

Correlation Between Cortical θ Activity and Hippocampal Volumes in Health, Mild Cognitive Impairment, and Mild Dementia

*M. Grunwald, *F. Busse, *A. Hensel, †F. Kruggel, ‡S. Riedel–Heller, ¶H. Wolf,
§T. Arendt, and *H.- J. Gertz

*University of Leipzig, Department of Psychiatry, *EEG-Research Laboratory and Memory Clinic, ‡Research Department of Evaluation, Epidemiology; §Paul-Flechsig-Institute of Brain Research; and ¶Department of Neurology; and the †Max-Planck-Institute of Cognitive Neuroscience, Leipzig, Germany.*

Summary: Cognitive decline is known to be associated with both increased θ power over frontal regions and hippocampal atrophy. The aim of this study was to reveal the relation between these parameters in groups with mild dementia, mild cognitive impairment, and healthy control subjects. The authors examined a preliminary randomly selected sample of 39 right-handed subjects joining the Leipzig Longitudinal Study of the Aged, consisting of 17 normal elderly subjects, 12 patients with mild cognitive impairment, and 10 patients with mild dementia assessed by Clinical Dementia Rating. All subjects were between 75 and 85 years old (mean age, 78 years; standard deviation, 2.78 years) and underwent EEG and brain MRI. Mean spectral power densities were calculated, and hippocampal body volume was measured. Significant negative linear correlations between θ power over frontal regions and hippocampal volumes were found. The results support the assumption about a relationship between hippocampal atrophy and θ power, and may be helpful for a better understanding of the course of Alzheimer's disease. **Key Words:** Cortical θ —EEG—Hippocampus—Mild cognitive impairment—Mild dementia.

Several studies described two relevant parameters that discriminate patients with Alzheimer's disease (AD), mild cognitive impairment (MCI), and healthy control subjects: increased electrical activity in the θ band in AD and decrease of hippocampal body volume (HVB) (Förstl et al., 1996; Prichep et al., 1994).

The increase in θ activity is a typical finding in AD and MCI patients. Discriminant analyses proved θ activity as the best discriminating electrophysiologic parameter between AD patients, MCI patients, and healthy

control subjects. Theta activity in these groups is highly correlated with loss of memory function (Jelic et al., 1996, 1998). Generally, there is a direct relation between memory function and θ activity (Grunwald et al., 1999; Mecklinger et al., 1992).

Hippocampal atrophy is a common finding in computed tomography and MRI studies of patients with AD and MCI (Bobinski et al., 1995; de Leon et al., 1993; Jack et al., 1997; Kesslak et al., 1991; Killiany et al., 1993; Strijers et al., 1997). In MRI studies, a marked decrease in hippocampal volume was found. De Leon et al. (1997) described a loss of hippocampal volume of 14% for the MCI group and 22% for the AD group compared with normal control subjects. Hippocampal atrophy is also observed in normal aging, and in aging associated with mild memory impairment (Golomb et al.,

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Address correspondence to Dr. Martin Grunwald, University of Leipzig, Department of Psychiatry, EEG-Research Laboratory, Memory Clinic, Emiliestraße 14, 04107 Leipzig, Germany.

1993, 1994). Several studies suggest that the atrophy of the hippocampal formation progresses linearly, even during the final stage of AD (Bobinski et al., 1995; Brady and Mufson, 1991; Jobst et al., 1992, 1994).

Functional relations seem to exist between cortical θ activity and the hippocampus. Direct connections seem to exist between the neocortex and the hippocampus. Miller (1991) suggests that direct posterior pathways exist behind the corpus callosum that transmit oscillations from the hippocampus to the neocortical regions. The slow-wave rhythmic activity in the θ band (4–7 Hz) of the hippocampus is localized in the CA1 field of the hippocampus (Duvernoy, 1988), and is controlled by the medial and lateral septum (Bland et al., 1999; Vinogradova, 1995). Two studies provide evidence for a connection between θ activity and hippocampal atrophy. A high correlation between θ activity and an excessive neuronal loss in the hippocampi was found at autopsy in AD patients (Rae-Grant et al., 1987). Therefore, it can be presumed that neuronal loss in the CA1 field may lead to changes in the slow-wave activity of the neocortex.

However, no reports have been provided so far concerning the relationship between a decreased HBV measured by MRI and EEG spectral θ power in groups with different degrees of cognitive impairment. We assume that a decrease of HBV correlates with an increase of cortical θ activity over frontal regions. We therefore evaluated the relation between θ activity and hippocampal atrophy in groups with MCI, mild dementia (MD), and healthy control subjects.

METHODS

Subjects

A preliminary, randomly selected sample of 39 right-handed subjects joining the Leipzig Longitudinal Study of the Aged (Riedel-Heller et al., 1999) was examined. All subjects were between 75 and 85 years old (mean

age, 78 years; standard deviation, 2.78 years), and had Mini-Mental State Examination scores more than 18 points. Exclusion criteria were physical and/or neurologic disabilities (such as blindness, deafness, severe movement disorders, or paralysis) that would have interfered with the ability of the subject to complete neuropsychological tests or paraclinical examinations (such as computed tomographic, EEG or MRI procedures). All subjects were examined medically and neurologically by a trained physician and/or neurologist/psychiatrist. During the neurologic examination, focal neurologic signs and symptoms, gait, balance, primitive reflexes, and extrapyramidal signs were assessed. Psychiatric assessment included the completion of the Montgomery-Asberg Depression Scale (Montgomery and Asberg, 1979) and a semistructured interview to assess cognitive and functional abilities of the subject. A semistructured, detailed medical history was obtained, and the following rating scales were completed: a brief screen for psychosis and major depression based on the *Diagnostic and Statistical Manual of Mental Disorders*, 3rd edition, revised, criteria (American Psychiatric Association, 1987), the Clinical Dementia Rating (CDR) (Berg, 1984), and the Mini-Mental State Examination (Folstein et al., 1975). The CDR is a 5-point scale with the following scores: 0, normal cognition; 0.5, questionable dementia, mild cognitive impairment; 1, mild dementia; 2, dementia; and 3, severe dementia. Using the staging procedure of CDR, all subjects were classified: The sample consisted of normal elderly control subjects (CDR, 0 point; $n = 17$), MCI patients (CDR, 0.5 point; $n = 12$), and MD patients (CDR, 1 point; $n = 10$). Patients with a CDR of 2 or 3 points were excluded. All patients with a CDR of 1 point were diagnosed as having AD according to the criteria of the NINCDS-ADRDA Work Group (McKhann et al., 1984). Demographic and neuropsychiatric characteristics of the groups are shown in Table 1.

TABLE 1. Characteristics of the groups, hippocampal volumes, and results of ANOVA

Variable	Control subjects, CDR 0.0, mean (SD)	MCI patients, CDR 0.5, mean (SD)	MD patients, CDR 1.0, mean (SD)
n	17	12	10
Female/male	13/4	10/2	6/4
Age, y	78.4 (3.1)	78.5 (2.2)	78.2 (2.9)
MMSE, pt.*†‡	28.2 (1.3)	25.6 (1.0)	22.4 (2.0)
Left, mm ² *†‡	413.97 (53.39)	354.74 (42.39)	297.59 (46.63)
Right, mm ² ‡	427.42 (66.28)	379.30 (41.31)	316.89 (62.64)

Analysis of variance post hoc significance: * Controls > MCI; † MCI > MD; ‡ Controls > MD; $P < 0.01$.

CDR, Clinical Dementia Rating; SD, standard deviation; MMSE, Mini-Mental State Examination; MCI, mild cognitive impairment; MD, mild dementia.

EEG Recording and Parameters

EEG recordings were performed 51 ± 75 days before the MRI study. EEG data were collected in a dimly lit, temperature-controlled, electrically shielded room on a 19-channel EEG polygraph (Walter Graphtek, Halle, Germany) with the subject in a supine position during a 10-minute resting condition with eyes closed. Data were recorded from 19 Ag–AgCl saucer-type electrodes placed according to the International 10-20 System (Fp1, Fp2, F7, F3, Fz, F4, F8, T3, C3, Cz, C4, T4, T5, T6, P3, Pz, P4, O1, and O2; reference, linked earlobes; sampling rate, 166.6 Hz; time constant, 0.3 seconds; low-pass filter, 70 Hz). Horizontal and vertical eye movements were recorded from bipolar montages with the same sampling parameters. Segmentation of EEG data and subsequent calculations of the mean spectral power density was performed with an EEG analytic software package (Rost et al., 1992). Artifact-free segments of 1.53 seconds (256 samples per channel) from the rest period were chosen by visual inspection and were substantiated by cross-correlation analysis between relevant frontal EEG and electro-oculographic electrodes ($r_{\text{crit.}} < 0.5$). Fifty to 60 artifact-free EEG segments per subject were used for spectral analysis. The remaining segments were submitted to a fast Fourier transform analysis and smoothed with a 7-point low-pass filter (weights, 1/64, 3/32, 15/64, 5/16, 15/64, 3/32, and 1/64). Mean spectral power densities (in microvolts) were calculated as the

mean amplitude of the spectral lines of each EEG band (θ , 4–8 Hz; α , 8–13 Hz; α -1, 8–10 Hz; α -2, 10–13 Hz). The spectral power density parameters were “z-transformed” before statistical analysis (mean, 0; standard deviation, 1). Spectral power densities in the θ band (mean and standard deviation) of the different groups are presented in Table 2.

Neuroanatomic Imaging and Analysis

For each subject, a three-dimensional T1-weighted high-resolution MRI brain dataset was obtained on a Siemens Vision 1.5-T scanner (Siemens, Erlangen, Germany) using a three-dimensional T1-weighted sequence (magnetization prepared rapid gradient echo [MPRAGE]; repetition time, 11.4 msec; echo time, 4.4 msec; 128 slices; matrix, 256×256 ; voxel size, $0.9 \times 0.9 \times 1.5$ mm). Collected datasets were analyzed with the BRAIN system (Kruggel and Lohmann, 1996). Datasets were aligned with the stereotactic coordinate system by identifying the cross-point of the anterior and posterior commissure in the midsagittal plane and the angular misrotation along the body and the sagittal axes (Talairach and Tournoux, 1988). Using these parameters, an affine transformation was defined to rotate, translate, and interpolate the brain dataset to an isotropic voxel resolution of 1 mm. The intracranial compartments, gray matter, white matter, internal and external cisterns (cerebrospinal fluid compartments) were determined auto-

TABLE 2. Spectral power density in the θ band

Channel, μV	Control subjects		MCI		MD		F value	P Value
	Mean	SD	Mean	SD	Mean	SD		
Fp1*	3.24	1.48	3.52	1.27	4.85	2.00	3.202	0.052
O2	4.18	1.93	3.90	1.70	6.18	4.02	1.546	0.227
F7	3.27	1.53	3.34	1.29	5.01	3.02	1.755	0.187
F8	3.07	1.90	2.69	1.06	4.34	2.35	2.277	0.117
T3	3.13	2.06	2.83	1.02	4.89	3.24	1.688	0.199
T4	2.84	2.05	2.26	1.01	3.91	2.33	2.044	0.144
T5	3.98	1.89	3.45	1.42	5.96	3.66	2.132	0.133
T6	3.74	2.11	3.59	1.95	5.45	3.22	1.588	0.218
Fz	3.95	2.15	4.07	1.44	5.57	2.61	1.927	0.160
Cz	4.52	2.51	4.36	1.49	6.14	3.01	1.517	0.233
Pz	4.33	2.23	3.95	1.41	6.25	3.53	1.951	0.157
Fp2*	3.19	1.62	3.47	1.19	4.83	1.91	3.748	0.033
F3	3.81	2.08	3.91	1.28	5.43	2.54	2.103	0.137
F4	3.71	2.04	3.76	1.31	5.31	2.58	2.079	0.140
C3	4.07	2.28	3.96	1.23	5.81	3.00	1.846	0.172
C4	4.04	2.33	3.66	1.36	5.58	2.96	1.713	0.195
P3	4.17	1.99	3.65	1.12	6.51	3.86	2.593	0.089
P4	4.30	2.24	3.4	1.68	6.30	3.62	1.912	0.162
O1	4.27	2.00	3.64	1.19	6.39	3.95	2.299	0.115

Analysis of variance post hoc significance: * Controls < MD, $P < 0.05$.
SD, standard deviation; MCI, mild cognitive impairment; MD, mild dementia.

matically using a boundary-guided region-growing procedure (Hojjatolleslami et al., 1999). The intracranial volume was defined as the sum of the brain volume (BV*) and the cerebral spinal fluid volume (Blüml, et al., 1992). The corrected BV was defined as $[(BV^*/\text{intracranial volume}) \times 100]$. Cross-sections of the hippocampus were segmented manually in the coronal plane on both sides, starting at the head-body transition of the hippocampus, and progressing posteriorly in five sections at a distance of 3 mm. Areas were summed on each side (hippocampal body volume left [HBVL]*, respectively hippocampal body volume right [HBVR]*) and normalized by the intracranial volume to yield an estimate of the volume of the hippocampal body (HBVL, respectively HBVR).

Statistical Evaluation

All statistical analyses were conducted using the SPSS (Chicago, IL, U.S.A.) package for Windows (version 7.5.2). Tests for significance between groups were performed using an analysis of variance (ANOVA) model followed by Gabriel post hoc analyses to detect differences of means between groups. Z-transformed power data and z-transformed normalized HBV data were used for the ANOVA. The criteria of the homogeneity of variance was fulfilled. The critical α values (Bonferroni) for the ANOVA of the θ power data were $\alpha' = 0.002$, and for the comparison of the hippocampal body parameters (left and right side) was $\alpha' = 0.025$. The criteria of the homogeneity of variance was fulfilled.

To evaluate the correlation between EEG data and HBV on each side (left/right), the partial correlation coefficients were computed and controlled for gender and interval between MRI and EEG. The dependence of BV changes and brain electrical activity on gender has been described in different studies (Coffey et al., 1998; Juarez and Corsi-Cabrera, 1995). For correlation analysis, we used spectral power densities (logarithmic transformed $[\ln_{10}(x)]$) and normalized HBV parameters ($\ln_{10}[\text{HBVL}]$ or $\ln_{10}[\text{HBVR}]$). According to our hypothesis, the correlation HBVL/Fp1, F7, F3 and HBVR/Fp2, F8, F4 was assessed. Because of the number of the single tests, the critical α value was $\alpha' = 0.008$ (Bonferroni corrected).

RESULTS

No significant group effects were found for age ($F[2,36] = 0.037$; $P = 0.964$). Significant group effects were found for Mini-Mental State Examination score ($F[2,36] = 50.47$, $P = 0.000$).

The HBVL and the HBVR for control subjects, MCI patients, and MD patients are shown in Table 1. ANOVA revealed significant differences between the groups in the volumes of both hippocampal bodies (right side: $F[2,38] = 18.52$, $P = 0.000$; left side: $F[2,38] = 11.19$, $P = 0.000$). These results are consistent with the results of Helkala et al. (1996). The posthoc results of ANOVA are shown in Table 1. Patients with MD had a significantly smaller HBVL than control subjects and patients with MCI. Patients with MCI had a significantly smaller HBVL than control subjects (left: control subjects > MCI > MD). Patients with MD had a smaller HBVR than the control group. No significant differences in HBVR were observed between control subjects and MCI patients as well as between MCI patients and MD patients (right: control subjects > MD; see Table 1).

ANOVA results showed no significant group effects for the spectral θ power. No test reached the critical α level. Results of ANOVA are shown in Table 2.

Partial correlation coefficients (corrected for gender and interval between EEG measurement and MR image) between HBVL and spectral power density of the θ band (left frontal electrode positions: Fp1, F7, F3) were significant for electrode Fp1. HBVR and spectral power density of the θ band (right frontal electrode positions: Fp2, F8, F4) showed a significant correlation for Fp2, F8, and F4.

Moreover, significant correlations were found between HBVR and θ power for the electrodes C4, Fz, and Cz ($P < 0.05$). All these correlations were negative. The correlation coefficient for the HBVR and the right frontal θ power (Fp2) was significant ($P = 0.005$; $r = -0.4134$). Therefore, the critical α ($\alpha' = 0.008$) fell short of one correlation test. This means that the hypothesis of a linear relation between the variables can be affirmed. Partial correlation coefficients of all comparisons are compiled in Table 3. Four significant linear correlations are shown by example in Fig. 1.

For spectral power density of the α band, the α -1 band, and the α -2 band, no significant correlation coefficients were found.

DISCUSSION

A negative correlation was found between the HBV and the spectral power density in the θ band in the corresponding frontal regions. A negative correlation existed in seven comparisons. The HBVR was correlated with θ activity over the right frontal lobe (Fp2, F4, F8), over the right central regions (C4), and over the mid-frontal regions (Fz, Cz). On the left side, the HBV correlated significantly with the θ activity over the left

TABLE 3. Partial correlation coefficients (corrected for gender and time interval between MRI and EEG) between spectral power density of θ band and hippocampal body volume

Hippocampal body volume, mm ²					
Left side			Right side		
θ channel	<i>r</i> value	<i>P</i> value	θ channel	<i>r</i> value	<i>P</i> value
Fp1	-0.2778	0.048	Fp2	-0.4134	0.005
F3	-0.2268	0.089	F4	-0.3193	0.027
F7	-0.2406	0.076	F8	-0.2806	0.046
P3	-0.2567	0.063	C4	-0.2960	0.038
C3	-0.2400	0.076	P4	-0.2704	0.053
T3	-0.2330	0.083	T4	-0.2495	0.058
T5	-0.2112	0.105	T6	-0.2441	0.073
O1	-0.2433	0.073	O2	-0.2196	0.096
Fz	-0.2479	0.070		-0.3327	.022
Cz	-0.2317	0.084		-0.3062	0.033
Pz	-0.2394	0.077		-0.2734	0.051

P = one-tailed significance of partial correlation coefficients.

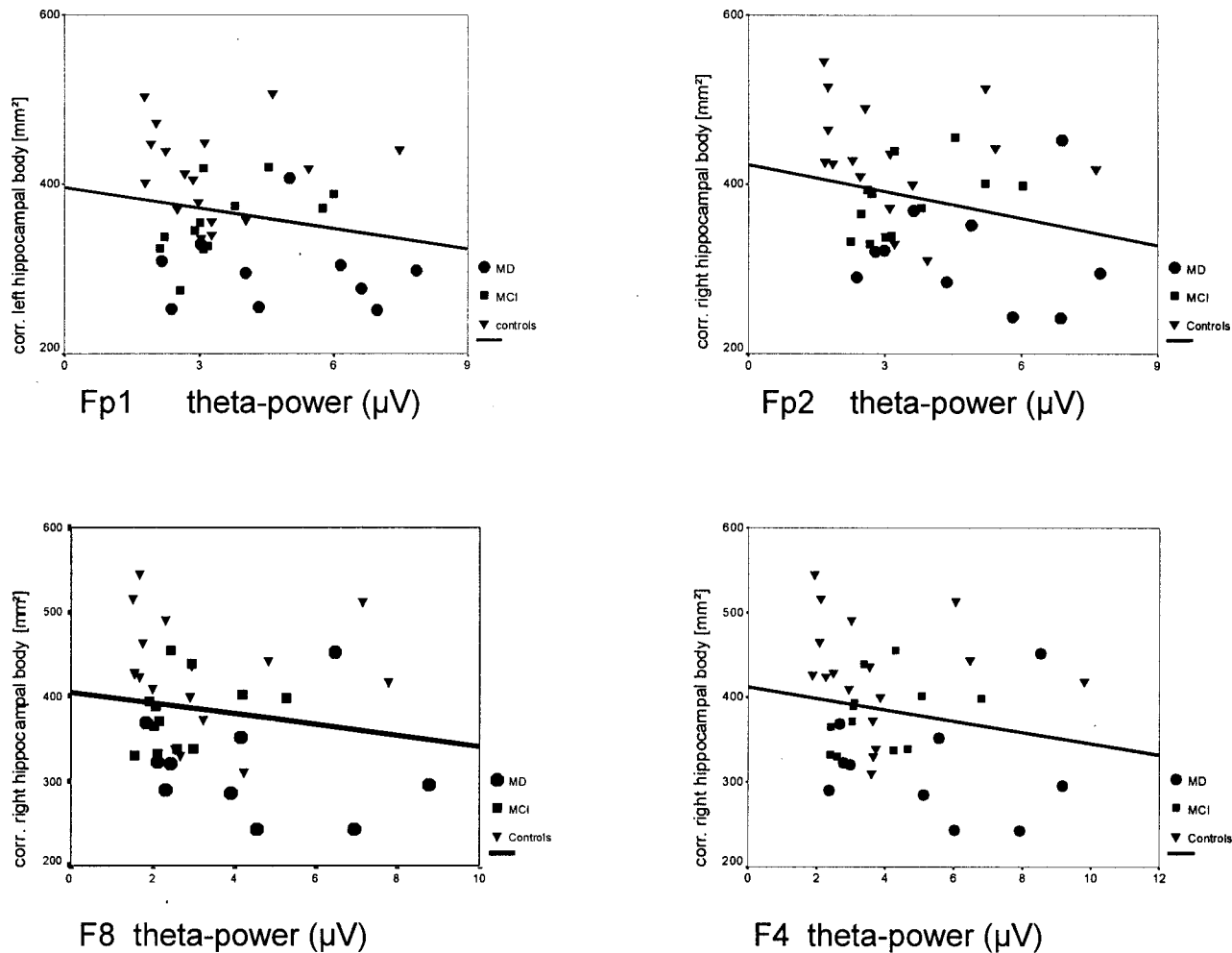


FIG. 1. Regression plot for significant linear correlations between right hippocampal volumes and right-frontal θ power (Fp2, F4, F8), and between left hippocampal volumes and left-frontal θ power (Fp1).

frontal lobe (Fp1). Our observations were specific for the θ band because no correlations were revealed for the α , α -1, and α -2 bands. We conclude that in our groups hippocampal atrophy corresponded with increased frontal cortical θ activity in both hemispheres in dementia and other degrees of cognitive impairment. Neuropathologic mechanisms leading to an increase of cortical θ activity in humans are not completely understood so far. However, it is known that the slowing of the dominant EEG rhythm in dementia patients correlates with a general reduction in cortical metabolic activity (Buchan et al., 1997; Dierks et al., 1991, Elmstahl et al., 1994). This relationship is described particularly for the left-brain regions. The decrease in the volume of the hippocampal subdivisions correlated with the neuronal loss and the percentage of neurons without neurofibrillary changes, but not with the numeric density or total number of

plaques or the amyloid burden (de Leon et al., 1997). Therefore, the linear relationship between θ activity and HBV in our data may be the result of neuronal loss in hippocampus, particularly of neurons in the CA1 field (Bobinski et al., 1995). Possibly, the striking increase of synchronized hippocampal θ activity reflects the process of degeneration, particularly of inhibitory interneurons in the CA1 field. Therefore, septal input cannot be processed adequately (Bösel, 1993; Creutzfeldt, 1993; Duvernoy, 1988). The θ activity in neocortical regions is induced by synchronized bursts of a small set of hippocampal pyramidal cells in the CA1 field and is regulated by hippocampocortical feedback loops (Klimesch et al., 1996; Lopes da Silva, 1992; Miller, 1991; Stewart and Fox, 1990). On the basis of the current knowledge, this argument has to be seen as hypothetical.

Descriptive statistics of intergroup comparisons revealed for both HBV and θ activity different results: Regarding HBVL, it turns out that there were significant differences between all groups (see Table 1) as shown by others (de Leon et al., 1997). The MD group differed in spectral θ power density from the control group over the left and the right frontal regions (Fp1, Fp2). These tests did not reach the critical α level. These data agree with previous reports about an increase of slow EEG activity over frontal regions during the progression of dementia (Besthorn et al., 1994; Wada et al., 1998).

The linear trend between hippocampal atrophy and θ activity in the current study supports the assumption that both processes may be linked. Both parameters may be helpful for a better understanding of the course of AD. However, mechanisms leading to increased θ activity in hippocampal atrophy remain unclear and require further investigation.

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