Modulation of the firing activity of female dorsal raphe nucleus serotonergic neurons by neuroactive steroids

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Abstract

Important gender differences in mood disorders result in a greater susceptibility for women. Accumulating evidence suggests a reciprocal modulation between the 5-hydroxytryptamine (5-HT) system and neuroactive steroids. Previous data from our laboratory have shown that during pregnancy, the firing activity of 5-HT neurons increases in parallel with progesterone levels. This study was undertaken to evaluate the putative modulation of the 5-HT neuronal firing activity by different neurosteroids. Female rats received i.c.v. for 7 days a dose of 50 µg/kg per day of one of the following steroids: progesterone, pregnenolone, 5β-pregnane-3,20-dione (5β-DHP), 5β-pregnan-3α-ol,20-one, 5β-pregnan-3β-ol,20-one, 5α-pregnan-3,20-dione, 5α-pregnan-3α-ol,20-one (allopregnanolone, 3α,5α-THP), 5α-pregnan-3β-ol,20-one and dehydroepiandrosterone (DHEA). 5β-DHP and DHEA were also administered for 14 and 21 days (50 µg/kg per day, i.c.v.) as well as concomitantly with the selective sigma 1 (σ₁) receptor antagonist NE-100. In vivo, extracellular unitary recording of 5-HT neurons performed in the dorsal raphe nucleus of these rats revealed that DHEA, 5β-DHP and 3α,5α-THP significantly increased the firing activity of the 5-HT neurons. Interestingly, 5β-DHP and DHEA showed different time-frames for their effects with 5β-DHP having its greatest effect after 7 days to return to control values after 21 days, whereas DHEA demonstrated a sustained effect over the 21 day period. NE-100 prevented the effect of DHEA but not of 5β-DHP, thus indicating that its σ₁ receptors mediate the effect of DHEA but not that of 5β-DHP. In conclusion, our results offer a cellular basis for potential antidepressant effects of neurosteroids, which may prove important particularly for women with affective disorders.

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Introduction


Ovarian steroids are known to affect brain areas not directly related to reproductive functions, such as the dorsal raphe nuclei (DRN) (McEwen et al. 1998). This nucleus being a region rich in 5-HT neuron cell bodies, ovarian steroids may have a functional impact on the 5-HT system. Numerous studies, performed in females, indicate that ovarian steroids modulate the expression of several genes of the 5-HT system (e.g. tryptophan hydroxylase, vesicular monoamine transporter, serotonin reuptake genes of the 5-HT system (e.g. tryptophan hydroxylase, vesicular monoamine transporter, serotonin reuptake transporter and different 5-HT receptors) (see review by Bethea et al. 1999).

Moreover, there is accumulating evidence suggesting that depressive states may be associated with a decrease in 5α-pregnan-3α-ol,20-one (allopregnanolone, 3α,5α-THP) levels. For instance, in a mouse model of depression, long-term social isolation decreases the cortical levels of 3α,5α-THP and 5α-pregnan-3,20-dione (5α-DHP) (Dong et al. 2001). Also, the levels of 3α,5α-THP and 5β-pregnan-3α-ol,20-one (3α,5β-THP) were shown to be significantly lower in the cerebrospinal fluid (CSF) and plasma of depressed patients as compared with controls (Romeo et al. 1998, Uzunova et al. 1998). Conversely, selective serotonin reuptake inhibitors (SSRIs) have been shown to increase the cerebral content of some neuroactive steroids in both rats and humans (Uzunov et al. 2003).
Neurosteroids modulate female 5-HT neurons

M. Robichaud and G. Debonnel

Materials and Methods

Animals

Sprague-Dawley rats (Charles-River, St-Constant, Quebec, Canada) weighing between 250 and 325 g were kept under standard laboratory conditions (12 h light:12 h darkness cycle with free access to food and water). FC and OVX females were used for the experiments. Ethical committee approval was obtained from the McGill University Animal Ethical Care Committee and all their rules and regulations were followed. The suffering of animals as well as the number used was kept at a minimum.

Treatment with inhibitors of progesterone synthesis and metabolism

OVX females operated at their 8th week of life were used for treatments with trilostane and finasteride. Trilostane treatments began at the 9th week of life. Trilostane suspended in sesame oil was administered by daily s.c. injections of 25 mg/kg for 14 days. Finasteride treatments began at the 10th week of life. Finasteride suspended in 1.5% methycellulose was administered for 5 days by daily gavage of 20 mg/kg. These doses of finasteride and trilostane have previously been shown to efficiently inhibit the 5α-reductase and 3β-hydroxysteroid dehydrogenase (3β-HSD) enzymatic activities respectively (Potts et al. 1978, Young et al. 1994, Phan et al. 1999, Micevych et al. 2003). Experiments were carried out on the day following the last administration of either drug.

Treatments with steroids

All steroids were dissolved in 3% (v/v) ethanol/distilled water and administered i.c.v. continuously by mean of an s.c. osmotic minipump connected to a cannula (ALZA, Palo Alto, CA, USA), which was implanted in the left lateral ventricle of the rat brain. The surgery was performed as described by the manufacturer (ALZA) and under chloral hydrate anesthesia. Each steroid was administered at a dose of 50 µg/kg per day. NE-100 (N,N-dipropyl-2-(4-methoxy-3-(2-phenylethoxy)phenyl)ethylamine), a sigma 1 (σ1) receptor antagonist, was dissolved in distilled water and administered s.c. by an osmotic minipump for a daily dose of 10 mg/kg.

FC received one of the following treatments: 7, 14 or 21 days with either 5β-pregnane-3,20-dione (5β-DHP) or dehydroepiandrosterone (DHEA); 7 days with either progesterone, pregnenolone (PREG), 3α,5β-THP, 5β-pregnane-3β-ol,20-one (3β,5β-THP), 5α-DHP, 3α,5α-THP or 5α-pregnane-3β-ol,20-one (3β,5α-THP); 7 days with either 5β-DHP or DHEA concomitantly with NE-100. A first control for the surgical procedure was obtained with i.c.v. administration of saline for 7 days. A second series of controls received 3% ethanol, i.c.v., for 7 days. Experiments were carried out the day following the last day of administration and after removal of the cannula. Following experiments, every brain was removed, frozen at −80 °C and sliced using a microtome to confirm the position of both the cannula and the recording electrode.

Electrophysiological experiments

All rats were anesthetized by an i.p. injection of chloral hydrate (400 mg/kg) and additional doses of 100 mg/kg were administered when needed. Rats were immobilized in a stereotaxic apparatus and their body temperature was maintained at approximately 37 °C throughout the experiment by a thermistor-controlled heating pad.

Extracellular unitary recording of serotonergic neurons were conducted with single-barreled glass micropipettes pulled in a conventional manner, filled with a 1 M NaCl solution and of final impedance ranging between 2 and 6 MΩ. A 4 mm diameter hole was drilled in the skull of each rat at the appropriate location (about 1 mm anterior of

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lambda and centered with respect to the midline). DRN 5-HT neurons unit activity was recorded by lowering the micropipette along descents covering the nucleus from 300 µm to about 1500 µm anterior of lambda. Spontaneously active DRN 5-HT neurons were identified according to the criteria of Aghajanian et al. (1978): a slow and regular rhythmical firing rate and positive action potentials of long duration.

For each group of rats, the basal firing rate of 5-HT neurons was calculated by averaging the firing rate of each neuron measured. This was achieved by recording, for at least 60 s, each 5-HT neuron encountered in complete descents in the DRN of three to six rats.

Statistics
Statistical analysis were performed with the software SigmaStat for Windows Version 2.0 (Jandel Corporation, San Rafael, CA, USA). Average values are given as the means ± S.E.M. One-way ANOVA, with alpha=0.05, followed by a post-hoc analysis using Tukey’s method of comparison vs control was used for evaluating statistical
significance. Results (F) of statistical analysis are expressed in terms of degrees of freedom between groups compared and number of groups compared. Significance was considered for $P < 0.05$.

**Drugs**

Trilostane was obtained from Sanofi Research Division (Malvern, PA, USA), NE-100 was kindly provided by Taisho Pharmaceutical Co. Ltd (Tokyo, Japan) and finasteride was prepared from 5 mg commercial pills of Proscar (Merck Frosst, Kirkland, Québec, Canada). Steroids used were: progesterone, PREG, 3β-DHP, 3α,5β-THP, 3β,5β-THP, 5α-DHP, 3α,5α-THP, 3β,5α-THP (Steraloid) and DHEA (Sigma, Newport, RI, USA).

**Results**

Two types of controls were separately carried out in order to assess the potential effect of the surgical procedure and of the vehicle. Since the surgical control (saline, i.c.v.) was very similar to FC (1.01 ± 0.07 Hz, $n=70$, and 1.02 ± 0.07 Hz, $n=72$ respectively (data not shown)), the vehicle control was used for comparison with the subsequent treatments. Progesterone, administered i.c.v. for 7 days to FC did not significantly modify the firing activity of 5-HT neurons (1.21 ± 0.07 Hz, $n=95$ vs 1.18 ± 0.10 Hz, $n=52$ ($F(1,2)=0.09$, n.s.)) (Fig. 2).

Since in a previous series of experiments, OVX did not decrease the basal firing activity of 5-HT neurons (Klink et al. 2002), we decided to investigate if the cerebral synthesis of progesterone was sufficient to maintain the basal 5-HT neuron activity. Thus, to prevent local progesterone synthesis, OVX rats were treated with trilostane (an inhibitor of the 3β-hydroxysteroid dehydrogenase, the enzyme responsible for converting PREG into progesterone, see Fig. 1). As reported before, the firing activity of 5-HT neurons was not significantly modified following OVX (as compared with FC ($F(1,2)=1.19 ± 0.12 Hz, n=43$ vs 1.02 ± 0.07 Hz, $n=72$, n.s.), Fig. 3A). Following the treatment with trilostane (25 mg/kg per day

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**Figure 2** (A) Integrated firing rate histograms of 5-HT neurons, showing their spontaneous firing activity, recorded in one electrode descent in the DRN of female controls (3% ethanol, i.c.v., 7 days) and following a treatment with progesterone (50 μg/kg per day, i.c.v., 7 days). (B) Spontaneous firing rate of female DRN 5-HT neurons expressed in Hz (means ± S.E.M.) in controls and following a 7 day treatment with progesterone. The number of neurons recorded is indicated in each box.
for 14 days), the firing activity of 5-HT neurons was increased by less than 10%, which was not statistically significant as compared with OVX (1·29±0·11 Hz, n=44 and 1·19±0·12 Hz, n=43 respectively (F(1,2)=0·37, n.s.), Fig. 3B).

As another way to assess the capacity of the cerebral de novo synthesis of progesterone to influence the basal firing rate of DRN 5-HT neurons, OVX were treated with finasteride (20 mg/kg per day for 5 days), a selective blocker of the 5α-reductase (the enzyme metabolizing progesterone into 5α-DHP, see Fig. 1). This was done to prevent the catabolism of progesterone and, therefore, to increase its cerebral levels. Increasing progesterone levels with finasteride did not significantly increase 5-HT neuron firing activity as compared with OVX (1·34±0·08 Hz, n=42 and 1·19±0·12 Hz, n=43 respectively (F(1,2)=1·00, n.s.), Fig. 3B).

Since progesterone does not seem to affect the firing activity of 5-HT neurons, the effects of its precursor and of some of its metabolites were investigated. As was the case with progesterone, a 7 day treatment with PREG led to a non-significant increase in 5-HT neuronal firing rate (1·52±0·17 Hz, n=55 vs 1·19±0·13 Hz, n=41 (F(1,2)=2·07, n.s.), Fig. 4).

In parallel to progesterone, DHEA is also synthesized from PREG (Fig. 1). The DHEA treatments led to an increase in firing activity, which persisted over time (Fig. 5). After 7 days, the mean firing frequency of 5-HT neurons was increased from 0·96±0·08 Hz, n=52, to

![Figure 3](image-url) Spontaneous firing rate of DRN 5-HT neurons expressed in Hz (means ± S.E.M.) in FC, OVX (A) and in OVX, OVX treated with trilostane for 14 days (OVX+trilostane, 25 mg/kg per day, s.c.) and OVX treated with finasteride for 5 days (OVX+finasteride, 20 mg/kg per day, p.o.) (B). The number of neurons recorded is indicated in each box.

![Figure 4](image-url) Spontaneous firing rate of female DRN 5-HT neurons expressed in Hz (means ± S.E.M.) in controls (3% ethanol, 7 days, i.c.v.) and following a treatment with PREG (50 µg/kg per day, i.c.v., 7 days). The number of neurons recorded is indicated in each box.
1.48 ± 0.11 Hz, n=78 (F(5,6)=7.92, P<0.001, Tukey’s test, q=4.8, P<0.01), after 14 days, it was increased from 1.10 ± 0.09 Hz, n=54 to 1.66 ± 0.11 Hz, n=68 (F(5,6)=7.92, P<0.001, Tukey’s test, q=5.1, P<0.01), and after 21 days it reached 1.82 ± 0.18 Hz, n=40 as compared with 1.21 ± 0.11 Hz, n=54 (F(5,6)=7.92, P<0.001, Tukey’s test, q=4.9, P<0.01).

Since the increase in 5-HT neuron firing activity, measured following progesterone treatments, was not present as expected from the results obtained during pregnancy (Klink et al. 2002), the possible implication of different progesterone metabolites was investigated. First, females were treated for 7, 14 and 21 days with 5β-DHP. The 7 day treatment led to a significant increase in 5-HT neuron basal firing rate (1.64 ± 0.11 Hz, n=45 (F(5,6)=7.01, P<0.001, Tukey’s test, q=6.0, P<0.01), Fig. 6). This was followed by a gradual decrease towards control values (Fig. 6); after 14 days of administration, the increase in firing rate was still statistically significant as compared with its control (1.57 ± 0.09 Hz, n=78, vs 1.10 ± 0.08 Hz, n=63, (F(5,6)=7.01, P<0.001, Tukey’s test, q=5.2, P<0.01)) but not after 21 days of treatment (1.16 ± 0.13 Hz, n=55, vs 1.22 ± 0.11 Hz, n=46 (F(5,6)=7.01, P<0.001, Tukey’s test, q=0.6, n.s.)).

The enzymes converting 5β-DHP into its metabolites 3α,5β-THP and 3β,5β-THP are present in the brain (Celotti et al. 1992, Guennoun et al. 1995). Therefore, FC were administered for 7 days with these metabolites but neither treatment led to a statistically significant increase in the firing rate of 5-HT neurons as compared with controls (3α,5β-THP: 1.47 ± 0.14 Hz, n=50 vs 1.23 ± 0.13 Hz, n=47 (F(1,2)=1.52, n.s.) and 3β,5β-THP: 1.51 ± 0.12 Hz, n=68 vs 1.23 ± 0.13 Hz, n=47 (F(1,2)=2.39, n.s.), Fig. 7).

The effect of the other progesterone metabolite stereoisomers was also investigated. FC received daily administration of 5α-DHP, 3α,5α-THP and 3β,5α-THP...
Neither 5α-DHP nor its metabolite 3β,5α-THP significantly modified the firing activity of 5-HT neurons (1·12 ± 0·09 Hz, \(n=63\) (\(F(1,2)=0·33, \text{n.s.}\)) and 1·35 ± 0·11 Hz, \(n=75\) (\(F(1,2)=0·80, \text{n.s.}\)) respectively as compared with 1·20 ± 0·10 Hz, \(n=42\) for the controls). However, 3α,5α-THP induced a pronounced increase in their firing rate (1·97 ± 0·13 Hz, \(n=58\) compared with 1·20 ± 0·10 Hz, \(n=42\) (\(F(1,2)=18·23, P<0·001\))).

DHEA has been shown to have agonistic properties at σ receptors in a model using the N-methyl-D-aspartate response in the hippocampus (Bergeron et al. 1996, Debonnel et al. 1996). For this reason, FC were treated simultaneously with DHEA and the selective σ1 antagonist NE-100 to investigate if the higher firing rate induced by DHEA was mediated by σ1 receptors. NE-100, at a dose shown to block the effect of other σ ligands (Bermack & Debonnel 2001), prevented the increase in firing rate induced by DHEA (controls: 0·96 ± 0·08 Hz, \(n=52\); DHEA: 1·48 ± 0·11 Hz, \(n=78\) (\(F(2,3)=6·22, P<0·005\), Tukey’s test, \(q=5·0, P<0·05\)); DHEA+NE-100: 1·22 ± 0·10 Hz, \(n=70\) (\(F(2,3)=6·22, P<0·005\), Tukey’s test, \(q=2·5, \text{n.s.}\)), Fig. 9) indicating that this effect was mediated by σ1 receptors. Because the effect of 5β-DHP had a different time-frame, as compared with that of DHEA, the implication of σ1 receptors was also investigated for this steroid. However, NE-100 did not prevent the 5β-DHP-induced increase in firing rate (controls: 1·06 ± 0·07 Hz, \(n=86\); 5β-DHP: 1·64 ± 0·11 Hz, \(n=45\) (\(F(2,3)=14·95, P<0·001\), Tukey’s test, \(q=6·4, P<0·05\)); 5β-DHP+NE-100: 1·67 ± 0·14 Hz, \(n=40\) (\(F(2,3)=6·23, P<0·001\), Tukey’s test, \(q=6·2, P<0·05\)), Fig. 10).

**Discussion**

The main findings of this study are (i) the increase in the firing activity of female 5-HT neurons following the...
chronic administration of some neuroactive steroids, i.e.
5β-DHP, 3α,5α-THP and DHEA (Table 1) and (ii) the
effect of DHEA but not of 5β-DHP is mediated, at least
in part, by σ1 receptors. Furthermore, the larger effects
of some metabolites compared with those of progesterone,
and the fact that progesterone is rapidly metabolized in
the brain, suggests that the metabolites may play an
important role in the modulation of the 5-HT neuronal
activity.

In a previous study, we have shown that during
pregnancy the spontaneous firing rate of 5-HT neurons is
doubled (Klink et al. 2002). Moreover, the firing
activity of 5-HT neurons changes in parallel with the
plasma levels of progesterone (Klink et al. 2002).
Our hypothesis was therefore that progesterone could be
responsible for increasing the 5-HT neuronal activity in
females. However, in O VX rats, the plasma levels of
progesterone are much lower than in FC, while the firing
rate of DRN 5-HT neurons is unchanged when compared
with FC (Klink et al. 2002). This was suggesting that the
de novo synthesis of progesterone, which is known to occur
in the brain (Guenoun et al. 1995), might be sufficient to
maintain a normal level of the 5-HT neuron firing activity
following OVX.

In rats treated with progesterone for 7 days, the absence
of significant modification of the firing activity indicates
that progesterone is probably not directly involved in the
increase of 5-HT neuronal firing activity observed during
pregnancy. Based on the literature, cerebral concentrations
were extrapolated to be about four times higher than that
reached by progesterone during pregnancy (Corpcéhot
et al. 1993) and are thus in the high physiological range.
However, progesterone was administered only for 7 days
and an effect of progesterone following a longer treatment
cannot be ruled out.

Surprisingly, blocking cerebral progesterone synthesis in
OVX rats, with a trilostane treatment, did not decrease
the firing activity of the 5-HT neurons and there was
even a trend towards an increase. Using different in vivo
paradigms, similar or lower doses of trilostane were shown
to efficiently inhibit the enzyme 3β-hydroxysteroid
dehydrogenase (Potts et al. 1978, Young et al. 1994, Phan
et al. 1999, Micevych et al. 2003). A possible explanation
was thus that the blockade of progesterone synthesis could
lead to a shift of the biosynthesis equilibrium towards a
greater synthesis of DHEA (see Fig. 1). Rats were therefore
treated with the precursor PREG as well as with
DHEA. Administration of DHEA, but not of PREG,
resulted in an enhanced firing activity of the DRN 5-HT
neurons, which is in keeping with our hypothesis. More-
over, this DHEA-induced increase in 5-HT neuronal
firing rate might explain the antidepressant effect observed
with DHEA in humans (Wolkowitz et al. 1997).

Another way to assess the possible effect of the local
progesterone de novo synthesis was to block its catalysis,
therefore increasing progesterone cerebral levels in OVX
rats. Finasteride, a selective 5α-reductase inhibitor, was
used for this purpose. It has previously been shown that
the systemic administration of similar doses of finasteride
efficiently blocks the enzymatic activity of cerebral 5α-
reductase (Phan et al. 1999). However, in our hands, this
treatment did not significantly change the 5-HT neuron
basal firing rate. This constitutes another indication that,
contrary to our previous hypothesis, progesterone by itself
is not involved directly in the control of the firing activity
of DRN 5-HT neurons. This is also in keeping with the
demonstration that following OVX, despite local progester-
one synthesis, the cerebral content of progesterone was
decreased by more than 70% (Corpcéhot et al. 1993) but
that there was no change in the firing activity of 5-HT
neurons. Therefore, it appears that neurosteroids, other
than progesterone, are involved in the modification of the
firing activity of DRN 5-HT neurons observed during
pregnancy.

Progesterone can be metabolized into 5α-DHP and
5β-DHP by the 5α- and 5β-reductase respectively, and
then further reduced into 3α,5α-THP and 3α,5β-THP
by the enzyme 3α-hydroxysteroid oxidoreductase (3α-
HSOD) (Kawahara et al. 1975, Karavolas & Hodges 1991,
Celotti et al. 1992, Compagnone & Mellon 2000). These
three enzymes (5α- and 5β-reductases, and 3α-HSOD)
are present, and active, in the mammalian brain (Kawahara
et al. 1975, 1981, Celotti et al. 1992). It appears that the
principal metabolic pathway for cerebral progesterone is its
reduction into 5α-DHP and 3α,5α-THP (Karavolas &
Hodges 1991, Korneyev et al. 1993) (see Fig. 1). Interest-
ingly, 3α,5α-THP was the most potent steroid of the
present study. Since this steroid is probably the principal
metabolite of progesterone, its levels may be elevated
during pregnancy to substantially contribute to the
increase in the firing activity of 5-HT neurons observed in
pregnant rats.

A rather unexpected finding of this study was the
different time-frame for the increase in firing activity of
the 5-HT neurons caused by 5β-DHP and DHEA. The 5β-DHP-induced increase in firing activity was maximal after a 7 day treatment, followed by a gradual decline to finally lose clinical significance after 21 days of administration. On the other hand, the enhancement of the firing rate caused by DHEA was sustained over the 21 day period of time. This would support the hypothesis that more than one receptor is implicated in the effects seen with the different steroids tested in this study. Indeed, the DHEA-induced enhancement of the firing activity of 5-HT neurons seems to be mediated, at least in part, by σ₁ receptors, as shown by the fact that co-administration of the σ₁ receptor antagonist NE-100 prevented this effect. Interestingly, other σ ligands have been shown to increase the firing rate of 5-HT neurons in similar periods of time and this effect could be blocked by NE-100 (Bermack & Debonnel 2001, 2004). Furthermore, the present results could suggest a physiological basis to the antidepressant-like effects observed for some neuroactive steroids in an animal model of depression, which effects were also shown to be mediated by σ₁ receptors (Reddy et al. 1998, Urani et al. 2001). On the other hand, NE-100 did not prevent the effect of 5β-DHP, thus indicating that other receptor(s) must mediate it. Also, the time-frame for the 5β-DHP-induced increase in firing activity could suggest a functional desensitization of the receptor mediating the effect of 5β-DHP on 5-HT neurons, whereas in the case of DHEA, there is no such indication, which is also in agreement with what is found with other σ ligands (Bermack & Debonnel 2001).

The mechanism(s) by which progesterone metabolites increase the firing activity of 5-HT neurons is still unclear. However, based on our previous studies with pregnant rats, a partial desensitization of 5-HT₁₅A autoreceptors appears as a likely component (Robichaud et al. 2002). If neurosteroids, whose levels rise dramatically during pregnancy, are indeed responsible for the pregnancy-induced desensitization of 5-HT₁₅ autoreceptors, the intracerebral administration of neuroactive steroids could also lead to such desensitization. Since 5-HT₁₅ autoreceptors are inhibitory, their partial desensitization would easily explain the enhanced firing activity of 5-HT neurons reported in the present study.

On the other hand, recent studies have shown that DHEA promotes neurogenesis in the hippocampal dentate gyrus and protects it from glucocorticoids’ detrimental effects (Karishma & Herbert 2002). Interestingly, Santarelli et al. (2003) showed that inhibition of hippocampal neurogenesis prevents the behavioral effects of antidepressants in different animal models of depression. Together, these data offer another mechanism of action for the antidepressant effect of DHEA (Kaminska et al. 2000). Further studies assessing the effect of other steroids on neurogenesis would be needed to assess whether this mechanism of action is specific to DHEA or if it might extend to other neurosteroids.

The effect of neuroactive steroids on 5-HT neurons activity could also be mediated through their interaction with GABAₐ receptors. It is well-known that 3α-reduced steroids are GABAₐ receptor modulators and can even act as proper agonists (Harrison et al. 1987, Morrow et al. 1989, Puia et al. 1990, McCauley et al. 1995). Progesterone, 5α- and 5β-DHP, devoid of such properties, are, however, rapidly converted into 3α,5α- and 3α,5β-THP, which can act on GABAₐ receptors (Bitran et al. 1993, Lancel et al. 1996). In rats, GABAergic neurons exert a tonic inhibition of DRN 5-HT neurons which seems to be mediated mostly by GABAₐ receptors (Innis & Aghajanian 1987, Smith & Gallagher 1987, Gervasoni et al. 2000). Interestingly, during pregnancy, the GABAergic tonic inhibition of the 5-HT neurons was dramatically reduced when compared with that of FC (Robichaud et al. 2002). Also, accumulating evidence suggests that sustained high levels of neuroactive steroids reduce GABAₐ receptor responsiveness and the efficacy of modulators to potentiate the chloride influx (Friedman et al. 1993, Yu & Ticku 1995a,b, Yu et al. 1996, Concas et al. 1998, Gulinello et al. 2001). It is thus possible that sustained neurosteroids administration could cause both a desensitization of GABAₐ receptors and/or a diminution of the tonic GABAergic inhibition on 5-HT neurons and thus increase the firing activity of these neurons. Interestingly, 3α,5α-THP has the most potent agonistic properties on GABAₐ receptors and induced the greatest increase in 5-HT neuron firing activity, whereas progesterone and 5α-DHP were devoid of significant effect, which is in keeping with this hypothesis.

The CSF and plasma of depressed patients have been shown to contain lower levels of 3α,5β-THP and 3α,5α-THP than those of healthy volunteers, which could be brought back up to normal levels by successful antidepressant treatments (Romeo et al. 1998, Uzunova et al. 1998, Ströhle et al. 1999). No differences in progesterone levels were observed (Romeo et al. 1998, Uzunova et al. 1998). Lower serum levels of 3α,5α-THP were observed both in women suffering from premenstrual syndrome, during the luteal phase of their menstrual cycle, and in women with postpartum blues as compared with corresponding controls (Rapkin et al. 1997, Nappi et al. 2001). It was suggested that fluoxetine and other SSRIs interact with the enzyme 3α-HSD, responsible for the reversible conversion of 5α- and 5β-DHP into their respective 3α-reduced metabolites (3α,5α- and 3α,5β-THP). This interaction would favor the reduction reaction and would reduce the rate of the oxidative reaction (i.e. conversion of 3α,5α- and 3α,5β-THP into 5α- and 5β-DHP), thus leading to enhanced levels of 3α,5α- and 3α,5β-THP (Uzunov et al. 1996, Uzunova et al. 1998, Griffin & Mellon 1999).

Together, these studies could suggest an association between depressive states with a decrease in 3α,5α-THP levels, and mood improvement with an enhancement of the steroid levels. In agreement with this hypothesis, our results show that 3α,5α-THP significantly increases the
5-HT neuron firing activity in females. Since all antidepressant treatments increase the efficacy of the 5-HT neurotransmission, these results could suggest a potential antidepressant effect for some neuroactive steroids.

Even if a clear link has not yet been firmly established, recent reports have suggested that hormonal replacement therapy (HRT) could induce undesirable side effects (see review by Armitage et al. 2003), which has led many patients to stop their HRT treatments. Natural hormones might, therefore, not be the best candidates as long-term adjuvants for antidepressant treatments, which would have to be administered presumably for several years to patients suffering from refractory depression. However, synthetic compounds having a similar pharmacological profile and the same effects on 5-HT neurons, which could be administered systemically, become interesting candidates. Therefore, the modulation by neurosteroids of the firing activity of 5-HT neurons, reported here, may prove important for the treatment of female mood disorders.

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