

# *Regional striatal cholinergic involvement in human behavioural flexibility*

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## **Regional Striatal Cholinergic Involvement in Human Behavioural Flexibility**

**Tiffany Bell<sup>1</sup>, Michael Lindner<sup>1</sup>, Angela Langdon<sup>2</sup>, Paul Gerald Mullins<sup>3</sup> and Anastasia Christakou<sup>1</sup>**

<sup>1</sup>*School of Psychology and Clinical Language Sciences, and Centre for Integrative Neuroscience and Neurodynamics, University of Reading, RG6 6AL, UK*

<sup>2</sup>*Princeton Neuroscience Institute, Princeton University, NJ 08544, USA*

<sup>3</sup>*School of Psychology, Bangor University, LL57 2DG UK*

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Corresponding author: Dr Anastasia Christakou, School of Psychology and Clinical Language Sciences, University of Reading, Reading RG6 6AL, [anastasia.christakou@reading.ac.uk](mailto:anastasia.christakou@reading.ac.uk)

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# 1 Regional Striatal Cholinergic Involvement 2 in Human Behavioural Flexibility

3 Role of human striatal choline in reversal learning

4 Tiffany Bell<sup>1</sup>, Michael Lindner<sup>1</sup>, Angela Langdon<sup>2</sup>, Paul Gerald Mullins<sup>3</sup>, Anastasia Christakou<sup>1</sup>

5 1. School of Psychology and Clinical Language Sciences, and Centre for Integrative Neuroscience  
6 and Neurodynamics, University of Reading, RG6 6AL, UK

7 2. Princeton Neuroscience Institute, Princeton University, NJ 08544, USA

8 3. School of Psychology, Bangor University, LL57 2DG UK

9  
10 Corresponding author: Dr Anastasia Christakou

11 School of Psychology and Clinical Language Sciences

12 University of Reading

13 Reading RG6 6AL

14 [anastasia.christakou@reading.ac.uk](mailto:anastasia.christakou@reading.ac.uk)

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33

34 **ABSTRACT**

35 Animal studies have shown that the striatal cholinergic system plays a role in behavioural flexibility  
36 but, until recently, this system could not be studied in humans due to a lack of appropriate non-  
37 invasive techniques. Using proton magnetic resonance spectroscopy (MRS) we recently showed  
38 that the concentration of dorsal striatal choline (an acetylcholine precursor) changes during reversal  
39 learning (a measure of behavioural flexibility) in humans. The aim of the present study was to  
40 examine whether regional average striatal choline was associated with reversal learning. 22  
41 participants (mean age = 25.2, range = 18-32, 13 female) reached learning criterion in a  
42 probabilistic learning task with a reversal component. We measured choline at rest in both the  
43 dorsal and ventral striatum using MRS. Task performance was described using a simple  
44 reinforcement learning model that dissociates the contributions of positive and negative prediction  
45 errors to learning. Average levels of choline in the dorsal striatum were associated with  
46 performance during reversal, but not during initial learning. Specifically, lower levels of choline in  
47 the dorsal striatum were associated with a lower number of perseverative trials. Moreover, choline  
48 levels explained inter-individual variance in perseveration over and above that explained by  
49 learning from negative prediction errors. These findings suggest that the dorsal striatal cholinergic  
50 system plays an important role in behavioural flexibility, in line with evidence from the animal  
51 literature and our previous work in humans. Additionally, this work provides further support for the  
52 idea of measuring choline with MRS as a non-invasive way of studying human cholinergic  
53 neurochemistry.

54

## 55 SIGNIFICANCE STATEMENT

56 Behavioural flexibility is a crucial component of adaptation and survival. Evidence from the animal  
57 literature shows the striatal cholinergic system is fundamental to reversal learning, a key paradigm  
58 for studying behavioural flexibility, but this system remains understudied in humans. Using proton  
59 magnetic resonance spectroscopy, we showed that choline levels at rest in the dorsal striatum are  
60 associated with performance specifically during reversal learning. These novel findings help to  
61 bridge the gap between animal and human studies by demonstrating the importance of cholinergic  
62 function in the dorsal striatum in human behavioural flexibility. Importantly, the methods described  
63 here can not only be applied to furthering our understanding of healthy human neurochemistry, but  
64 also to extending our understanding of cholinergic disorders.

65

## 66 INTRODUCTION

67 Acetylcholine (ACh) plays an important role in adaptive behaviour, and has been implicated in  
68 disorders of cognitive flexibility, such as Parkinson's disease (Tanimura et al., 2018; Zucca et al.,  
69 2018). Studies in rodents have repeatedly demonstrated that ACh transmission, determined by the  
70 activity and regulation of cholinergic interneurons in the dorsal striatum, is involved in reversal  
71 learning and similar forms of behavioural flexibility (Ragozzino et al., 2002, 2009; Tzavos et al.,  
72 2004; McCool et al., 2008; Brown et al., 2010; Bradfield et al., 2013; Aoki et al., 2018; Okada et  
73 al., 2018). Further, ACh efflux has been shown to increase specifically during reversal learning (but  
74 not during initial learning), and this effect is specific to the dorsomedial striatum (with no changes  
75 in ACh levels in either the dorsolateral striatum or the ventral striatum) (Ragozzino et al., 2009). It  
76 is clear then that cholinergic activity in the dorsal striatum plays an important role in reversal  
77 learning but, despite the importance of understanding this system, there remain important  
78 challenges in probing ACh function in humans due to a lack of appropriate non-invasive techniques.  
79 Proton magnetic resonance spectroscopy (MRS) is a non-invasive method for measuring brain  
80 metabolites *in vivo* (Puts and Edden, 2012). Although it cannot be used to study ACh directly due to  
81 its low concentration (Hoover et al., 1978), MRS can be used to measure levels of certain choline  
82 containing compounds (CCCs) involved in the ACh cycle, including choline (CHO). CHO is the  
83 product of ACh hydrolysis, and its uptake in cholinergic terminals is the rate-limiting step in ACh  
84 biosynthesis (Lockman and Allen, 2002). Using functional MRS, we previously demonstrated task-  
85 driven changes in the concentration of CHO in the human dorsal striatum during reversal learning  
86 (Bell et al., 2018). Although MRS studies typically model CCCs as a single peak due to their  
87 proximity on the spectrum, we showed that using this method may mask CHO-specific effects.  
88 Therefore, in the context of studying ACh function, it is necessary to separate the metabolites when  
89 measuring individual differences in CHO levels (Lindner et al., 2017; Bell et al., 2018).



90 Among the many open questions around this approach is the nature of the relationship between  
91 baseline levels of CHO availability and function-relevant ACh activity. Animal studies have shown  
92 that ACh synthesis is tightly coupled to CHO availability. For example, depletion of CHO has been  
93 shown to reduce ACh synthesis (Jope, 1979) and administration of CHO has been shown to increase  
94 it (Koshimura et al., 1990). Further, overexpression (Holmstrand et al., 2013) and under-expression  
95 (Parikh et al., 2013) of presynaptic CHO up-take transporters has been shown to increase and  
96 decrease ACh levels respectively. It is possible, therefore, that baseline CHO availability may  
97 modulate ACh activity, leading to effects on behavioural flexibility. In this study, we used MRS to  
98 test whether baseline levels of dorsal striatal CHO are related to individual differences in reversal  
99 learning performance. Due to limitations of spectroscopy voxel sizes, it is not possible to precisely  
100 target the human homologue of the rodent dorsomedial striatum, therefore we obtained average  
101 measures of CHO from the dorsal striatum overall. To test the hypothesised regional striatal  
102 specificity, we also measured CHO levels from the ventral striatum. Finally, we also measured  
103 CHO levels from the cerebellum as a further, more general control. In line with the animal literature  
104 and our previous findings in humans (Bell et al., 2018), we predicted that average levels of CHO in  
105 the dorsal, but not the ventral, striatum would be associated with performance during reversal, but  
106 not initial, learning.

## 107 METHODS

### 108 **Participants**

109 The study was approved by the University of Reading Research Ethics Committee (UREC  
110 reference 13/15). 36 volunteers (20 female) between the ages of 18.3 and 32.8 (mean = 24.8, SD =  
111 3.5) were recruited from the University of Reading and surrounding areas. All participants were  
112 healthy, right handed non-smokers and written informed consent was taken prior to participation.

113 Two participants were excluded from analyses due to a high proportion of missed responses  
114 (participant 14: 35% during initial learning and 39% during reversal learning; participant 31: 27%  
115 during initial learning, 54% during reversal learning). One participant was excluded from  
116 spectroscopy analysis due to issues with segmentation of the structural scan. Data from the ventral  
117 striatum of two participants were excluded from analysis due to poor data quality.

## 118 **Behavioural Data Collection**

### 119 *Learning Task*

120 The task used was a probabilistic multi-alternative learning task previously described (Bell et al.,  
121 2018), and was programmed using MATLAB (2014a, The Mathworks, Inc., Natick, MA, United  
122 States) and Psychtoolbox (Brainard, 1997).

123 First, participants were presented with a fixation cross displayed in the centre of the visual display.  
124 Participants were then presented with four decks of cards. Each deck contained a mixture of  
125 winning and losing cards, corresponding respectively to a gain or loss of 50 points. The probability  
126 of getting a winning card differed for each deck (75%, 60%, 40%, and 25%) and the probabilities  
127 were randomly assigned across the four decks for each participant. Participants indicated their  
128 choice of deck using a computer keyboard. Outcomes were pseudo-randomised so that the assigned  
129 probability was true over every 20 times that deck was selected. Additionally, no more than 4 cards  
130 of the same result (win/lose) were presented consecutively in the 75% and 25% decks and no more  
131 than 3 cards of the same result in the 60% and 40% decks. A cumulative points total was displayed  
132 in the bottom right-hand corner throughout the session and in the centre of the visual display at the  
133 end of each trial (Figure 1). Participants were instructed that some decks may be better than others,  
134 they are free to switch between decks as often as they wish, and they should aim to win as many  
135 points as possible.

136 The learning criterion was set at selection of either of the two highest decks (60% or 75%) on at  
137 least 80% of the time over ten consecutive trials. Though the optimal strategy is to repeatedly  
138 choose the 75% deck, pilot testing revealed the participants were not always able to distinguish  
139 between the 75% and 60% decks. Therefore, as both decks generate an overall gain in points and  
140 choice of either deck could be considered a good strategy, both decks are included in the learning  
141 criterion.

142 The initial learning phase (round 1) was completed when either the learning criterion was reached,  
143 or the participant completed 100 trials. The deck probabilities were then reversed so that the high  
144 probability decks became low probability (75% to 25%, and 60% to 40%) and vice versa.  
145 Participants were not informed of the reversal. The task ended either after the learning criterion was  
146 reached following the reversal (round 2), or after another 100 trials (Figure 2).

### 147 *Impulsivity*

148 Previous research has shown that trait levels of impulsivity can influence decision making (Bayard  
149 et al., 2011). Individuals with higher levels of impulsivity have been shown to demonstrate sub-  
150 optimal performance on decision making tasks, displaying a decreased ability to learn reward and  
151 punishment associations and implement these to make appropriate decisions. For instance,  
152 individuals with high levels of impulsivity were relatively impaired in adapting their behaviour  
153 during a reversal learning task (Franken, van Strien, Nijs, & Muris, 2008). Other tasks of cognitive  
154 flexibility have also been shown to be influenced by trait impulsivity levels (e.g. Müller, Langner,  
155 Cieslik, Rottschy, & Eickhoff, 2014). Therefore all participants completed the Barratt  
156 Impulsiveness Scale (BIS-11; Patton, Stanford, & Barratt, 1995) and their total score was used as a  
157 trait measure of impulsivity. This was included in the analysis to account for effects driven by  
158 individual differences in impulsivity.

## 159 *Data Analysis*

160 Participants were split into two groups based on performance. Those who learnt both rounds (i.e.  
161 reached criterion both during initial learning and after reversal) were classified as learners and those  
162 who did not learn both rounds were classified as non-learners.

163 Behaviour was analysed for learners only. The task stops at 100 trials in each round if the criterion  
164 is not met. Therefore, participants who did not reach criterion in either one round or both rounds  
165 were excluded from behaviour analysis.

166 Performance was measured using the number of trials taken to reach criterion in round 1 (initial  
167 learning) and in round 2 (reversal learning). Round 2 was subdivided into perseverative trials and  
168 post-reversal learning (Figure 2). The number of perseverative trials was defined as the number of  
169 trials after reversal until the probability of selecting the previously favoured deck reached chance  
170 level (0.25), i.e. the number of trials taken to identify the reversal and switch behaviour. Post-  
171 reversal learning was defined as the number of trials taken to reach criterion in round 2, minus the  
172 number of perseverative trials, i.e. the number of trials to reach criterion after the reversal had been  
173 detected. In other words, post-reversal learning is measured by the number of trials the participant  
174 took to learn the contingencies once they had realised the deck probabilities had reversed.  
175 Additionally, the post-reversal learning period included a measure of regressive errors. The number  
176 of regressive errors was defined as the number of times the previously favoured deck was selected  
177 during the post-reversal learning period (i.e. after the perseverative period had ended).

## 178 *Temporal Difference Reinforcement Learning Model*

179 We modelled participants' choice behaviour as a function of their previous choices and rewards  
180 using a temporal difference reinforcement learning algorithm (Sutton and Barto, 1998). This allows  
181 us to track trial-and-error learning for each participant, during each task stage, in terms of a

182 subjective expected value for each deck. On each trial  $t$ , the probability that deck  $c$  was chosen was  
 183 given by a soft-max probability distribution:

$$P(c_t = c) = \frac{e^{m_t(c)}}{\sum_j e^{m_t(j)}} \quad (1)$$

184 where  $m_t(c)$  is the preference for the chosen deck and  $j$  indexes the four possible decks. The  
 185 preference for the chosen deck was comprised of the participant's expected value of that deck on  
 186 that trial,  $V_t(c)$ , multiplied by the participant's individual value impact parameter  $\beta$  (equivalent to  
 187 the inverse temperature):

$$m_t(c) = \beta V_t(c) \quad (2)$$

188 The parameter  $\beta$  describes the extent to which trial-by-trial choices follow the distribution of the  
 189 expected values of the decks: a low  $\beta$  indicates choices are not strongly modulated by expected  
 190 value, being effectively random with respect to this quantity (i.e. participants are not choosing  
 191 based exclusively on value, and are effectively exploring all options); conversely, a high  $\beta$  indicates  
 192 choices largely follow expected value (i.e. participants choose the deck with the highest expected  
 193 value; exploitation).

194 To update the subjective value of each deck, a prediction error was generated on each trial,  $pe_t$   
 195 based on whether participants experienced a reward or a loss ( $reward_t = +1$  or  $-1$  respectively). The  
 196 expected value of the chosen deck was subtracted from the actual trial reward to give the prediction  
 197 error:

$$pe_t = reward_t - V_t(c) \quad (3)$$

198 Studies have shown that individuals differ in the degree to which they learn from better than  
 199 expected outcomes (positive prediction errors) and worse than expected outcomes (negative  
 200 prediction errors) (Gray, 1970; Niv et al., 2012; Christakou et al., 2013; Bull et al., 2015). To

201 account for this, two learning rate parameters were used to model sensitivity to prediction errors in  
 202 updating the expected values: the weight of learning from better than expected outcomes (learning  
 203 rate from positive prediction errors:  $\eta^+$ ) and the weight of learning from worse than expected  
 204 outcomes (learning rate from negative prediction errors:  $\eta^-$ ). For example, individuals who are  
 205 reward seeking will place a high weight on the former, whereas those who are loss-averse will  
 206 place a high weight on the latter. The prediction error on each trial was multiplied by either the  
 207 positive ( $\eta^+$ ) or negative ( $\eta^-$ ) learning rate and used to update the value of the chosen deck.

$$\delta_t = \eta^+ \times pe_t \quad \text{if } pe_t > 0 \quad (4)$$

$$\delta_t = \eta^- \times pe_t \quad \text{if } pe_t < 0 \quad (5)$$

$$V(\text{chosen}_t) = V(\text{chosen}_{t-1}) + \delta_t \quad (6)$$

208 Thus, the model has three parameters of interest ( $\beta$ ,  $\eta^+$  and  $\eta^-$ ). In psychological terms,  $\beta$  captures  
 209 the degree to which the subjective value of the chosen deck influenced decisions, while the learning  
 210 rates capture the individual's preference for learning from positive ( $\eta^+$ ) or negative ( $\eta^-$ ) prediction  
 211 errors to guide choice behaviour during this task.

## 212 *Model Fitting*

213 The model was fit per participant to provide parameters that maximised the likelihood of the  
 214 observed choices given the model (individual maximum likelihood fit; Daw, 2011). The reward  
 215 value was updated as 1 (win) or -1 (loss). Subjective value was initialised at zero for all decks and  
 216 the initial parameter values were randomised. To ensure the model produced consistent,  
 217 interpretable parameter estimates,  $\eta$  was limited to between 0 and 1 and  $\beta$  was assumed positive.  
 218 The parameters were constrained by the following distributions based on Christakou et al (2013):

$$\beta \sim \text{Gamma}(2,1)$$

$$\eta \sim \text{Beta}(1.2, 1.2)$$

219 The model was fit separately over the trials encompassing round 1 (R1, initial learning) and round 2  
220 (R2, perseverative trials and post-reversal learning, denoted as reversal learning). This was done to  
221 capture the change in influence of the model parameters from initial learning to reversal learning.  
222 The model was not fit over the perseverative trials separately as the average number of  
223 perseverative trials was too small to generate a stable model fit.

224 Traditionally, to investigate the fit of a temporal difference reinforcement learning model the  
225 Bayesian information criterion (BIC) is used. The BIC is a post hoc fit criterion which looks at the  
226 adequacy of a model whilst penalising the number of parameters used. A lower number indicates a  
227 better fit (Steingroever et al., 2016). However, the BIC is generally used to compare different  
228 models, rather than model fits over different sets of data, and will penalise different sized data sets.  
229 Alternatively, the corrected likelihood per trial (CLPT) can be used. The CLPT is a more intuitive  
230 measure of fit that takes into account the number of trials completed without penalising different  
231 sized data sets. The CLPT varies between 0 and 1, with higher values indicating a better fit (Leong  
232 and Niv, 2013; Niv et al., 2015).

233 Wilcoxon signed-rank tests showed there was no significant difference between the CLPT values  
234 for the model fit over round 1 (Mdn = 0.23) and round 2 (Mdn = 0.23;  $Z = -1.308$ ,  $p = 0.191$ ).  
235 Additionally, there was no significant difference between the BIC values for the model fit over  
236 round 1 ( $M = 75.7$ ,  $SD = 45.5$ ) and round 2 ( $M = 90.9$ ,  $SD = 43.6$ ;  $t(33) = -1.533$ ,  $p = 0.135$ ,  $r =$   
237  $0.26$ ).

238 To summarise, the model fit equally well across rounds. Therefore, differences in parameter  
239 estimates across the task can be examined.

## 240 **Magnetic Resonance Spectroscopy**

### 241 *Data Acquisition*

242 Data was collected at the University of Reading on a Siemens Trio 3T MRI scanner using a  
243 transmit-receive head coil. A high-resolution whole-brain T1 structural image was acquired for  
244 voxel placement using an MPAGE sequence parallel to the anterior-posterior commissure line  
245 (176x1mm slices; TR = 2020ms; TE = 2.9ms; FOV = 256x256mm<sup>2</sup>, flip angle = 9°, voxel size  
246 1x1x1mm<sup>3</sup>).

247 Voxels were placed in either the left or right dorsal striatum, ventral striatum and the cerebellum,  
248 with hemisphere placement and order of measurements counterbalanced across participants.  
249 Anatomy was used to guide voxel positioning. The top of the dorsal striatum was identified by  
250 slice-by-slice examination of the structural scan. The slice below the slice where the top of the  
251 striatum was no longer visible was selected and the top of the voxel was aligned with this slice. The  
252 slice above the slice where the bottom of the striatum could no longer be seen was selected and used  
253 for alignment of the ventral striatum voxel. The cerebellum voxel was placed as high in the  
254 superior cerebellar vermis as possible whilst ensuring only cerebellar tissue was contained in the  
255 voxel. The superior cerebellar vermis was chosen as it has been shown to have the lowest variability  
256 in both inter and intra subject metabolite ratios as measured with MRS at rest (Currie et al., 2013).  
257 All voxels were visually inspected to ensure minimal cerebrospinal fluid was included in the voxels.  
258 A PRESS sequence was used to acquire data from the three separate voxel positions (voxel size =  
259 10x15x15mm<sup>3</sup>; TR = 2000ms; TE = 30ms). 128 spectra were collected and averaged for each area.  
260 A water-unsuppressed spectrum was also obtained from each area for data processing, which  
261 consisted of an average of 15 spectra. The SIEMENS Auto Align Scout was used in between each



262 scan to adjust the voxel position based on the actual head position of the participant. This was used  
263 to correct for participant motion and minimize the variability of the voxel position.

### 264 *Structural Segmentation*

265 Structural scans were processed using FSL version 5.0.8 (Smith et al., 2004; Jenkinson et al., 2012).  
266 First, the skull was removed using the brain extraction tool (BET) (Smith, 2002). Images were  
267 segmented into three separate tissue types: grey matter (GM), white matter (WM) and cerebrospinal  
268 fluid (CSF) using the FAST tool (Zhang et al., 2001). The coordinates and dimensions of the voxel  
269 were then superimposed on these images and the proportion of each of the three tissue types  
270 contained within the voxel was calculated.

### 271 *Quantitation*

272 Data was processed in the time domain using Java-Based Magnetic Resonance User Interface  
273 (jMRUI software version 5.0 (<http://www.mrui.uab.es/mrui>; Naressi et al., 2001). Phase correction  
274 was performed using the corresponding water spectrum from each area. Each spectrum was then  
275 apodized using a Gaussian filter of 3Hz to improve signal quality, reduce noise and reduce effects  
276 of signal truncation (Jiru, 2008). The residual water peak was removed using the Hankel-Lanczos  
277 Singular Value Decomposition (HLSVD) filter tool.

278 Metabolite models were generated using the software Versatile Simulation, Pulses and Analysis  
279 (VEsPA; <https://scion.duhs.duke.edu/vespa/project>; Soher, Semanchuk, Todd, Steinberg, & Young.,  
280 2010). 14 typical brain metabolites (Acetate, Aspartate, CHO, Creatine, Gamma-Aminobutyric  
281 Acid (GABA), Glucose, Glutamate, Glutamine, Lactate, Myo-inositol, N-acetyl Aspartate (NAA),  
282 Phosphocreatine, PC & GPC, Scyllo-inositol, Succinate, Taurine) were simulated at a field strength  
283 of 3T using a PRESS pulse sequence (TE1 = 20ms, TE2 = 10ms, main field = 123.25MHz). For  
284 initial analyses, CHO was modelled separately from PC+GPC based on the method described in  
285 Bell et al., 2018. Additionally, the sum of the three peaks (total choline, tCHO) was included in the

286 analyses for comparison. If tCHO produced similar results to CHO, it would potentially suggest that  
287 there may not be a need to separate the three peaks, or that the quantitation method is not separating  
288 CHO effectively.

289 The jMRUI tool Accurate Quantification of Short Echo time domain Signals (AQSES) was used for  
290 automatic quantification of spectra signals. AQSES was applied using the method described in  
291 Minati, Aquino, Bruzzone, & Erbetta, 2010. To correct for any chemical shift displacement, the  
292 spectrum was shifted so that the peak for n-acetyl-aspartate (NAA) was at 2.02ppm. The frequency  
293 range selected for processing was limited to 0-8.6ppm (equal phase for all metabolites, begin time  
294 fixed, delta damping (-10 to 25Hz), delta frequency (-5 to 5Hz), no background handling, 0  
295 truncated points, 2048 points in AQSES and normalisation on). Based on common practice in the  
296 field, values with a CRB higher than 30% were excluded on a case by case basis.

297 Metabolite concentrations were calculated for CHO, PC+GPC, tCHO, NAA and total creatine (tCR,  
298 creatine + phosphocreatine), correcting for partial-volume and relaxation effects, using the formula  
299 described in Gasparovic et al., 2006.

## 300 **Experimental Design and Statistical Analysis**

301 Statistical analysis was performed using SPSS (IBM Corp. Released 2013. IBM SPSS Statistics for  
302 Windows, Version 22.0. Armonk, NY: IBM Corp).

303 The relationships between model parameters and behaviour, along with model parameters and  
304 metabolite levels, and behaviour and metabolite levels were assessed using correlation analysis.

305 The distribution of the data was analysed using measures of skewness and kurtosis, along with the  
306 Shapiro-Wilk test. When the assumptions of normality and homogeneity were met, Pearson's  
307 correlation ( $r$ ) was used to assess correlations. When assumptions of normality were not met,  
308 Kendall's Tau ( $r_T$ ) was used to assess correlations, as it provides a better estimation of the  
309 correlation in a small sample size compared to other non-parametric methods (Field, 2009). Both the

310 behavioural and MRS data reported satisfy false discovery correction using the Benjamini-  
311 Hochberg procedure at a reasonably conservative 10% false discovery rate (Benjamini and  
312 Hochberg, 1995). We report the FDR correction because of our strong a priori prediction and the  
313 high cost of false negatives. Further, in the case of model-behaviour correlations, the FDR  
314 correction is more appropriate than a family-wise error rate correction for multiple comparisons  
315 (such as the Bonferroni method) because of the high correlation rate expected in the data, given that  
316 model parameters were estimated from behaviour itself. We included a bootstrap approach (1000  
317 iterations) to calculate bias-corrected 95% confidence intervals (CI). Where appropriate,  
318 hierarchical multiple regression analysis was used to assess the variance in behaviour explained by  
319 metabolite levels, after the model parameters were accounted for.

### 320 *Confounding Variables*

321 There were no significant differences in metabolite levels between hemispheres, therefore the  
322 results were combined across hemisphere of acquisition.

323 To examine if variations in the metabolite values might be caused by differing proportions of tissue  
324 composition, correlations were performed between CCC levels and proportion of grey and white  
325 matter present in the voxel. Additionally, metabolite values were checked against the water signal  
326 for the same reason. No significant correlations were found between CCCs and grey/white matter  
327 content, indicating any variance seen is generated by differing metabolite levels. The water signal  
328 significantly correlated with dorsal striatum tCHO ( $r_T(34) = -0.348$ ,  $p = 0.003$ ) and ventral striatum  
329 PC+GPC ( $r_T(31) = -0.270$ ,  $p = 0.001$ ). Therefore, analyses involving dorsal striatum tCHO or  
330 ventral striatum PC+GPC were corrected for this source of variance using partial correlations. No  
331 other significant correlations were seen between the water signal and metabolite levels of interest.

332 There is evidence that metabolite levels in the brain can vary based on time of day (Soreni et al.,  
333 2006) and age (Pfefferbaum et al., 1999; Reygoudt et al., 2012). Therefore, all metabolites were

334 checked against these two variables to ensure this was not a source of variance. Time of day  
335 significantly correlated with dorsal striatum tCHO ( $r_T(34) = 0.249, p = 0.038$ ) and cerebellum  
336 tCHO ( $r_T(30) = 0.285, p = 0.026$ ). Therefore, analyses involving dorsal striatum tCHO or  
337 cerebellum tCHO were corrected for this source of variance using partial correlations. No other  
338 significant correlations were seen between metabolite levels and time of day or age of participant.

### 339 *Controls*

340 The cerebellum was used as a control to demonstrate the regional specificity of results. None of the  
341 effects were present in the cerebellum and therefore these results are not reported further. NAA and  
342 tCR were used as controls to demonstrate the neurochemical specificity of the results (i.e. that the  
343 relevant individual differences were specific to choline and not to spectrum-wide inter-individual  
344 differences). None of the effects were present in either NAA or tCR and therefore these results are  
345 not reported further. Furthermore, none of the reported effects were found when using tCHO as a  
346 measure of cholinergic availability and therefore these results are not reported further.

## 347 RESULTS

### 348 **Behavioural Results**

349 Twenty-two (22) participants reached criterion during both rounds (i.e. they reached criterion both  
350 during initial learning and after the reversal) and were included in the analysis. Table 1 shows the  
351 average number of trials taken to complete each component.

#### 352 *Model parameters and performance*

353 A reinforcement-learning model was used to disentangle components of learning that contribute to  
354 overall behaviour. We looked at three parameters of interest, the learning rates from positive ( $\eta^+$ )  
355 and negative ( $\eta^-$ ) prediction errors, and the overall impact of subjective value of the deck on the

356 participants choice (value impact parameter,  $\beta$ ). Table 2 shows the mean of the model parameters  
357 for both rounds. Outlier analysis resulted in the exclusion of the value impact parameter ( $\beta$ ) during  
358 initial learning for one participant ( $Z=3.12$ ).

359 To explore how the contribution of the model parameters to behaviour changes over time, we  
360 looked at correlations between behaviour (as measured by trials to criterion, number of  
361 perseverative trials and number of regressive errors) and the corresponding model parameters  
362 separately, i.e. behaviour during initial learning was correlated with model parameters fit over the  
363 initial learning period, and likewise for the reversal learning period.

364 Table 3 shows the correlation coefficients for the relationships between model parameters and  
365 behaviour. Faster initial learning (low number of trials to criterion) was associated with a higher  
366 learning rate from positive prediction errors ( $r(21) = -0.439$ ,  $p = 0.041$ ) and a higher value impact  
367 parameter ( $r(20) = -0.536$ ,  $p = 0.012$ ). A lower number of perseverative trials was associated with a  
368 higher learning rate from negative prediction errors ( $r(21) = -0.527$ ,  $p = 0.012$ ). As was the case  
369 during initial learning, during post-reversal learning (after the reversal has been identified) a lower  
370 number of trials taken to reach criterion was associated with a higher learning rate from positive  
371 prediction errors ( $r_T(21) = -0.335$ ,  $p = 0.03$ ), and a higher value impact parameter ( $r_T(21) = -0.352$ ,  
372  $p = 0.022$ ). Additionally, during post-reversal learning, a lower number of regressive errors was  
373 associated with a higher learning rate from positive prediction errors ( $r_T(21) = -0.355$ ,  $p = 0.023$ )  
374 and a higher value impact parameter ( $r_T(21) = -0.337$ ,  $p = 0.031$ ).

### 375 *Effects of trait impulsivity on performance*

376 To investigate the influence of impulsivity on decision making, we looked at correlations between  
377 impulsivity (total BIS-11 score) and measures of behaviour (including model parameters) in  
378 learners. Higher impulsivity levels were associated with a lower number of perseverative errors  
379 ( $r(21) = -0.470$ ,  $p = 0.027$ ). No other measures of behaviour correlated with impulsivity.

## 380 *Summary*

381 The contribution of learning parameters to performance changes over the learning period. Faster  
382 initial learning was indexed by both higher learning rates from positive prediction errors ( $R1\eta^+$ ) and  
383 higher value impact parameters ( $R1\beta$ ). However, reduced numbers of perseverative trials were  
384 associated with higher learning rates from negative prediction errors ( $R2\eta^-$ ) and higher impulsivity  
385 levels. Similar to initial learning, faster post-reversal learning was associated with higher learning  
386 rates from positive prediction errors ( $R2\eta^+$ ) and higher value impact parameters ( $R2\beta$ ).  
387 Additionally, during post-reversal learning, lower numbers of regressive errors were associated with  
388 higher learning rates from positive prediction errors ( $R2\eta^+$ ) and higher value impact parameters  
389 ( $R2\beta$ ).

## 390 **Spectroscopy Results**

391 One participant was excluded from spectroscopy analysis due to issues with segmentation of the  
392 structural scan. All metabolite values had CRB < 30% and were all included in the analysis.

### 393 *Association of reversal learning with dorsal striatal choline*

394 Table 4 shows the average metabolite levels in the dorsal striatum. To test the hypothesis that  
395 reversal learning performance is associated with dorsal striatal CHO levels, we looked at the  
396 correlation between measures of reversal learning performance (number of perseverative trials and  
397 learning rate from negative prediction errors;  $R2\eta^-$ ) and levels of CHO in the dorsal striatum in  
398 learners ( $n = 21$ ).

399 A lower number of perseverative trials was associated with lower levels of dorsal striatum CHO ( $r_T$   
400 (20) = 0.367,  $p = 0.021$ ; 95% CI [0.081, 0.669]; Figure 4A). The opposite effect was seen with  
401 dorsal striatum PC+GPC ( $r(20) = -0.447$ ,  $p = 0.042$ ; 95% CI [-0.779, 0.004]). Additionally, higher  
402 learning rates from negative prediction errors were associated with lower dorsal striatum CHO

403 levels ( $r_T(20) = -0.371$ ,  $p = 0.019$ ; 95% CI [-0.258, -0.025] Figure 4B). This result is specific to  
404 dorsal striatum CHO, with no other dorsal striatum metabolites found to correlate with learning  
405 rates from negative prediction errors.

406 After establishing an association between CHO levels and reversal performance, we wanted to  
407 examine whether CHO contributed to reversal efficiency over and above behavioural and  
408 personality variables. Using a hierarchical multiple regression, we first modelled the contribution of  
409 variance from learning rates from negative prediction errors and total BIS scores to the variance in  
410 the number of perseverative trials (Model 1;  $F(2,18) = 9.460$   $p = 0.002$ ,  $R^2 = 0.512$ ; Table 5). The  
411 second model looked at whether the addition of dorsal striatum CHO would explain significantly  
412 more variance, over and above that explained by learning rates from negative prediction errors and  
413 total BIS score (Model 2;  $F(3,17) = 9.574$   $p = 0.001$ ,  $R^2 = 0.628$ ; Table 5).

414 The amount of variance in the number of perseverative trials explained by learning rates from  
415 negative prediction errors was significant in both Model 1 ( $\beta = -0.493$ ,  $t(18) = -2.980$ ,  $p = 0.008$ ;  
416 Table 5) and Model 2 ( $\beta = -0.430$ ,  $t(17) = -2.843$ ,  $p = 0.011$ ; Table 5). Additionally, total BIS score  
417 also explained a significant amount of variance in both Model 1 ( $\beta = -0.472$ ,  $t(18) = -2.855$ ,  $p =$   
418  $0.011$ ; Table 5) and Model 2 ( $\beta = -0.419$ ,  $t(17) = -2.787$ ,  $p = 0.013$ ; Table 5).

419 In Model 2, dorsal striatum CHO also explained a significant amount of variance in the number of  
420 perseverative trials ( $\beta = 0.351$ ,  $t(17) = 2.300$ ,  $p = 0.034$ ; Table 5). The addition of dorsal striatum  
421 CHO to the model increased  $R^2$  by 0.116 and this increase was statistically significant ( $F(1,23) =$   
422  $5.291$ ,  $p = 0.034$ ; Table 5).

423 To assess the specificity of this result, dorsal striatum PC+GPC was also included in the model.  
424 However, analysis of multicollinearity diagnostics showed a tolerance of 0.175, which is below the  
425 acceptable value of 0.2. This is due to the strong significant correlation between dorsal striatum  
426 CHO and dorsal striatum PC+GPC ( $r_T(20) = -0.667$   $p < 0.001$ ). As a result, including the two

427 variables in the same regression model would violate the assumption of multicollinearity and the  
428 regression model would not be able to provide unique estimates of the regression coefficients, as  
429 each will account for overlapping variance (Field, 2009). Therefore, we instead repeated the  
430 hierarchical regression with dorsal striatum PC+GPC in place of dorsal striatum CHO. The amount  
431 of variance explained by dorsal striatum PC+GPC was not significant ( $\beta = -0.301$ ,  $t(17) = -1.900$ ,  $p$   
432  $= 0.075$ ). The addition of dorsal striatum PC+GPC to the model increased  $R^2$  by 0.085 and this  
433 increase was not statistically significant ( $F(1,23) = 3.611$ ,  $p = 0.075$ ). This indicates that dorsal  
434 striatum CHO levels can explain part of the variance in the number of perseverative trials, however  
435 dorsal striatum PC+GPC levels cannot.

#### 436 *Association of other learning parameters with dorsal striatal choline*

437 No significant correlations were seen with measures of performance in round 1 (trials to criterion,  
438  $R1\eta^+$  or  $R1\beta$ ) and average levels of CHO in the dorsal striatum.

439 No significant correlations were seen with dorsal striatal CHO levels and measures of performance  
440 during post reversal learning (trials to criterion,  $R2\eta^+$  or  $R2\beta$ ). Additionally, there were no  
441 significant correlations between dorsal striatal CHO levels and the number of regressive errors.

#### 442 *Association of learning parameters with ventral striatal choline*

443 Two participants were excluded from analysis due to poor data quality of the ventral striatal spectra.  
444 Table 6 shows the average metabolite levels in the ventral striatum. To test the hypothesis that  
445 associations between dorsal striatal CHO levels are region specific and not from the striatum as a  
446 whole, we looked at the correlation between measures of learning performance and levels of CHO  
447 in the ventral striatum in learners ( $n = 20$ ).

448 Ventral striatal CHO did not correlate with trials to criterion in round 1. However, low levels of  
449 CHO in the ventral striatum were associated with higher learning rates from positive prediction  
450 errors during initial (but not reversal) learning ( $r(19) = -0.625$ ,  $p = 0.003$ ; 95% CI  $[-0.873, -0.363]$ ;



451 Figure 5A) and lower value impact parameter during initial (but not reversal) learning ( $r(18) =$   
452 0.555,  $p = 0.014$ ; 95% CI [0.312, 0.874]; Figure 5B).

453 Ventral striatal CHO was not found to correlate with either the number of perseverative trials or  
454 learning rates from negative prediction errors.

455 No significant correlations were seen with ventral striatal CHO levels and measures of performance  
456 during post reversal learning (trials to criterion,  $R2\eta^+$  or  $R2\beta$ ). Additionally, there were no  
457 significant correlations between ventral striatal CHO levels and the number of regressive errors.

### 458 *Group Comparisons*

459 To investigate whether average levels of CHO in the striatum relate to learning ability, the average  
460 levels were compared between learners and non-learners. There was no significant difference in  
461 CHO levels between learners and non-learners in either the dorsal striatum or the ventral striatum.

### 462 *Summary*

463 In the dorsal striatum, average CHO levels were associated with performance during reversal, but  
464 not during initial learning. There was a significant positive correlation between dorsal striatal CHO  
465 levels and the number of perseverative trials, and a significant negative correlation between dorsal  
466 striatal CHO levels and learning rates from negative prediction errors ( $R2\eta^-$ ). Additionally, dorsal  
467 striatal CHO levels explained variance in the number of perseverative trials over and above that  
468 explained by learning rates from negative prediction errors.

469 In the ventral striatum, average CHO levels were not associated with performance during reversal  
470 learning. Although ventral striatal CHO levels were not associated with the speed of initial learning,  
471 there was a significant positive correlation between ventral striatal CHO levels and learning rates  
472 from positive prediction errors, and a significant negative correlation between ventral striatal CHO  
473 levels and the value impact parameter during initial learning.

## 474 DISCUSSION

475 We used MRS to investigate the relationship between average CHO levels in the human striatum (at  
476 rest) and probabilistic reversal learning. We show that baseline levels of CHO in the human dorsal  
477 striatum are associated specifically with individual differences in reversal learning efficiency, but  
478 not in initial learning, and that this effect is specific to the dorsal, but not the ventral striatum.

479 Behaviourally, we show that faster initial learning is indexed by a higher learning rate from positive  
480 prediction errors ( $\eta^+$ ) and a higher value impact parameter ( $\beta$ ). Therefore, during this period,  
481 participants are using wins and expected value to guide their choices. This is also seen during the  
482 post-reversal learning period, in which faster post-reversal learning is indexed by higher learning  
483 rates from positive prediction errors ( $\eta^+$ ) and higher value impact parameters ( $\beta$ ). Faster reversal  
484 (less perseveration), however, was indexed by higher learning rates from negative prediction errors  
485 ( $\eta^-$ ) only. During this period, i.e. after the reversal has been implemented, participants must now  
486 pay increased attention to worse than expected outcomes in order to identify the change in  
487 contingencies. Therefore, to adapt to changes in task structure, participants adapt their strategy by  
488 altering the weight of learning from prediction errors based on reward history.

489 The learning rate for negative prediction errors, even after accounting for trait impulsivity,  
490 explained a significant amount of variance in perseveration, providing a simple mechanism to  
491 explain reversal efficiency. Average dorsal striatum CHO levels explained variance in perseveration  
492 over and above this original model. This suggests a more complex mechanism in which  
493 perseveration is influenced, in part, by the learning rate from negative prediction errors (which can  
494 change due to task demand) and by resting levels of dorsal striatum CHO. Indeed, Franklin &  
495 Frank, 2015 showed that a model which takes into account cholinergic activity performs better on a  
496 reversal learning task than a model based solely on dopamine prediction error signalling.

497 Our results indicate that participants who were quicker to reverse had lower average levels of dorsal  
498 striatum CHO, suggesting that low trait levels of dorsal striatum CHO are beneficial for reversal  
499 learning. Based on evidence that ACh efflux increases during reversal learning (Ragozzino et al.,  
500 2009; Brown et al., 2010), this suggests two potential mechanisms. Firstly, lower levels of dorsal  
501 striatum CHO at rest could reflect lower levels of ACh at rest. This is also supported by evidence  
502 from the animal literature, which has shown a positive correlation between ACh levels at rest as  
503 measured by microdialysis and average CCCs as measured by MRS (Wang et al., 2008).  
504 Additionally, higher levels of CHO availability have been shown to lead to higher levels of ACh  
505 release, implying a positive correlation between the two metabolites (Koshimura et al., 1990).  
506 Based on this notion, the findings here suggest that lower levels of ACh at rest may be beneficial  
507 for reversal learning because they enable a higher contrast between ACh levels at rest and during  
508 reversal learning. However, it is important to note that Wang et al. (2008) modelled all three CCCs  
509 as a single peak. It is likely that the relationship between CHO levels as measured by spectroscopy  
510 and ACh levels in the brain is not straightforward, and this interpretation should be considered with  
511 caution. Indeed, animal studies have shown the relationship between CHO and ACh can change  
512 based on neuronal firing and ACh requirement (Löffelholz, 1998; Klein et al., 2002). Furthermore,  
513 we have previously demonstrated a drop in CHO levels in the human dorsal striatum during reversal  
514 learning, thought to reflect the sustained increase in ACh release seen in animal studies (e.g.  
515 Ragozzino et al., 2009). This drop is thought to be due to an increase in translocation of CHO  
516 uptake receptors in response to sustained neural firing (Bell et al., 2018). Though we have described  
517 the measurements in this study as “at rest”, cholinergic interneurons are tonically active, and  
518 therefore the relationship between CHO and ACh levels in the striatum will likely reflect a more  
519 complex dynamical relationship between the two.

520 The second potential mechanism supported by our findings is that lower levels of dorsal striatum  
521 CHO at rest may result from a more efficient CHO uptake system. Mice carrying mutations in the

522 gene coding for CHO uptake transporters have reduced neuronal capacity to both clear CHO and  
523 release ACh. Moreover, performance on an attention task was impaired in these mice (Parikh et al.,  
524 2013). Additionally, in a study of frontal cortex cholinergic modulation during attention, humans  
525 with a gene polymorphism which reduces CHO transport capacity showed reduced activation in the  
526 prefrontal cortex during an attentional task. Furthermore, the pattern of activation predicted CHO  
527 genotype (Berry et al., 2015). Although our findings are in line with biochemical and functional  
528 evidence in various models, it is clear that further work is needed to determine the relationship  
529 between CHO uptake, ACh release, and reversal learning.

530 With regards to performance, disruption of cholinergic signalling in rodents typically results in an  
531 increase in regressive errors (Brown et al., 2010; Bradfield et al., 2013). However, here we found no  
532 association between dorsal striatum CHO levels and the number of regressive errors. In humans,  
533 measures of individual differences in perseverative and regressive errors are likely to be  
534 confounded by individual differences in representation of the task structure. Rather than making  
535 perseverative and regressive errors based solely on feedback, the ability to flexibly alter response  
536 depends in part on a higher level representation of the task, which is thought to be maintained in  
537 frontal areas of the cortex (Armbruster et al., 2012). It should be noted that the basal ganglia-  
538 thalamo-cortical system has been shown to be modulated by the maintenance of task rules, with  
539 individuals with stronger representation of the task structure showing higher activation in the  
540 caudate and thalamus during a behaviour switch (Ueltzhöffer et al., 2015), indicating that  
541 representation of task structure likely modulates dorsal striatum activity in response to the need for  
542 behavioural flexibility. Inevitably, caution is needed when translating evidence from rodent studies  
543 of learning to human studies. This emphasises the need to further develop non-invasive techniques  
544 for studying human neurochemistry *in vivo*.

545 As predicted, and in line with evidence from the animal literature (Ragozzino et al., 2009), levels of  
546 CHO in the ventral striatum were not associated with reversal learning. However, ventral striatum

547 CHO levels were associated with model parameters which contributed to initial learning. Though  
548 Ragozzino et al. demonstrated that ACh levels in the rat ventral striatum did not change during  
549 reversal learning, they did not test if they changed during initial learning. Successful learning  
550 requires the ability to learn from feedback, which is encoded through dopaminergic prediction error  
551 signalling in the ventral striatum (Schultz et al., 1997). The rodent ventral striatum has a higher  
552 density of cholinergic interneurons than the dorsal striatum (Matamales et al., 2016) and changes in  
553 cholinergic activity are time locked to changes in dopaminergic activity, which is thought to  
554 enhance the contrast of prediction error signalling (Aosaki et al., 2010). Indeed, cholinergic activity  
555 in the ventral striatum has been linked with effective learning of a stimulus-outcome association  
556 (Brown et al., 2012), therefore it is likely that cholinergic activity in the ventral striatum is involved  
557 in some aspect with goal-directed learning, and further studies should explore this contribution.

558 Due to our specific a priori hypotheses and novel MRS application, we used several controls to  
559 demonstrate that these effects are specific to CHO levels in the striatum. We acquired data from a  
560 voxel in the cerebellum, geometrically identical to the striatal voxels. No learning effects were  
561 present in the cerebellum, demonstrating that our findings are specific to the striatum. Additionally,  
562 we also quantified two control metabolites (NAA and tCR) to ensure that the results were specific  
563 to the metabolite of interest, rather than a general measurement or region effect. None of the effects  
564 were seen in levels of NAA and tCR in the dorsal striatum or ventral striatum. Importantly, none of  
565 the effects were seen when modelling all three peaks together (tCHO), highlighting once more the  
566 importance of separating CHO when using MRS to investigate individual differences in CCC  
567 levels.

568 As is common with learning tasks, a significant proportion of our sample did not reach criterion,  
569 leaving a smaller sample for analysis. This proportion is similar to that reported in previous studies  
570 using this task (i.e. Schönberg et al., 2007), and although the final sample size was reduced by this  
571 effect, it is in line with the size of typically published MRS/MRI samples. This observation

572 notwithstanding, the novelty of the approach presented here naturally warrants further validation of  
573 both the method and the findings.

574 In summary, we used MRS to demonstrate that average levels of CHO in the human dorsal striatum  
575 are associated with performance during probabilistic reversal, but not during initial learning. This is  
576 in line with evidence from the animal literature and our own prior work with humans, which  
577 suggests a specific role for cholinergic activity in the dorsal striatum during reversal learning. These  
578 results provide evidence for the role of the human cholinergic striatum in reversal learning and  
579 behavioural flexibility more generally. Additionally, these findings further support the idea of using  
580 CHO levels as measured by MRS as a tool for non-invasive *in vivo* monitoring of both healthy  
581 human neurochemistry, as well as disorders of the human cholinergic system.

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781 Tables

782 *Table 1: Performance variables*

	<i>Average Number of Trials</i>	<i>SD</i>
Initial Learning	44	28
Reversal Learning	47	23
Perseveration Period	12	8
Post Reversal Learning	35	22

Regressive Errors	7	6
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783

784 *Table 2: Estimates of model parameters*

	$\eta^+$	$\eta^-$	$\beta$
Initial Learning	0.37 (SD = 0.30)	0.42 (SD = 0.31)	1.44 (SD = 0.56)
Reversal Learning	0.24 (SD = 0.35)	0.31 (SD = 0.27)	1.37 (SD = 0.97)

785 *Note:  $\eta^+$  = learning rate from positive prediction errors;  $\eta^-$  = learning rate from negative prediction*  
 786 *errors;  $\beta$  = impact of subjective value on choice.*

787 *Table 3: Correlation coefficients for relationships between model parameters and behaviour*

	$\eta^+$	$\eta^-$	$\beta$
Initial Learning (TTC)	-0.439 [-0.710, -0.066]	-0.218 [-0.307, -0.680]	-0.536* [-0.808, -0.248]
Reversal Learning			
Perseverative Errors	-0.176 [-0.516, 0.233]	-0.527* [-0.754, -0.285]	0.132 [-0.117, 0.403]
Post Reversal Learning (TTC)	-0.335* [-0.593, -0.014]	0.322 [-0.164, 0.673]	-0.352* [-0.674, -0.051]
Regressive Errors	-0.355* [-0.612, -0.047]	0.292 [-0.174, 0.649]	-0.337* [-0.639, -0.054]

788 *Note:  $\eta^+$  = learning rate from positive prediction errors;  $\eta^-$  = learning rate from negative*  
 789 *prediction errors;  $\beta$  = value impact parameter; \*  $p < 0.05$ ; ranges in square brackets indicate bias*  
 790 *corrected 95% confidence intervals.*

791

792 *Table 4: Average metabolite levels in the dorsal striatum*

	<i>CHO</i>	<i>PC+GPC</i>	<i>tCHO</i>	<i>NAA</i>	<i>tCR</i>
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Learners	0.15 (SD = 0.20)	0.27 (SD = 0.10)	0.42 (SD = 0.12)	8.73 (SD = 0.77)	11.58 (SD = 1.74)
Non-Learners	0.11 (SD = 0.16)	0.36 (SD = 0.14)	0.46 (SD = 0.10)	8.83 (SD = 2.37)	11.80 (SD = 2.31)

793 *Note: CHO = choline, PC+GPC = phosphocholine and glycerophosphocholine, tCHO = total*  
 794 *choline, NAA = n-acetyl aspartate, tCR = total creatine.*

795 *Table 5: Summary of hierarchical regression analyses for variables predicting perseverance*

	<i>B</i>	<i>SE B</i>	$\beta$	<i>R</i> <sup>2</sup>	$\Delta R^2$	<i>p</i>
Model 1				0.512		0.002
R2 $\eta^2$	-14.476	4.858	-0.493			0.008
BIS Total	-0.504	0.176	-0.472			0.011
Model 2				0.628	0.116	0.034
R2 $\eta^2$	-12.619	4.439	-0.430			0.011
BIS Total	-0.447	0.160	-0.419			0.013
DS CHO	5.306	2.307	0.351			0.034

796 *Note, for  $\Delta R^2=0.139, p = 0.037$*

797 *B = unstandardized coefficient, SE = standard error,  $\beta$  = standardised coefficient*

798 *Table 6: Average metabolite levels in the ventral striatum*

	<i>CHO</i>	<i>PC+GPC</i>	<i>tCHO</i>	<i>NAA</i>	<i>tCR</i>
Learners	0.24 (SD = 0.17)	0.27 (SD = 0.12)	0.5 (SD = 0.17)	5.39 (SD = 1.97)	12.02 (SD = 2.26)
Non-Learners	0.23 (SD = 0.17)	0.25 (SD = 0.14)	0.48 (SD = 0.16)	5.45 (SD = 1.54)	11.13 (SD = 3.95)

799 *Note: CHO = choline, PC+GPC = phosphocholine and glycerophosphocholine, tCHO = total*  
 800 *choline, NAA = n-acetyl aspartate, tCR = total creatine.*



801 **FIGURE LEGENDS**

802 Figure 1: General outline of learning task trials. Participants were instructed to choose between four  
803 decks of cards. Each deck had a different probability of generating wins:losses (75:25, 60:40, 40:60,  
804 25:75). Once the learning criterion had been reached, the deck probabilities were reversed so that  
805 high probability decks became low probability decks and vice versa. Participants were not informed  
806 of this in advance and were simply instructed to gain as many points as possible. Each screen was  
807 shown for 2.5s, RT = reaction time

808

809 Figure 2: General overview of learning task structure. Participants completed the initial learning  
810 phase (round 1) by reaching the predefined accuracy criterion or after 100 trials. Upon completion  
811 of the initial learning phase, the deck probabilities were reversed. Participants then completed a  
812 reversal learning phase (round 2). For behavioural analysis, this was subdivided into perseverative  
813 trials (PER) and a post-reversal learning period. The number of perseverative trials was defined as  
814 the number of trials after reversal until the probability of selecting the previously favoured card  
815 reached chance level (0.25). The post-reversal learning period was the number of trials to reach  
816 criterion in round 2, minus the number of perseverative trials. The number of regressive errors was  
817 defined as the number of times the previously favoured deck was selected during the post-reversal  
818 learning period. The task ended once participants either reached the same accuracy criterion in  
819 round 2 or after 100 round 2 trials.

820

821 Figure 3: Location of voxels and example spectra. Heat maps showing the sum of the <sup>MRS</sup> voxels  
822 over all subjects in MNI space, along with a voxel and a representative spectrum from a single  
823 subject (A = Dorsal Striatum, MNI coordinates: -3.41, 2.37, 11.16; B = Ventral Striatum, MNI  
824 coordinates: -2.99, 5.92, -3.93; C = Cerebellum, MNI coordinates: -2.10, -61.03, 19.20).

825

826 Figure 4: Correlations between dorsal striatum CHO levels and performance during reversal **A:**  
827 Positive correlation between the number of perseverative trials and levels of CHO in the dorsal  
828 striatum ( $r_T(21) = 0.367, p = 0.021$ ). **B:** Negative correlation between the learning rate based on  
829 negative prediction errors derived from round 2 ( $R2\eta^-$ ) and levels of CHO in the dorsal striatum ( $r_T$   
830 ( $21) = -0.371, p = 0.019$ ). DS: Dorsal Striatum; CHO: Choline.

831

832 Figure 5: Correlations between ventral striatum CHO levels and performance during initial learning  
833 **A:** Negative correlation between learning rate based on positive prediction errors derived from  
834 round 1 ( $R1\eta^+$ ) and levels of CHO in the ventral striatum ( $r(19) = -0.625, p = 0.003$ ). **B:** Positive  
835 correlation between impact of participant's subjective value on their future choice derived from  
836 round 1 ( $R1\beta$ ) and levels of CHO) in the ventral striatum ( $r(18) = 0.555, p = 0.014$ ). VS: Ventral  
837 Striatum; CHO: Choline.









