

# 1 Distributed circuits underlying anxiety.

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DOI: 10.3410/f.718355842.793502221

The author of this review proposes that several brain regions, including the medial prefrontal cortex, the ventral hippocampus, amygdala and the bed nucleus of the stria terminals act in a coordinated way to control anxiety both in rodents and humans.

This Recommendation is of an article referenced in an [F1000Prime Report](#) also written by Brian P. Gomoll and Anand Kumar.

### Acknowledgments

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### Disclosures

None declared

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## Abstract:

### ABSTRACT

Anxiety is of paramount importance for animals, as it allows assessment of the environment while minimizing exposure to potential threats. Furthermore, anxiety disorders are highly prevalent. Consequently, the neural circuitry underlying anxiety has been a topic of great interest. In this mini review, we will discuss current views on anxiety circuits. We will focus on rodent anxiety paradigms, but we will also consider results from human neuroimaging and clinical studies. We briefly review studies demonstrating the central role that the... [more »](#)

amygdala and the bed nucleus of the stria terminals (BNST) play in modulating anxiety and present evidence showing how the bed nucleus uses different output pathways to influence specific features of anxiety. Lastly, we propose that several brain regions, such as the medial prefrontal cortex (mPFC) and the ventral hippocampus (vHPC), act in a coordinated fashion with the amygdala and BNST forming a distributed network of interconnected structures that control anxiety both in rodents and humans.

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