

Modafinil decreases anxiety-like behaviour in zebrafish

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Modafinil (2-((diphenylmethyl)sulfinyl)acetamide), a selective dopamine and norepinephrine transporter inhibitor, is most commonly prescribed for narcolepsy but has gained recent interest for treating a variety of disorders. Zebrafish (*Danio rerio*) are becoming a model of choice for pharmacological and behavioural research. To investigate the behavioural effects of modafinil on boldness, we administered doses of 0, 2, 20, and 200 mg/L for 30 minutes then tested zebrafish in the novel approach test. In this test the fish was placed into a circular arena with a novel object in the center and motion-tracking software was used to quantify the time the fish spent in the outer area of the arena (thigmotaxis zone), middle third of the arena (transition zone) and center of the arena, as well as total distance traveled, immobility and meandering. Modafinil caused a decrease in time spent in the thigmotaxis zone and increased time spent in the transition zone across all doses. Modafinil did not significantly alter the time spent in the center zone (near the novel object), the distance moved, meandering, or the duration of time spent immobile. These results suggest that modafinil decreases anxiety-like behaviour in zebrafish.

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Abstract

12 Modafinil (2-((diphenylmethyl)sulfinyl)acetamide), a selective dopamine and norepinephrine
13 transporter inhibitor, is most commonly prescribed for narcolepsy but has gained recent interest
14 for treating a variety of disorders. Zebrafish (*Danio rerio*) are becoming a model of choice for
15 pharmacological and behavioural research. To investigate the behavioural effects of modafinil
16 on boldness, we administered doses of 0, 2, 20, and 200 mg/L for 30 minutes then tested
17 zebrafish in the novel approach test. In this test the fish was placed into a circular arena with a
18 novel object in the center and motion-tracking software was used to quantify the time the fish
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22 zone across all doses. Modafinil did not significantly alter the time spent in the center zone (near
23 the novel object), the distance moved, meandering, or the duration of time spent immobile. These
24 results suggest that modafinil decreases anxiety-like behaviour in zebrafish.

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Introduction

27 Modafinil (2-((diphenylmethyl)sulfinyl)acetamide) (brand name Alertec in Canada, Provigil in
28 the United States, and Modavigil in Australia) is a psychostimulant primarily used by narcolepsy
29 patients and shift workers to alleviate sleep related disorders. It is being tested as a potential
30 treatment for major depressive disorder (MDD), cocaine-addiction, and as a cognitive enhancer
31 (Abolfazli, et al., 2011; Dean, et al., 2011; Minzenberg & Carter, 2008). Modafinil is thought to
32 inhibit dopamine transporters (Madras et al., 2006; Volkow et al., 2009) as well as and
33 norepinephrine transporters (Madras et al., 2006) leading to increased synaptic dopamine and
34 norepinephrine, respectively, but not to a level stimulating abuse of the drug. It is shown to
35 reduce GABA (γ -aminobutyric acid) levels, and increase levels of serotonin (5HT), glutamate,
36 orexin, and histamines in the brain (Minzenberg & Carter, 2008, Mereu et al., 2013). Because of
37 its action on these neurotransmitter systems and low abuse profile, modafinil has the potential for
38 a wide therapeutic benefit.

39 Modafinil has a variety of effects on anxiety in humans and anxiety-like behaviour in
40 animal models. Some studies have shown anxiety generating (anxiogenic) effects in humans,
41 while others show anxiety reducing (anxiolytic) effects. In an emotion and cognition test, Rasetti,
42 et al. (2010) found that 7 days of modafinil (100 mg/day) increased the efficacy of prefrontal
43 cognitive information processing in humans, while reducing the reactivity to fearful and
44 threatening stimuli through the amygdala (controlling anxiety). However, in other studies,
45 repeated doses of modafinil given to sleep apnea patients (200-400 mg/day, 4 weeks; Schwartz,
46 Hirshkowitz, & Erman, 2003), and narcoleptic patients (400 mg/day, 2 weeks; Broughton, et al.,
47 1997) caused an increase in nervousness and/or anxiety. In another study, Randall, Shneerson,

48 Plaha, & File (2003) found that doses of 100-800 mg in ‘healthy young volunteers’ had
49 significant anxiogenic effects. Therefore, it is still inconclusive as to what type of anxiety-
50 altering response modafinil might produce in humans.

51 Often we can move to animal models to find answers to pharmacological questions,
52 however, animal models have also shown differing effects of modafinil. In rhesus macaque
53 monkeys (*Macaca mulatta*), single doses of modafinil have been shown to increase nocturnal
54 activity but did not decrease anxiety responses (Hermant, et al., 1991). Van Vliet, Jongsma,
55 Vanwersch, Olivier, & Philippens (2006) found an anxiolytic response in marmoset monkeys
56 (*Callithrix jacchus*) when recording their startle responses to a threat situation after a single oral
57 dose of modafinil (between 50-225 mg/kg). In male swiss albino mice (*Mus musculus*), Simon,
58 Panissaud & Costentin (1994) compared modafinil to dexamphetamine (another known
59 stimulant) and measured the relative stimulant properties as well as anxiety levels generated by
60 these substances. Of the three tests used (black and white compartment test, elevated plus maze,
61 and open field task), modafinil did not increase any anxiety behaviours. Interestingly, modafinil
62 dose-dependently increases spontaneous exploration in C57BL/6J mice (Young et al., 2011).
63 These studies in animal models also demonstrate an inconsistent effect of modafinil on anxiety
64 and exploratory behaviour.

65 Zebrafish (*Danio rerio*), have become a popular animal model used in the scientific
66 community due to their fecundity, larval-stage transparency, short gestational period, and ease in
67 handling (Gerlai, 2010; Stewart et al., 2014). The similarity in zebrafish genetic and behavioural
68 markers to those in humans, make this species-an ideal model organism for studying
69 pharmacological compounds (Spence et al., 2008; Tierney 2011). To date only one study
70 examined the effect of modafinil on zebrafish behaviour and it was performed on larval zebrafish

71 (6 days post-fertilization). Sigurgeirsson et al., (2011) found that modafinil causes a dose-
72 dependent reduction in sleep. Specifically, they found that modafinil had no effect on the number
73 of transitions between sleep and wakefulness throughout a 24 hour monitoring period, but had a
74 decrease in the mean sleep percentages of fish as the dosages increased, especially in the 12
75 hours in which the lights were off at night. Modafinil increased the wakeful bouts of fish whilst
76 maintaining the structure of sleep, however these researchers did not perform any cognitive or
77 anxiety-related behavioural tests. To date, the effects of modafinil in larval or adult zebrafish
78 remains relatively unexplored.

79 In this study we used the novel approach test, a well-validated test of anxiety in zebrafish
80 (Stewart et al., 2012) and other fish species (Ou et al., 2015). In this test the fish is placed into a
81 circular arena with a novel object in the center. Typically, zebrafish are fearful of the novel
82 object (neophobic) and spend time near the wall of the arena (thigmotaxis). With a camera-
83 based motion-tracking software system we quantified the time near the object, near the wall, and
84 in a transition zone in the middle, as well as distance moved, meandering, and immobility, after a
85 30 minute exposure to modafinil (2, 20, and 200 mg/L).

86 **Materials and Methods**

87 The experimental procedures were approved by the MacEwan University Animal
88 Research Ethics Board (AREB; protocol number 05-12-13). These standards are in compliance
89 with the Canadian Council for Animal Care (CCAC).

90 **Subjects**

91 This study used 100 adult zebrafish (*Danio rerio*) that were held in a 3-shelf benchtop
92 housing system (Aquatic Habitats) in either 3 or 10 L polypropylene tanks. The fish were

93 obtained from Aquatic Imports (Calgary) and the gender was unidentified. Habitat water was
94 made in the lab by purifying tap water through reverse osmosis (RO), then adding 5 mL of prime
95 (sodium thiosulphate), 25 g of aquarium salt, 10-18 g of NaHCO_3 , and 100 mL of acetic acid
96 were added for every 60 L of RO water. The water in the habitat was continuously recirculated,
97 treated with activated carbon, and was UV irradiated and filtered. The zebrafish were fed once
98 daily on an alternating diet of either flake food (Gamma-micro 300, New Life Products) or
99 shrimp (Omega One Freeze Dried Shrimp Nutri-Treat, Omega Sea Ltd.). Fish were kept on a
100 daily 12-hour light/dark cycle with lights turning on at 8AM and off at 8PM. The water
101 conditions in the habitat were monitored daily with the temperature maintained between 26.0 °C
102 and 29.0 °C, the pH between 7.0 and 8.0, and the dissolved O_2 levels between 5.0 and 10.0 ppm.

103 **Drug Administration**

104 Modafinil (Toronto Research Chemicals) was administered to the fish at three different
105 concentrations; 2 (n=19), 20 (n=23), or 200 (n=22) mg/L, by first dissolving powdered modafinil
106 in dimethyl sulfoxide (DMSO) to increase solubility. This DMSO/modafinil solution was mixed
107 with 250 mL of habitat water to achieve the desired concentration. The control group (n=35)
108 underwent otherwise identical experimental procedures (DMSO added to 250 mL of habitat
109 water) without the presence of modafinil. Zebrafish were individually administered modafinil or
110 control solutions for 30 minutes before testing began. Each drug group was performed on two
111 days of testing, with controls interspersed throughout the day at a 2:1 (drug:control) ratio,
112 resulting in ~n=20 for each drug group and n=35 for the controls. The drug solution was made
113 fresh each day and maintained at 26-28 °C. All of the fish used in this experiment were
114 experimentally and drug naïve.

115 **Behavioural Testing**

116 Testing was performed during the light hours of 12-hour light/dark cycle. On the day of
117 testing, the fish were transported in their housing tank to the experimental area. The fish were
118 individually placed in either the control or modafinil solution (2, 20, or 200 mg/L) for 30
119 minutes. Following drug administration the fish were placed in the circular arena placed into the
120 novel approach test arena; a circular white plastic arena with a diameter of 34 cm and walls that
121 were 16 cm high (Figure 1A). The arena was filled with 6 cm of habitat water that was
122 maintained at 26-28 °C using a heat mat (Seedling Heat Mat – HydroFarm) placed underneath
123 the arena. A Lego figurine was placed in the middle of the arena during testing and was used as
124 the novel object in this paradigm (Figure 1B) similar to other studies (Ou et al., 2015; Kwan et
125 al., submitted). It was held in place with a 1.5 cm x 1.5 cm square of Velcro glued to the feet of
126 the Lego figurine and the arena floor. The height of the water completely submerged the
127 figurine. The fish were placed into the arena and recorded for 10 minutes. Dependent variables
128 were measured using EthoVision XT (version 10; Noldus) motion tracking software. In
129 EthoVision, the arena was divided into three zones, the center, transition, and thigmotaxis zone.
130 The center zone consisted of a 10 cm diameter circle with the middle on top of the object. The
131 thigmotaxis zone was a circular zone from the wall 4.5 cm (one body length of a zebrafish)
132 toward the center of the arena. The transition zone was the zone in between the center zone and
133 thigmotaxis zone. The variables measured were time in each zone (center, transition,
134 thigmotaxis), distance moved, meandering, and duration immobile. Following the behavioural
135 testing the fish were placed back into their housing tanks.

136 **Statistical Analysis**

137 A D'Agostino & Pearson omnibus normality test was used to assess normality for all data
138 sets. One-way ANOVA with a post hoc Dunn's Multiple Comparison Test was used with

139 parametric data and nonparametric data was analyzed with a Kruskal-Wallis test. Absolute time in
140 each zone was measured as duration (s) in zones for the full 10 minute trial. Meandering was
141 quantified by dividing the turn angle of each fish by the distance moved and calculated in
142 Ethovision. Immobility was defined in as the percent change in the pixels of the fish from frame
143 to frame and was set at a threshold of 5% (Pham et al., 2009). The behavioural data was analyzed
144 using GraphPad Prism software (version 6). Data are shown as mean \pm s.e.m.

145 **Results**

146 Zebrafish were exposed to doses of 0 (control), 2, 20, and 200 mg/L for 30 minutes then
147 immediately tested zebrafish in the novel approach test. Figure 2 is a representative example of
148 the movement of one zebrafish over the duration of the 10 minute trial under control conditions
149 (Figure 2A) and another zebrafish after being exposed to 200 mg/L of modafinil (Figure 2B).
150 The heatmaps are examples of the same responses but with pseudocolour representation of the
151 location of the fish over time (Figures 2C-D).

152 **Time in zones**

153 To examine the effects of modafinil on anxiety and exploratory behaviour using the novel
154 approach test, the time spent in the center, transition, and thigmotaxis zones were measured. We
155 found that time spent in the thigmotaxis zone was significantly increased for all modafinil groups
156 compared to control (Figure 3A; control: 494.2 ± 9.8 s, 2 mg/L: 449.3 ± 15.8 s, 20 mg/L: $441.4 \pm$
157 12.5 s, 200 mg/L: 448.1 ± 16.5 s; $F(3,96) = 4.168$, $P = 0.008$). Time spent in the transition zone
158 was also significantly greater for all groups compared to controls (Figure 3B, control: $101.5 \pm$
159 9.3 s, 2 mg/L: 144.9 ± 14.7 s, 20 mg/L: 149.9 ± 11.9 s, 200 mg/L: 144.4 ± 15.1 s; $F(3,96) =$
160 4.136 , $P = 0.008$). Although there was a trend towards a dose-dependent effect of modafinil on

161 time spent in the center zone, there was no significant difference in time spent in the center
162 across all groups (Figure 3C; control: 4.3 ± 0.9 s, 2 mg/L: 5.8 ± 1.5 s, 20 mg/L: 8.7 ± 2.5 s, 200
163 mg/L: 7.5 ± 1.7 s; $H(3) = 5.727$, $P = 0.1257$).

164 **Locomotion**

165 To examine the locomotor activity of fish dosed with modafinil we quantified the
166 distance moved, meandering, and duration the fish was immobile. The drug treatment groups did
167 not significantly differ from the control group in the distance moved (Figure 4A; control $5537 \pm$
168 164 cm, 2 mg/L: 5957 ± 328 cm, 20 mg/L: 5410 ± 266 cm, 200 mg/L: 5288 ± 209 cm, $F(3, 96) =$
169 1.277 , $p = 0.2868$). No significant difference was found for meandering (Figure 4B; control:
170 158.8 ± 62.9 %/cm, 2 mg/L: 115.6 ± 74.3 %/cm, 20 mg/L: 339.1 ± 159.0 %/cm, 200 mg/L: $814.9 \pm$
171 438.0 %/cm, $H(3) = 5.376$, $P = 0.1463$) across all groups. There was no significant difference in
172 immobility (Figure 4C: control: 4.9 ± 1.6 s, 2 mg/L: 3.8 ± 2.2 s, 20 mg/L: 11.8 ± 5.2 s, 200
173 mg/L: 17.3 ± 7.9 s, $H(3) = 4.032$, $P = 0.2580$) across all groups.

174

175 **Discussion**

176 Our findings show that the acute administration of modafinil decreases anxiety-like
177 behaviour in zebrafish across a range of doses. In particular, zebrafish administered 2, 20, and
178 200 mg/L modafinil spent significantly less time in the thigmotaxic zone near the walls of the
179 arena, and more time in the transition zone of the novel approach test (Figures 2 and 3). This
180 type of behaviour is consistent with decreased anxiety, and has been observed in zebrafish with
181 anxiolytic compounds resulting in less time near the walls of an open field test (Maximino et al.,
182 2010). We observed no significant changes in locomotion; distance moved, meandering, and

183 immobility, therefore, their zone preference was not due to a locomotor alteration. These results
184 suggest that modafinil decreases anxiety in zebrafish.

185 The novel approach test involves placing a fish into a circular arena containing a novel
186 object in the center. The innate fear response for a never-before seen object (neophobia) is the
187 behaviour of interest in zebrafish, as they have a tendency to remain away from the object that
188 they may perceive as a predator (Wright et al., 2006, Moretz et al., 2007). This has been
189 pharmacologically validated in juvenile pink salmon with the GABA_A receptor antagonist,
190 gabazine, an anxiogenic compound that decreased time near the novel object and increased time
191 in the thigmotaxis zone (Ou et al., 2015). In the present study all doses of modafinil decreased
192 time in the thigmotaxis zone, suggesting that anxiety is reduced. There was a trend towards a
193 decrease in distance moved and increase in meandering as dosage increased, suggesting a
194 potential dose-dependent effect of modafinil on activity, however this did not reach significance.
195 These findings are consistent with a modafinil-induced increase in rearing and holepoking in
196 mice, which is considered exploratory behaviour, but somewhat in contrast with the elevated
197 hyperactivity observed in mice (Young et al., 2011).

198 Modafinil has been shown to occupy bindings sites on the dopamine transporter (DAT)
199 and norepinephrine transporter (NAT) with modest affinity compared to other psychostimulants
200 like methylphenidate (Ritalin; Madras et al., 2006; Minzenberg and Carter, 2008). This action
201 on the catecholamine system has been shown to increase extracellular dopamine in the medial
202 prefrontal cortex of rats (de Saint Hilaire et al., 2001), striatum of mice (Wisor et al., 2001) and
203 nucleus accumbens of rats (Ferraro et al., 1997; Munillo-Rodriiguez et al., 2007). In a recent
204 study on the effects of modafinil on dopamine receptor knockout mice the exploratory effect of
205 modafinil was attenuated in drd1 and drd4 knockout mice, supporting the role of the dopamine

206 D1 and D4 receptors in the increased exploratory response to elevated synaptic dopamine caused
207 by modafinil (Young et al., 2011). Extracellular norepinephrine has also been shown to be
208 increased in the prefrontal cortex and hypothalamus and extracellular serotonin increased in the
209 prefrontal cortex and hypothalamus (de Saint Hilaire et al., 2001) frontal cortex and amygdala
210 (Ferraro et al., 2000, 2002) of rats. In the current study we did not perform intracranial
211 microdialysis or use receptor knockouts, however, it is likely that elevated extracellular
212 dopamine, norepinephrine, and serotonin are also at least in part responsible for the anxiolytic
213 effects seen in zebrafish. In other zebrafish research there is ample evidence that modulation of
214 monoamine neurotransmission leads to changes in exploratory behaviour and anxiety. Using the
215 norepinephrine reuptake inhibitor, desipramine (25 mg/L), and the serotonin reuptake inhibitor,
216 citalopram (100 mg/L), Sackerman et al., (2010) demonstrated that each of these compounds
217 increased time spent in the upper region of a novel tank diving test which is indicative of
218 decreased anxiety. Also using the novel tank diving test, Bencan and colleagues (2009) found
219 that buspirone (6.25 – 50 mg/L) which is mainly a serotonin 1A agonist (with low affinity to the
220 dopamine D2 receptor agonist where it acts as an antagonist, and weak affinity to serotonin 2
221 receptor) (Loane & Politis, 2012) also had an anxiolytic effect. Chronic administration of
222 fluoxetine (100 µg/L for 2 weeks), a selective serotonin reuptake inhibitor also produced a
223 significant increase in time spent in the top of a novel tank diving test, decreasing anxiety.
224 Future research with genetic knockouts in zebrafish, like the *per1b* which expresses low levels of
225 dopamine (Huang et al., 2015) would be ideal to explore the mechanism of action of modafinil in

226 The novel approach test has been considered an appropriate test to assess anxiety in
227 zebrafish (Wright et al., 2006, Stewart et al., 2012), although, to the best of our knowledge, has
228 never been used with pharmacological compounds in zebrafish (Maximino et al., 2010). This

229 research supports the novel approach test as a legitimate test for anxiety and exploratory
230 behaviour in zebrafish and could be used with a variety of compounds. The present findings
231 suggest that modafinil has anxiolytic properties due to the decrease in time the fish spent in the
232 thigmotaxis zone and the increase in time the fish spent in the transition zone. Future research
233 should test the potential nootropic properties of modafinil on zebrafish using learning paradigms
234 like the novel object recognition test (May et al., 2015), episodic-like memory test (Hamilton et
235 al., 2016), food-based reinforcement tasks (Ingraham et al., 2016), or other appetitive
236 conditioning, associative learning or aversive conditioning learning and memory tests (see
237 Gerlai, 2016 for review). If successful at enhancing memory formation or storage, modafinil
238 could then be administered with a putative model of Alzheimer's disease, the prion protein
239 knockout model (Leighton et al., *under review*), in an attempt to rescue these deficits. Once the
240 complex drug profile of modafinil is understood, clinicians may be able to adequately prescribe
241 it to a wide range of patients.

242

243 **Figure Legends**

244

245 *Figure 1.* Apparatus used in the novel approach test. (A) The arena used was a plastic circular
246 arena (diameter: 34 cm, wall height: 16 cm) placed on a seeding mat to maintain water
247 temperature. (B) The novel object was a multicolour Lego figurine (height: 5 cm, width: 1.5 cm).

248 *Figure 2.* Individual fish movement in the novel approach test. (A) Trackplot of an individual
249 fish in the control condition for the 10 minute trial. (B) Trackplot of an individual fish in the 200
250 mg/L modafinil condition. (C) Heatmap of the same fish from the control condition in (A). A
251 heatmap is a visualization of the location of the fish over the entire 10 minute trial. (D) Heatmap
252 for the same fish from the modafinil 200 mg/L condition in (B).

253 *Figure 3.* Time in zones of the novel approach test. (A) The time spent in the thigmotaxis zone
254 (near walls) of the arena decreased with modafinil. (B) The time spent in the transition zone
255 (middle zone) of the arena increased with modafinil. (C) The time spent in the center zone
256 (where the object was located) was not significantly different across groups. * $p < .05$, ** $p <$
257 0.01 , difference from control group.

258 *Figure 4.* Locomotion variables in the novel approach test. (A) There was no significant
259 difference in distance moved across all groups. (B) There was no significant difference in
260 meandering across all groups. (C) There was no significant difference in immobility across all
261 groups.

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Figure 1(on next page)

All figures

Figure 1

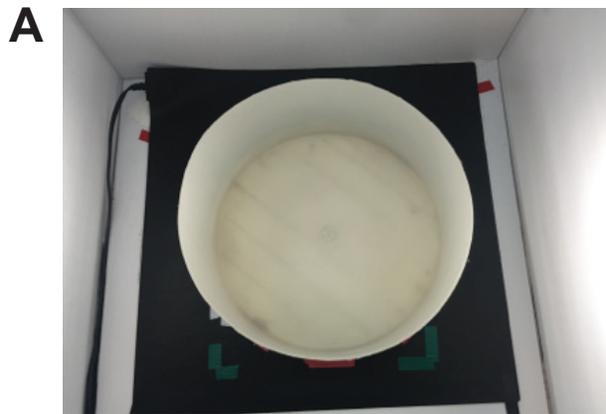
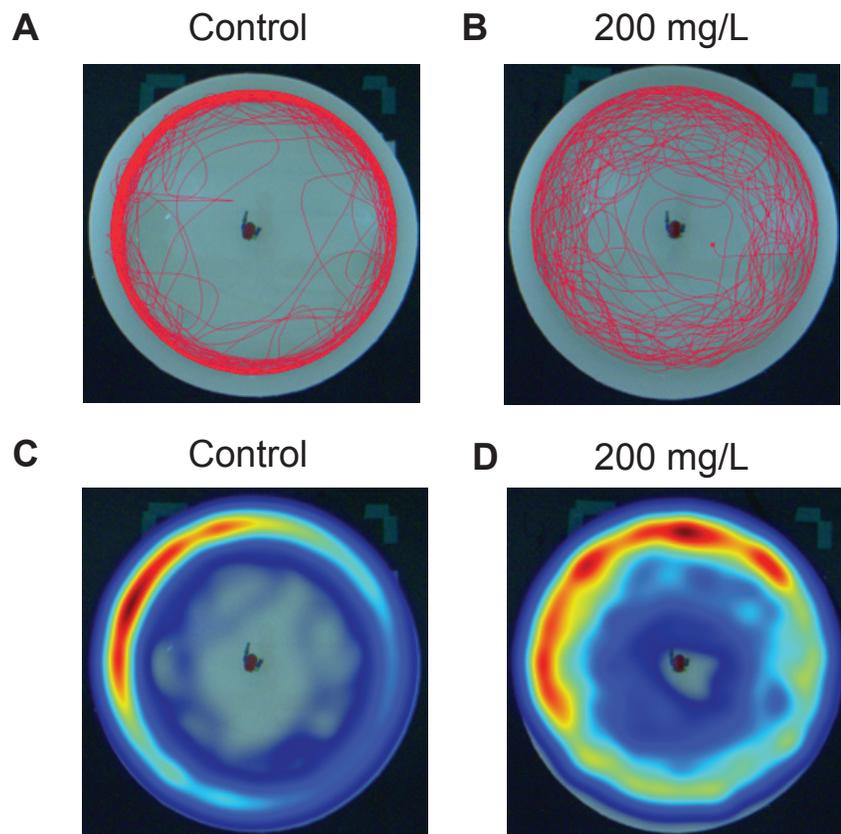


Figure 2



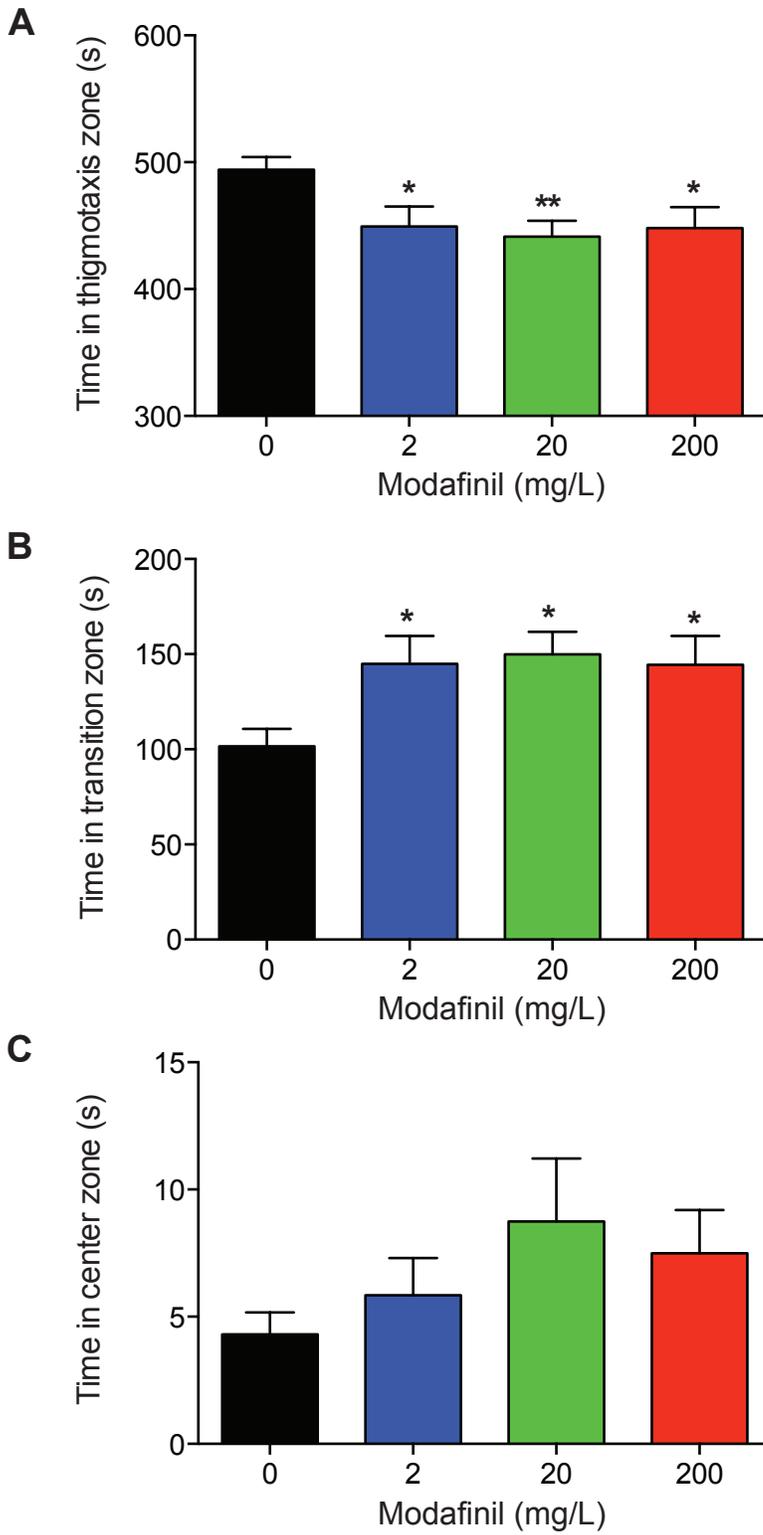


Figure 4

