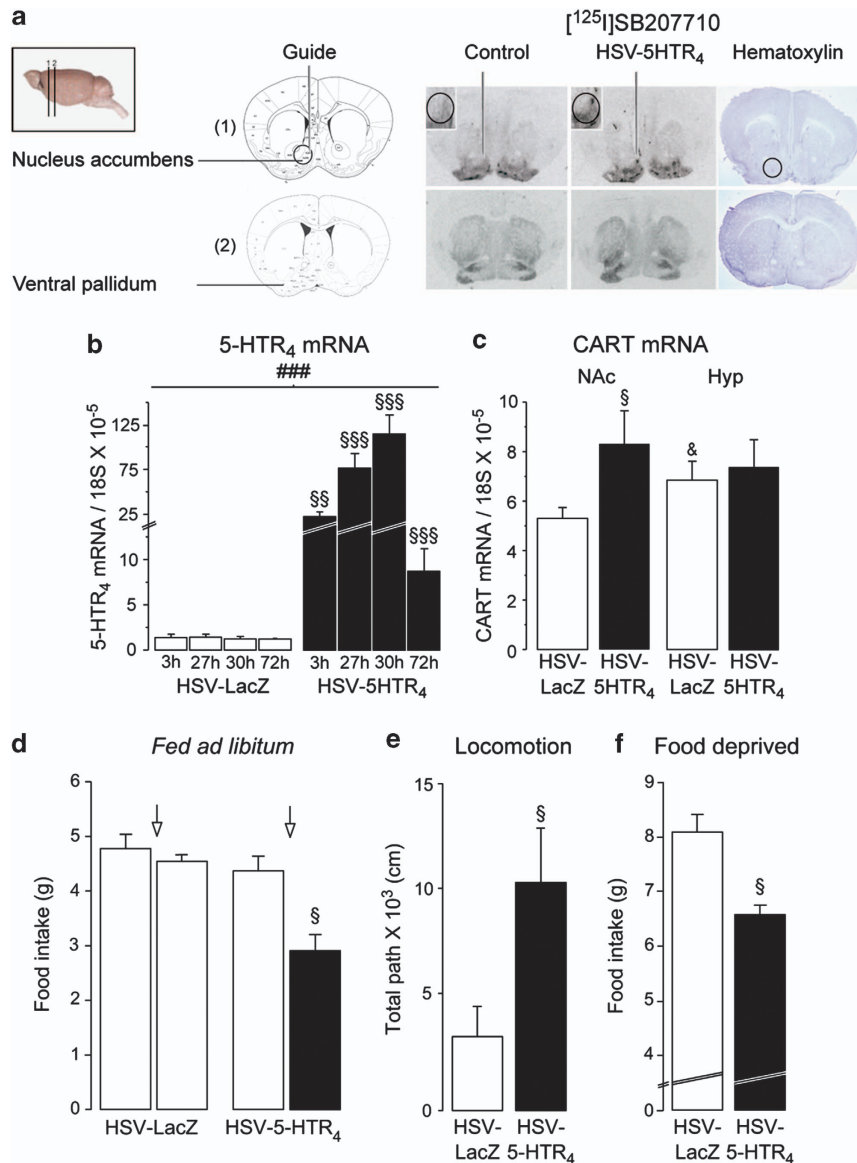


Figure 3 Overexpression of 5-HTR₄ in the NAC ties anorexia to hyperactivity in WT mice. (a) Increased density of NAc-5-HTR₄ binding site (¹²⁵I)SB207710 in the NAC (1) but not in nearness structure (2: ventral pallidum) observed on transverse brain sections from mice infused in the NAC with HSV-5HTR₄ compared with control (HSV-LacZ) and sacrificed 54-h postinfusion. Circles highlight changes and delineate the injection site in a brain section stained with hematoxylin (right upper panel), indicating an absence of damage tissue. (b) NAc-5-HTR₄ mRNA content increased after infusion, in the NAC, of HSV-5-HTR₄ (*n* = 8 mice for each time point for both conditions). (c) NAc- and Hyp-CART mRNA content 72 h after injection of HSV-5-HTR₄ or HSV-LacZ. (d, f) Total food intake in (d) fed and (f) food-deprived (3 days, 20%) mice (d) 24 h and (f) 3 days after infusion, in the NAC, of HSV-5-HTR₄ (*n* = 6) or HSV-LacZ (*n* = 5). (e) Total distance traveled. Data are means ± s.e.m.; §*P* < 0.05, §§*P* < 0.01, §§§*P* < 0.001 compared to HSV-LacZ; &*P* < 0.05 differences between the NAc and hypothalamus; ###*P* < 0.001 interaction between time and treatment.

Discussion

Over the last ten decades, parallel neural systems have been described to control feeding and motor behaviors. Here, we found a first example of a molecular signal foul-up between motor hyperactivity and anorexia, providing a common pathway of control. This would lead us to reconsider the belief that patients with anorexia nervosa intend to accelerate their weight loss with over-exercise^{3,31–33} because hyperactivity could be more inevitable than deliberate.

These findings strengthen the addictive facet of restrictive diet, now also observed in mice, dispossessed of 5-HTR_{1B} and/or endowed of a NAc-5-HTR₄ surplus because they

self-restrict despite an upstream ‘starter’ period of restrictive diet, believed to trigger ‘spiral’ restrictions in humans.³⁴

Animal models of anorexia-like symptoms predisposition, identified herein, mimic the activity-based anorexia rat model,³⁵ and are to the best of our knowledge, unique. It is noteworthy to observe that KO_{1B} mice persist to self-restrict their intake of food. Excluding adaptive mechanisms, KO_{1B} mice would be expected to consume a higher amount of food because stimulating 5-HTR_{1B} decreases feeding.^{11,36} This phenotype is apparently not related to the reduced activity of 5-HTR_{2C} in KO_{1B} mice³⁷ because stimulating 5-HTR_{2C} decreases feeding.³⁸ In contrast, present results showed a

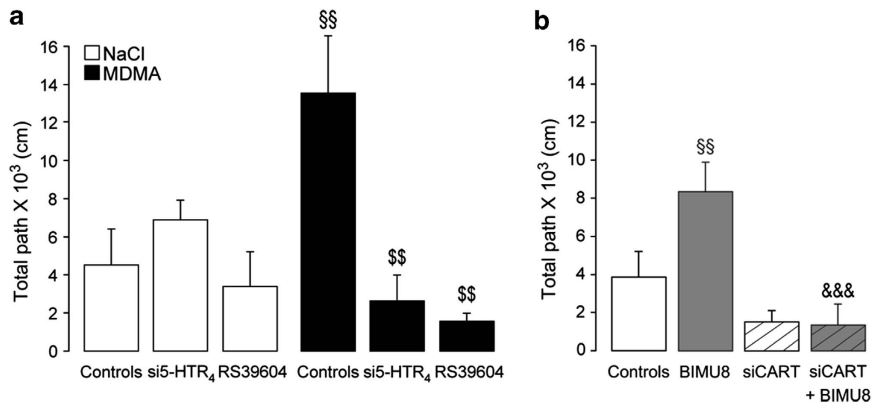


Figure 4 Motor hyperactivity induced by stimulation of NAc-5-HTR₄ requires CART. (a) Total distance traveled over 110 min after i.p. administration of NaCl or MDMA plus an intra-accumbal infusion of control solution (NaCl or si5-HTR₄ control: siCt), si5-HTR₄, 5-HTR₄ antagonist (RS39604) and (b) of WT mice after an intra-accumbal infusion of controls, 5-HTR₄ agonist (BIMU8), siCART or BIMU8 plus siCART. Data are means \pm s.e.m.; $n = 5-10$ mice per each group, treated with MDMA (10 mg Kg^{-1}), siRNA ($0.05 \text{ } \mu\text{g } \mu\text{l}^{-1}$), viral vector (10^7 infectious units per ml), RS39604 or BIMU8 ($4 \times 10^{-4} \text{ } \mu\text{g } \mu\text{l}^{-1}$). §§ $P < 0.01$, \$\$\$ $P < 0.001$ compared to controls, MDMA and BIMU8, respectively.

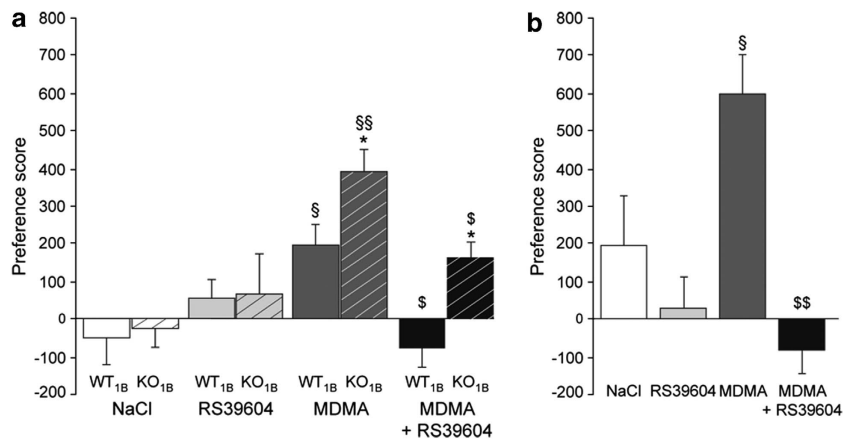


Figure 5 MDMA's preference involves 5-HTR₄ in an unbiased conditioned place preference test. (a) Score preference in WT_{1B} and KO_{1B} mice treated with i.p. administration of NaCl, MDMA (10 mg kg^{-1}), combined or not with RS39604 (0.5 mg kg^{-1}) and (b) in WT mice treated with i.p. administration of NaCl or MDMA (10 mg kg^{-1}) plus intra-accumbal infusion of NaCl or RS39604 ($4 \times 10^{-4} \text{ } \mu\text{g } \mu\text{l}^{-1}$). Data are means \pm s.e.m.; $n = 7-9$ mice per group. * $P < 0.05$ compared to WT_{1B}; § $P < 0.05$, §§ $P < 0.01$ compared with NaCl; § $P < 0.05$, §§ $P < 0.01$ compared with MDMA.

gain-of-function of 5-HTR₄, consistent with the inhibitory influence of 5-HTR₄ on feeding.^{14,19} Also, inactivating 5-HTR₄ suppressed motor hyperactivity in KO_{1B} mice, consistently with the weaker efficacy of MDMA to enhance locomotion in KO₄ and 5-HTR₄ antagonist-treated WT mice.

The surplus of 5-HTR₄ in KO_{1B} mice further suggests a negative 5-HTR_{1B} control of 5-HTR₄ accordant with series of results; (i) The decreased levels of NAc-5-HT in KO_{1B} mice³⁹ because lesion of 5-HT neurons, though in rats, upregulates 5-HTR₄ in brain areas including the NAc;⁴⁰ (ii) The 5-HTR_{1B} and 5-HTR₄ location does not overlap (for example, in the striatum,^{40,41} on 5-HT neurons^{24,42,43}) likely related to their common binding to p11;^{44,45} (iii) KO_{1B} mice are hyperactive and less 'anxious'⁴⁶ while KO₄ mice are hypoactive and more 'anxious' under stress.^{19,47}

Molecular events for driving self-restriction and motor hyperactivity are detected in the NAc. The NAc-5-HTR₄ surplus induced sustained anorexia and motor hyperactivity, mimicking the molecular and behavioral phenotypes of KO_{1B} mice (NAc-5-HTR₄/CART surplus, anorexia, hyperactivity). Similarly,

stimulation of NAc-5-HTR₄ decreases feeding¹⁴ and increases locomotion.

As difference in feeding responses to activation of 5-HTR subtypes, stimulation of 5-HTR_{1B}, 5-HTR_{2C}, 5-HTR₁₋₇ and 5-HTR₆ in the NAc did not change locomotion in basal conditions, however, in rats (Supplementary Figure S2).⁴⁸⁻⁵⁰ Likewise, blocking or silencing NAc-5-HTR₄ did not change locomotion but suppressed hyperactivity induced by MDMA, in tune with the effect of the whole blockade of 5-HTR_{1B}, 5-HTR_{2B} and 5-HTR_{2C}.^{28,51-54} In rats, inactivating NAc-5-HTR₄ did not however, alter hyperactivity after MDMA,⁵⁰ suggesting differences between doses and species.^{55,11}

To the end, stimulating NAc-5-HTR₄ in mice not only triggers anorexia but also hyperactivity, consistent with opposite changes in feeding and locomotion detected only in KO₄ mice, compared with other 5-HTR KO mice (Supplementary Figure S2).

The present study extends observations at a molecular level. Ectopic (viral *mHtr4* gene) or 'physiological' surplus of NAc-5-HTR₄ in KO_{1B} mice upregulates NAc-CART,

as observed following stimulation of NAc-5-HTR₄.¹⁴ A final experiment in our series bore out our hypothesis because NAc-CART knockdown suppressed not only anorexia¹⁴ but also motor hyperactivity induced by NAc-5-HTR₄ stimulation. In addition, locomotion is unchanged following CART peptide⁵⁶ or siCART injection in the NAc. Identifying the cellular origin of this action would require long investigations. Nonetheless, NAc-neurons containing GABA projecting to the lateral hypothalamus express CART^{14,57–59} and might also express 5-HTR₄ (Supplementary Figure S2).^{24,40,43,58} Injecting si5-HTR₄ in the NAc decreased the density of 5-HTR₄ not only in the NAc but also in the lateral hypothalamus (–14%, not illustrated). The 5-HTR₄ located on these neurons may influence feeding and locomotion (Supplementary Figure S2) because the lateral hypothalamus, in relation to the NAc, controls feeding and its stimulation enhances locomotion in the activity-based rat model for *anorexia nervosa*.^{15,60–63} Colocalization of 5-HTR₄/CART is more conceivable than in two different neuronal populations, considering the 5-HTR₄ control of CART within the NAc via a cAMP/PKA signaling pathway.¹⁴ Interestingly, it appears that 5-HT receptors expressed in the different subnuclei of the hypothalamus (arcuate nucleus: 5-HTR_{1B}, 5-HTR_{2C}) may provoke an anorexia associated or not with different changes in locomotion, as induced by fenfluramine^{64,65} that increase,⁵¹ decrease^{66,67} or does not modify locomotion⁶⁸ while, 5-HTR₄ likely located on the afferent neurons of the NAc to the lateral hypothalamus may provoke an anorexia associated with motor hyperactivity.

Finally, the present study suggests that activation of the NAc-5-HTR₄ promotes a rewarding effect because (i) mice with NAc-5-HTR₄ surplus limit their food intake despite energy requirements; (ii) inactivating NAc-5-HTR₄ can reduce and even suppress the preference for MDMA, as also observed in 5-HTR_{2B} KO mice.⁶⁹ Chronic stimulation may desensitize 5-HTR₄⁷⁰ and has been excluded from our subtasks. Nonetheless, increased cAMP production in the NAc⁷¹ upon stimulation of the 5-HTR₄ in freely moving mice¹⁴ could trigger addiction.

In conclusion, motor hyperactivity is anorexia-dependent upon activation of the NAc-5-HTR₄/CART pathway. Probably, a rewarding effect associated with energy expenditure (anorexia/hyperactivity) may facilitate to limit excessive intakes (overeating/resting). Present and previous findings^{6,14,64,72} bring out at least two modes of action of 5-HT to regulate feeding. In baseline conditions, feeding may be regulated via the hypothalamic 5-HTR_{2C}/CART pathway but, when motivation comes into play, the NAc-5-HTR₄/5-HTR_{1B}/CART pathway might prevail over the autonomic nervous control of feeding because NAc-5-HTR₄/CART surplus makes the brain 'silent' to energy loss. Finally, it is conceivable that an anorectic-rewarding pathway of the NAc predisposes animals to a possible dependence on restrictive diet and hyperactivity, two hallmarks of *anorexia nervosa*.

Conflict of interest

Authors declare no conflict of interest.

Acknowledgements. We greatly appreciate the help of E. Nestler, and the advices of R. Hen. We thank C. Dantec for the open-field data, L. Forichon and F. Arnal for mouse breeding and, M. Valbrun for her help in editing the text. Part of this study has been financially supported by ANR (Agence National de la Recherche: ANR-MNP 2009, SERFEED).

1. Beumont PJ, Arthur B, Russell JD, Touyz SW. Excessive physical activity in dieting disorder patients: proposals for a supervised exercise program. *Int J Eat Disord* 1994; **15**: 21–36.
2. Davis C. Eating disorders and hyperactivity: a psychobiological perspective. *Can J Psychiatry* 1997; **42**: 168–175.
3. Casper RC. The 'drive for activity' and "restlessness" in anorexia nervosa: potential pathways. *J Affect Disord* 2006; **92**: 99–107.
4. Descarries L, Beaudet A, Watkins KC. Serotonin nerve terminals in adult rat neocortex. *Brain Res* 1975; **100**: 563–588.
5. Kumar KK, Tung S, Iqbal J. Bone loss in anorexia nervosa: leptin, serotonin, and the sympathetic nervous system. *Ann N Y Acad Sci* 2010; **1211**: 51–65.
6. Yadav VK, Oury F, Suda N, Liu ZW, Gao XB, Confavreux C *et al*. A serotonin-dependent mechanism explains the leptin regulation of bone mass, appetite, and energy expenditure. *Cell* 2009; **138**: 976–989.
7. Compan V, Laurent L, Jean A, Macary C, Bockaert J, Dumuis A. Serotonin signaling in eating disorders. *WIREs Membrane Transport and Signaling* (invited by G. Knudsen) 2012; **1**: 715–719.
8. Rochester JA, Kirchner JT. Ecstasy (3,4-methylenedioxymethamphetamine): history, neurochemistry, and toxicology. *J Am Board Fam Pract* 1999; **12**: 137–142.
9. Geyer MAC, C.W. *Behavioral pharmacology of ring-substituted amphetamine analogs. Amphetamine and its Analogs In: Cho AR, Segal OS (eds). Academic Press: New York, 1994, pp 177–201.*
10. Frith CH, Chang LW, Lattin DL, Walls RC, Hamm J, Doblin R. Toxicity of methylenedioxymethamphetamine (MDMA) in the dog and the rat. *Fundam Appl Toxicol* 1987; **9**: 110–119.
11. Conductier G, Crosson C, Hen R, Bockaert J, Compan V. 3,4-N-methylenedioxymethamphetamine-induced hypophagia is maintained in 5-HT1B receptor knockout mice, but suppressed by the 5-HT2C receptor antagonist RS102221. *Neuropsychopharmacology* 2005; **30**: 1056–1063.
12. Schwartz MW, Woods SC, Porte D Jr., Seeley RJ, Baskin DG. Central nervous system control of food intake. *Nature* 2000; **404**: 661–671.
13. Compan V. *Serotonin receptors in neurobiology. do limits of neuronal plasticity represent an opportunity for mental diseases, such as addiction to food and illegal drugs? use and utilities of serotonin receptor knock-out mice.* CRC press, New frontiers in Neurosciences: Boca Raton, Florida, 2007, pp 157–180.
14. Jean A, Conductier G, Manrique C, Bouras C, Berta P, Hen R *et al*. Anorexia induced by activation of serotonin 5-HT4 receptors is mediated by increases in CART in the nucleus accumbens. *Proc Natl Acad Sci U S A* 2007; **104**: 16335–16340.
15. Stratford TR, Kelley AE. GABA in the nucleus accumbens shell participates in the central regulation of feeding behavior. *J Neurosci* 1997; **17**: 4434–4440.
16. Bassareo V, Di Chiara G. Modulation of feeding-induced activation of mesolimbic dopamine transmission by appetitive stimuli and its relation to motivational state. *Eur J Neurosci* 1999; **11**: 4389–4397.
17. Reynolds SM, Berridge KC. Fear and feeding in the nucleus accumbens shell: rostrocaudal segregation of GABA-elicited defensive behavior versus eating behavior. *J Neurosci* 2001; **21**: 3261–3270.
18. Hoebel BG. Brain neurotransmitters in food and drug reward. *Am J Clin Nutr* 1985; **42**(5 Suppl): 1133–1150.
19. Compan V, Zhou M, Grailhe R, Gazzara RA, Martin R, Gingrich J *et al*. Attenuated response to stress and novelty and hypersensitivity to seizures in 5-HT4 receptor knock-out mice. *J Neurosci* 2004; **24**: 412–419.
20. Saudou F, Amara DA, Dierich A, LeMeur M, Ramboz S, Segu L *et al*. Enhanced aggressive behavior in mice lacking 5-HT1B receptor. *Science* 1994; **265**: 1875–1878.
21. Lucas G, Compan V, Chamay Y, Neve RL, Nestler EJ, Bockaert J *et al*. Frontocortical 5-HT4 receptors exert positive feedback on serotonergic activity: viral transfections, subacute and chronic treatments with 5-HT4 agonists. *Biol Psychiatry* 2005; **57**: 918–925.
22. Dusticier N, Nieoullon A. Comparative analysis of the effects of in vivo electrical stimulation of the frontal cortex and g-butyrolactone administration on dopamine and dihydroxyphenylacetic acid (DOPAC) striatal contents in the rat. *Neurochem Int* 1987; **10**: 275–280.
23. Franklin KB, Paxinos G. *The mouse brain in stereotaxic coordinates.* Academic press: San Diego, 1997.
24. Conductier G, Dusticier N, Lucas G, Cote F, Debonnel G, Daszuta A *et al*. Adaptive changes in serotonin neurons of the raphe nuclei in 5-HT(4) receptor knock-out mouse. *Eur J Neurosci* 2006; **24**: 1053–1062.
25. Robledo P, Balerio G, Berrendero F, Maldonado R. Study of the behavioural responses related to the potential addictive properties of MDMA in mice. *Naunyn Schmiedeberg's Arch Pharmacol* 2004; **369**: 338–349.

26. Brunner D, Buhot MC, Hen R, Hofer M. Anxiety, motor activation, and maternal-infant interactions in 5HT1B knockout mice. *Behav Neurosci* 1999; **113**: 587–601.
27. Rocha BA, Fumagalli F, Gainetdinov RR, Jones SR, Ator R, Giros B *et al*. Cocaine self-administration in dopamine-transporter knockout mice. *Nat Neurosci* 1998; **1**: 132–137.
28. Scearce-Levie K, Viswanathan SS, Hen R. Locomotor response to MDMA is attenuated in knockout mice lacking the 5-HT1B receptor. *Psychopharmacology (Berl)* 1999; **141**: 154–161.
29. Kristensen P, Judge ME, Thim L, Ribel U, Christjansen KN, Wulff BS *et al*. Hypothalamic CART is a new anorectic peptide regulated by leptin. *Nature* 1998; **393**: 72–76.
30. Lucas JJ, Yamamoto A, Scearce-Levie K, Saudou F, Hen R. Absence of fenfluramine-induced anorexia and reduced c-Fos induction in the hypothalamus and central amygdaloid complex of serotonin 1B receptor knock-out mice. *J Neurosci* 1998; **18**: 5537–5544.
31. Holtkamp K, Hebebrand J, Herpertz-Dahlmann B. The contribution of anxiety and food restriction on physical activity levels in acute anorexia nervosa. *Int J Eat Disord* 2004; **36**: 163–171.
32. Kontinen H, Silventoinen K, Sarlio-Lahteenkorva S, Mannisto S, Haukkala A. Emotional eating and physical activity self-efficacy as pathways in the association between depressive symptoms and adiposity indicators. *Am J Clin Nutr* 2010; **92**: 1031–1039.
33. Steanov TS, Vekova AM, Kurkschiev DP, Temelkova-Kurkschiev TS. Relationship of physical activity and eating behaviour with obesity and type 2 diabetes mellitus: Sofia Lifestyle (SLS) study. *Folia Med (Plovdiv)* 2011; **53**: 11–18.
34. Dignon A, Beardmore A, Spain S, Kuan A. 'Why I won't eat': patient testimony from 15 anorexics concerning the causes of their disorder. *J Health Psychol* 2006; **11**: 942–956.
35. van Kuyck K, Casteels C, Vermaelen P, Bormans G, Nuttin B, Van Laere K. Motor- and food-related metabolic cerebral changes in the activity-based rat model for anorexia nervosa: a voxel-based microPET study. *Neuroimage* 2007; **35**: 214–221.
36. Vickers SP, Dourish CT, Kennett GA. Evidence that hypophagia induced by d-fenfluramine and d-norfenfluramine in the rat is mediated by 5-HT2C receptors. *Neuropharmacology* 2001; **41**: 200–209.
37. Clifton PG, Lee MD, Somerville EM, Kennett GA, Dourish CT. 5-HT1B receptor knockout mice show a compensatory reduction in 5-HT2C receptor function. *Eur J Neurosci* 2003; **17**: 185–190.
38. Kennett GA, Curzon G. Evidence that hypophagia induced by mCPP and TFMP requires 5-HT1C and 5-HT1B receptors; hypophagia induced by RU 24969 only requires 5-HT1B receptors. *Psychopharmacology (Berl)* 1988; **96**: 93–100.
39. Ase AR, Reader TA, Hen R, Riad M, Descarries L. Altered serotonin and dopamine metabolism in the CNS of serotonin 5-HT(1A) or 5-HT(1B) receptor knockout mice. *J Neurochem* 2000; **75**: 2415–2426.
40. Compan V, Daszuta A, Salin P, Sebben M, Bockaert J, Dumuis A. Lesion study of the distribution of serotonin 5-HT4 receptors in rat basal ganglia and hippocampus. *Eur J Neurosci* 1996; **8**: 2591–2598.
41. Compan V, Segu L, Buhot MC, Daszuta A. Selective increases in serotonin 5-HT1B/1D and 5-HT2A/2C binding sites in adult rat basal ganglia following lesions of serotonergic neurons. *Brain Res* 1998; **793**: 103–111.
42. Doucet E, Pohl M, Fattaccini CM, Adrien J, Mestikawy SE, Hamon M. In situ hybridization evidence for the synthesis of 5-HT1B receptor in serotonergic neurons of anterior raphe nuclei in the rat brain. *Synapse* 1995; **19**: 18–28.
43. Vilaro MT, Cortes R, Mengod G. Serotonin 5-HT4 receptors and their mRNAs in rat and guinea pig brain: distribution and effects of neurotoxic lesions. *J Comp Neurol* 2005; **484**: 418–439.
44. Svenningsson P, Chergui K, Rachleff I, Flajolet M, Zhang X, El Yacoubi M *et al*. Alterations in 5-HT1B receptor function by p11 in depression-like states. *Science* 2006; **311**: 77–80.
45. Warner-Schmidt JL, Flajolet M, Maller A, Chen EY, Qi H, Svenningsson P *et al*. Role of p11 in cellular and behavioral effects of 5-HT4 receptor stimulation. *J Neurosci* 2009; **29**: 1937–1946.
46. Malleret G, Hen R, Guillou JL, Segu L, Buhot MC. 5-HT1B receptor knock-out mice exhibit increased exploratory activity and enhanced spatial memory performance in the Morris water maze. *J Neurosci* 1999; **19**: 6157–6168.
47. Segu L, Lecomte MJ, Wolff M, Santamaria J, Hen R, Dumuis A *et al*. Hyperfunction of muscarinic receptor maintains long-term memory in 5-HT4 receptor knock-out mice. *PLoS ONE* 2010; **5**: e9529.
48. Francis HM, Kraushaar NJ, Hunt LR, Cornish JL. Serotonin 5-HT4 receptors in the nucleus accumbens are specifically involved in the appetite suppressant and not locomotor stimulant effects of MDMA ('ecstasy'). *Psychopharmacology (Berl)* 2011; **213**: 355–63.
49. Pratt WE, Blackstone K, Connolly ME, Skelly MJ. Selective serotonin receptor stimulation of the medial nucleus accumbens causes differential effects on food intake and locomotion. *Behav Neurosci* 2009; **123**: 1046–1057.
50. Francis HM, Kraushaar NJ, Hunt LR, Cornish JL. Serotonin 5-HT4 receptors in the nucleus accumbens are specifically involved in the appetite suppressant and not locomotor stimulant effects of MDMA ('ecstasy'). *Psychopharmacology (Berl)* 2010; **213**: 355–363.
51. Bankson MG, Cunningham KA. 3,4-Methylenedioxymethamphetamine (MDMA) as a unique model of serotonin receptor function and serotonin-dopamine interactions. *J Pharmacol Exp Ther* 2001; **297**: 846–852.
52. Geyer MA. Serotonergic functions in arousal and motor activity. *Behav Brain Res* 1996; **73**: 31–35.
53. Baumann MH, Clark RD, Rothman RB. Locomotor stimulation produced by 3,4-methylenedioxymethamphetamine (MDMA) is correlated with dialysate levels of serotonin and dopamine in rat brain. *Pharmacol Biochem Behav* 2008; **90**: 208–217.
54. Doly S, Valjent E, Setola V, Callebert J, Herve D, Launay JM *et al*. Serotonin 5-HT2B receptors are required for 3,4-methylenedioxymethamphetamine-induced hyperlocomotion and 5-HT release in vivo and in vitro. *J Neurosci* 2008; **28**: 2933–2940.
55. Colado MI, O'Shea E, Green AR. Acute and long-term effects of MDMA on cerebral dopamine biochemistry and function. *Psychopharmacology (Berl)* 2004; **173**: 249–263.
56. Jaworski JN, Kozel MA, Philpot KB, Kuhar MJ. Intra-accumbal injection of CART (cocaine-amphetamine regulated transcript) peptide reduces cocaine-induced locomotor activity. *J Pharmacol Exp Ther* 2003; **307**: 1038–1044.
57. Yang SC, Shieh KR, Li HY. Cocaine- and amphetamine-regulated transcript in the nucleus accumbens participates in the regulation of feeding behavior in rats. *Neuroscience* 2005; **133**: 841–851.
58. Hubert GW, Kuhar MJ. Colocalization of CART with substance P but not enkephalin in the rat nucleus accumbens. *Brain Res* 2005; **1050**: 8–14.
59. Hubert GW, Manvich DF, Kuhar MJ. Cocaine and amphetamine-regulated transcript-containing neurons in the nucleus accumbens project to the ventral pallidum in the rat and may inhibit cocaine-induced locomotion. *Neuroscience* 2009; **165**: 179–187.
60. Maldonado-Irizarry CS, Swanson CJ, Kelley AE. Glutamate receptors in the nucleus accumbens shell control feeding behavior via the lateral hypothalamus. *J Neurosci* 1995; **15**: 6779–6788.
61. Stratford TR, Kelley AE. Evidence of a functional relationship between the nucleus accumbens shell and lateral hypothalamus subserving the control of feeding behavior. *J Neurosci* 1999; **19**: 11040–11048.
62. Stratford TR, Swanson CJ, Kelley A. Specific changes in food intake elicited by blockade or activation of glutamate receptors in the nucleus accumbens shell. *Behav Brain Res* 1998; **93**: 43–50.
63. Verhagen LA, Luijendijk MC, de Groot JW, van Dommelen LP, Klimstra AG, Adan RA *et al*. Anticipation of meals during restricted feeding increases activity in the hypothalamus in rats. *Eur J Neurosci* 2011; **34**: 1485–1491.
64. Heisler LK, Cowley MA, Tecott LH, Fan W, Low MJ, Smart JL *et al*. Activation of central melanocortin pathways by fenfluramine. *Science* 2002; **297**: 609–611.
65. Heisler LK, Jobst EE, Sutton GM, Zhou L, Borok E, Thornton-Jones Z *et al*. Serotonin reciprocally regulates melanocortin neurons to modulate food intake. *Neuron* 2006; **51**: 239–249.
66. Aulakh CS, Hill JL, Wozniak KM, Murphy DL. Fenfluramine-induced suppression of food intake and locomotor activity is differentially altered by the selective type A monoamine oxidase inhibitor clorgyline. *Psychopharmacology (Berl)* 1988; **95**: 313–317.
67. Heffner TG, Seiden LS. Possible involvement of serotonergic neurons in the reduction of locomotor hyperactivity caused by amphetamine in neonatal rats depleted of brain dopamine. *Brain Res* 1982; **244**: 81–90.
68. Vickers SP, Benwell KR, Porter RH, Bickerdike MJ, Kennett GA, Dourish CT. Comparative effects of continuous infusion of mCPP, Ro 60-0175 and d-fenfluramine on food intake, water intake, body weight and locomotor activity in rats. *Br J Pharmacol* 2000; **130**: 1305–1314.
69. Doly S, Bertran-Gonzalez J, Callebert J, Bruneau A, Banas SM, Belmer A *et al*. Role of serotonin via 5-HT2B receptors in the reinforcing effects of MDMA in mice. *PLoS ONE* 2009; **4**: e7952.
70. Dumuis A, Bouhelal R, Sebben M, Cory R, Bockaert J. A nonclassical 5-hydroxytryptamine receptor positively coupled with adenylate cyclase in the central nervous system. *Mol Pharmacol* 1988; **34**: 880–887.
71. Self DW, Genova LM, Hope BT, Barnhart WJ, Spencer JJ, Nestler EJ. Involvement of cAMP-dependent protein kinase in the nucleus accumbens in cocaine self-administration and relapse of cocaine-seeking behavior. *J Neurosci* 1998; **18**: 1848–1859.
72. Rogge G, Jones D, Hubert GW, Lin Y, Kuhar MJ. CART peptides: regulators of body weight, reward and other functions. *Nat Rev Neurosci* 2008; **9**: 747–758.



Translational Psychiatry is an open-access journal published by Nature Publishing Group. This work is licensed under the Creative Commons Attribution-NonCommercial-No Derivative Works 3.0 Unported License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/3.0/>

Supplementary Information accompanies the paper on the Translational Psychiatry website (<http://www.nature.com/tp>)