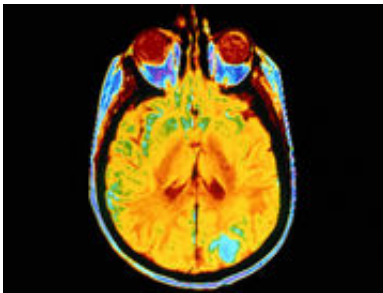


# Experimental mood induction impacts IL-18 levels

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(HealthDay)—Experimental mood induction changes interleukin (IL)-18 levels and is associated with changes in central opioid neurotransmission, according to a study published recently in *Molecular Psychiatry*.

Noting that there are strong associations between baseline IL-18 and  $\mu$ -[opioid](#) receptor availability in [major depressive disorder](#) (MDD), Alan R. Prossin, M.D., from the University of Texas Health Science Center at Houston, and colleagues hypothesized that experimental mood induction would change IL-18. They examined the impact of experimental induced mood (sad, neutral) on plasma IL-18 and correlations with concurrent changes in central opioid neurotransmission in 28 volunteers (healthy or with MDD).

The researchers found that mood induction affected IL-18 (P

"These data demonstrate that dynamic changes of a pro-inflammatory IL-1 superfamily cytokine, IL-18, and its relationship to  $\mu$ -opioid neurotransmission in response to experimentally induced sadness," the authors write. "Further testing is warranted to delineate the role of neuroimmune interactions involving IL-18 in enhancing susceptibility to medical illness (that is, diabetes, heart disease, and persistent pain states) in depressed individuals."

One author disclosed financial ties to the pharmaceutical industry.

**More information:** [Full Text](#)

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