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Article type : Special Issue

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**Plasticity of the Paternal Brain: Effects of Fatherhood on Neural Structure and Function**

Running Title: Neuroplasticity in Fathers

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**ACKNOWLEDGMENTS**

We thank the many students and colleagues who have contributed to our own research on behavioral and neural plasticity in fathers, as well as two anonymous reviewers who provided helpful feedback on an earlier draft of this paper. Portions of our work that are reviewed in this paper were funded by the National Institutes of Health (R21HD075021-

*This is the author manuscript accepted for publication and has undergone full peer review but has not been through the copyediting, typesetting, pagination and proofreading process, which may lead to differences between this version and the [Version of Record](#). Please cite this article as [doi: 10.1002/DEV.22097](https://doi.org/10.1002/DEV.22097)*

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30 01 and R21MH087806-01A1), the National Science Foundation (IOS-1256572), and the  
31 University of California, Riverside. We have no conflicts of interests to disclose.

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### **Abstract**

36 Care of infants is a hallmark of mammals. Whereas parental care by mothers is  
37 obligatory for offspring survival in virtually all mammals, fathers provide care for their  
38 offspring in only an estimated 5-10% of genera. In these species, the transition into  
39 fatherhood is often accompanied by pronounced changes in males' behavioral  
40 responses to young, including a reduction in aggression toward infants and an increase  
41 in nurturant behavior. The onset of fatherhood can also be associated with sensory,  
42 affective, and cognitive changes. The neuroplasticity that mediates these changes is not  
43 well understood; however, fatherhood can alter production and survival of new neurons;  
44 function and structure of existing neurons; morphology of brain structures; and  
45 neuroendocrine signaling systems. Although these changes are thought to promote  
46 infant care by fathers, very little evidence exists to support this hypothesis; in most  
47 cases, neither the mechanisms underlying neuroplasticity in fathers nor its functional  
48 significance are known. In this paper we review the available data on the neuroplasticity  
49 that occurs during the transition into fatherhood. We highlight gaps in our knowledge  
50 and future directions that will provide key insights into how and why fatherhood alters  
51 the structure and functioning of the male brain.

52

53 Keywords: Fatherhood, Infant care, Neuroendocrine, Neurogenesis, Neuroplasticity,  
54 Paternal behavior,

55

56

### **1 INTRODUCTION**

58 In female mammals, the onset of motherhood and successful rearing of offspring  
59 necessitate wholesale changes in behavior, as well as endocrine and physiological  
60 adjustments. Depending on the species, the need to nourish, warm, transport, and

61 protect her offspring can limit the amount of time a mother can spend foraging or  
62 hunting, alter her food intake and metabolism, decrease her mobility, and reduce her  
63 ability to thermoregulate (Kinsley et al., 2008; Olazabal et al., 2013a; Speakman, 2008).  
64 In addition, it may require cognitive and affective changes such that the mother  
65 becomes more attentive and attracted to infant-related sensory stimuli, such as cries  
66 and odors, more aggressive toward other conspecifics, and less easily perturbed by  
67 potentially threatening or distracting environmental stimuli (Lambert, 2012; Olazabal et  
68 al., 2013b; Slattery & Neumann, 2008). Not surprisingly, therefore, the onset of  
69 motherhood is associated with a multitude of changes in the maternal brain, both at the  
70 level of individual neurons and in properties of and connectivity among brain structures  
71 (González-Mariscal & Melo, 2017; Leuner & Sabihi, 2016; Leuner, Glasper, & Gould,  
72 2010; Medina & Workman, 2020). This neural plasticity is likely mediated largely by the  
73 pronounced hormonal changes associated with pregnancy, parturition, and lactation,  
74 but can also be affected by interactions with infants or exposure to infant-related  
75 sensory stimuli (Medina & Workman, 2020).

76 In roughly 5-10% of mammalian genera, fathers, in addition to mothers, provide  
77 extensive care for their offspring and can have pronounced effects on offspring survival  
78 and development (Kleiman & Malcolm, 1981; Saltzman & Ziegler, 2014), including  
79 development of neuroendocrine, social, cognitive, and affective function (reviewed in  
80 Bales & Saltzman, 2016; Braun & Champagne, 2014). Although fathers do not  
81 experience the profound hormonal and physiological changes associated with  
82 pregnancy, parturition, and lactation, males in biparental species often undergo  
83 behavioral, endocrine, and physiological changes that allow them to meet the demands  
84 of parenthood. In recent years, researchers have begun to elucidate the neural plasticity  
85 that occurs as males become fathers and that might underlie these changes. Studies of  
86 rodents, nonhuman primates, and humans indicate that neuroplasticity in fathers, as in  
87 mothers, can be manifest in several processes, including changes in production and  
88 survival of neurons; functional and structural modifications in existing neurons; and  
89 larger-scale morphological changes of brain regions. In most cases, the mechanisms  
90 underlying such plasticity, including the effects of sensory cues from or experience with  
91 infants or females, and the roles of specific hormones and neuropeptides, have not

92 been elucidated. Moreover, the functional significance of fatherhood-induced  
93 neuroplasticity is almost entirely unknown.

94 In this review we aim to summarize and integrate findings on neuroplasticity in  
95 mammalian fathers, to highlight major gaps in our understanding of this plasticity, and to  
96 suggest promising directions for future research. We focus almost exclusively on  
97 rodents, because most of the work on neural plasticity has been performed in this taxon,  
98 but discuss findings from other mammalian taxa where possible. Importantly, almost all  
99 the data on plasticity of the paternal brain come from a small number of species in two  
100 rodent families (Cricetidae, Muridae), and therefore might not be representative of  
101 mammalian fathers in general. Moreover, although we believe that plasticity of the  
102 paternal brain is most relevant and most important in biparental species, in which  
103 fathers routinely provide care for their offspring, studies of uniparental or facultatively  
104 biparental house mice (*Mus musculus*) and rats (*Rattus norvegicus*) have yielded  
105 fascinating and detailed insights into plasticity of the male brain with respect to  
106 fatherhood and interactions with offspring; therefore, we include findings from these  
107 studies where relevant.

108

## 109 **2 REVIEW OF FINDINGS**

### 110 **2.1 Plasticity in neurogenesis and cell survival**

111 In rats, mice, and sheep (*Ovis aries*), the onset of motherhood is accompanied by  
112 changes in neurogenesis and cell survival in the maternal brain, especially in the  
113 subventricular zone and the dentate gyrus of the hippocampus (Table 1, Fig. 1;  
114 reviewed in González-Mariscal & Melo, 2017; Lambert, 2012; Leuner et al., 2010;  
115 Medina & Workman, 2018). Potential effects of fatherhood on birth and survival of  
116 neurons have been examined in several rodent species, with mixed results. The most  
117 common methods used in these studies are immunohistochemical staining for indicators  
118 of cell proliferation (e.g., bromodeoxyuridine [BrdU, an intercalating agent; Miller &  
119 Nowakowski, 1988] or Ki-67 [a protein associated with cell proliferation; Gerdes et al.,  
120 1984]) in combination with neuronal markers (e.g., TuJ1 [neuron-specific class III beta-  
121 tubulin, a component of neuronal microtubules; Lee et al., 1990], DCX [doublecortin, a  
122 protein involved in neuronal migration, strongly expressed in early stages of neuronal

123 development; Couillard-Despres et al., 2005], and/or NeuN [fox-3, a protein expressed  
124 in many neuronal nuclei and, to a lesser extent in some cell types, cytoplasm; Mullen et  
125 al., 1992]). The number and location of cells expressing these markers are measured in  
126 fathers and in males with varying amounts of interaction with females and/or pups to  
127 tease apart which aspects of the transition into fatherhood contribute to changes in  
128 neurogenesis and cell survival. While most research on neurogenesis focuses on the  
129 hippocampus (Anagnostou & Morales, 2019; Glasper et al., 2001; Hyer et al., 2016;  
130 Hyer et al., 2017; Lieberwirth et al., 2013; Mak & Weiss, 2010), some studies have  
131 investigated the olfactory bulbs (Mak & Weiss, 2010), amygdala (Lieberwirth et al.,  
132 2013), and hypothalamus (Lieberwirth et al., 2013), areas associated with memory,  
133 emotion, and detection of and response to stimuli from pups.

134 Mak and Weiss (2010) examined effects of fatherhood in the facultatively  
135 biparental house mouse, in which fathers do not provide infant care under natural  
136 conditions but do so when housed individually with pups or with their mate and pups in  
137 the laboratory (Gandelman et al., 1970; McCarthy & vom Saal, 1986). In an elegant  
138 study, Mak and Weiss (2010) compared neurogenesis (as indicated by BrdU-, Ki67-,  
139 and DCX-labeled cells) in the hippocampus and subventricular zone in groups of first-  
140 time fathers that had varying degrees of interaction with their own mate and pups or  
141 with an unfamiliar lactating female and pups for the first 2 days after birth of their  
142 offspring. Neurogenesis in the hippocampus and subventricular zone was highest in  
143 fathers housed with their own pups, either with or without their mate present, suggesting  
144 that interaction with one's own pups increases neurogenesis in this species. This  
145 increase continued through postnatal day 8, but by postnatal day 10, neurogenesis in  
146 both the hippocampus and subventricular zone had declined to baseline levels (i.e.,  
147 levels observed in males on the day their pups were born) (Mak & Weiss, 2010).

148 Neurogenesis in the paternal brain has also been investigated in two obligately  
149 biparental rodents. One study of California mice (*Peromyscus californicus*) found that  
150 fathers exhibited increased neurogenesis (as indicated by BrdU and TuJ-1  
151 colocalization) and increased survival of BrdU-labeled cells from postnatal day (PND) 9  
152 to PND 16 in the dentate gyrus, compared to virgin males at comparable time points  
153 (Hyer et al., 2016). In a separate study by the same research group, however, California

154 mouse fathers that were housed with their mate and pups and tested when their pups  
155 were weaned (PND 28) showed decreased neurogenesis in the dentate gyrus  
156 compared to both age-matched virgin males and vasectomized males housed with a  
157 female (Glasper et al., 2011). The disparity between the results of these two studies  
158 likely reflects the difference in the time of testing: Hyer et al. (2016) examined fathers  
159 during their mates' mid-lactational period, whereas Glasper et al. (2011) tested fathers  
160 at the end of the lactational period. In the biparental prairie vole (*Microtus ochrogaster*),  
161 fathers tested on the day of birth of their second litter (i.e., around the age of weaning of  
162 their first litter) had significantly reduced cell survival (as indicated by BrdU staining) in  
163 the amygdala, dentate gyrus, and ventromedial hypothalamus compared to age-  
164 matched virgins (Lieberwirth et al., 2013). Together, these findings from prairie voles,  
165 California mice, and house mice suggest that neurogenesis and/or cell survival in the  
166 paternal brain increases during the early postpartum period but returns to, or even  
167 drops below, baseline levels by the late postpartum period.

168 In addition to fatherhood *per se*, effects of pup exposure on neurogenesis have  
169 been examined in adult virgin male prairie voles. In one study, virgin males (and  
170 females) that were exposed to unrelated pups once for 20 minutes had increased cell  
171 proliferation in the dentate gyrus, but not the medial or cortical amygdala, compared to  
172 pup-naïve virgins, and this effect was more pronounced in males that attempted to bite  
173 the pups than in those that behaved parentally (i.e., retrieved pups to the nest and  
174 crouched over them) (Ruscio et al., 2008). In another study of adult virgin male prairie  
175 voles, however, neither a single 20-minute pup exposure nor 10 daily 20-minute  
176 exposures affected neurogenesis or cell survival in the dentate gyrus, amygdala, or  
177 ventromedial hypothalamus (Lieberwirth et al., 2013). The differences in findings from  
178 these two studies might be due to differences in housing conditions or timing in  
179 experimental procedures: in Ruscio et al. (2008), adult males were housed in same-sex  
180 pairs, injected with BrdU hours after pup exposure, and sacrificed 48 hours after pup  
181 exposure. In Lieberwirth et al. (2013), adult males were housed with hormonally primed,  
182 ovariectomized females, injected with BrdU days before pup exposure, and sacrificed  
183 24 hours after pup exposure.

184 Studies in uniparental rodents suggest that differences in neurogenesis between  
185 fathers and virgin males might be attributable, at least in part, to copulation. Male rats  
186 that experienced 30 minutes of sexual behavior, starting at first intromission, once or on  
187 14 consecutive days, exhibited increased neurogenesis (as indicated by BrdU, NeuN,  
188 and TuJ1 expression) in the dentate gyrus compared to males that were paired with an  
189 ovariectomized, non-receptive female and males that were not exposed to a female  
190 (Leuner et al., 2010). Moreover, male rats that were allowed to pace the sexual  
191 interactions show an increased number of new neurons in the accessory olfactory bulb,  
192 but not the main olfactory bulb, compared to males that were not allowed to pace or that  
193 were separated from a female via a clear, porous, acrylic cage divider, suggesting that  
194 paced, but not non-paced, sexual interactions stimulate integration of new neurons into  
195 the accessory olfactory bulb (Portillo et al., 2012; Unda et al., 2016). In contrast, weekly  
196 mating of male Syrian hamsters (*Mesocricetus auratus*), a uniparental species, for 7  
197 weeks did not increase cell survival or proliferation in the medial amygdala or medial  
198 preoptic area compared to non-mated controls, with the hippocampus not investigated  
199 (Antzoulatos et al., 2008).

200 In summary, males in several biparental and uniparental rodent species undergo  
201 changes in production and/or survival of new neurons, most notably in the  
202 hippocampus, during the transition to fatherhood. These changes may be activated by  
203 various components of reproduction, potentially including copulation, exposure to a  
204 pregnant or lactating female, and interactions with pups. Not surprisingly, therefore,  
205 plasticity in neuronal proliferation changes across reproductive stages and might be  
206 expected to subserve different functions at different time points.

207

## 208 **2.2 Plasticity in neural activity**

### 209 **2.2.1 Acute neural responses to infant-related stimuli**

210 Neuronal activation in response to brief exposure to infants or infant-related stimuli, and  
211 effects of fatherhood on these neural responses, have been studied in both rodents  
212 (Table 1, Fig. 1) and humans (Table 2). Rodent studies typically quantify expression of  
213 immediate early genes, such as *c-fos* and *erg1*, as markers of neuronal activity;  
214 however, colocalization of immediate early gene expression with other cellular markers,

215 such as cell type-specific markers or retrograde tracers, is necessary to determine  
216 patterns of activity in different cell types or pathway-specific patterns of activation.  
217 Studies of humans have used functional magnetic resonance imaging (fMRI) to quantify  
218 changes in metabolic activity in the brain in response to infants or infant-related stimuli.  
219 In both humans and rodents, patterns of brain activation in response to infants overlap,  
220 to a large extent, between mothers and fathers (Bales & Saltzman, 2016; Feldman,  
221 2015). However, the functional role of these activated brain regions in parenting by  
222 fathers is poorly understood. Here, we present an overview of how neural responses of  
223 the male brain to infants are affected by fatherhood, focusing on sensory systems,  
224 cortex, and subcortical structures.

225

### 226 **Acute responses to infant-related stimuli: sensory systems**

227 Female rodents undergo changes in structure, function, and activity of neurons in the  
228 somatosensory, chemosensory, and auditory systems as they become mothers,  
229 allowing them to better detect and discriminate pup-related sensory stimuli (reviewed in  
230 Kinsley & Amory-Meyer, 2011; Valtcheva & Froemke, 2019). In rodent fathers, paternal  
231 care can be elicited by stimuli from pups (or, in some cases, from postpartum females)  
232 in several different sensory modalities, including chemosensory, auditory, visual, tactile,  
233 and thermal cues (Horrell et al., 2019a). Accordingly, as in females, parenthood can  
234 alter males' neural and behavioral responses to pup-related sensory stimuli (Table 1,  
235 Fig. 1).

236       Sensory plasticity in fathers has been studied mostly in the main and accessory  
237 olfactory systems. As described above, fatherhood in house mice results in the creation  
238 of olfactory neurons, generated from new cells arising in the subventricular zone, that  
239 preferentially respond to odors of adult offspring (Mak & Weiss, 2010). Fatherhood in  
240 house mice also affects responsiveness of the accessory olfactory system to pups:  
241 when exposed to pups, fathers exhibit lower expression of the immediate early gene  
242 product Fos in the sensory neurons of the vomeronasal organ (VNO) and accessory  
243 olfactory bulbs, compared to virgin males (Tachikawa et al., 2013). Conversely, fathers  
244 show increased Fos responses to pups, as compared to virgins, in several downstream  
245 projection sites (e.g., medial amygdala, bed nucleus of the stria terminalis (BNST), and



246 anterior hypothalamus), as described below (Tachikawa et al, 2013). Ablation of the  
247 VNO in virgin male house mice reduces pup-directed aggression and enhances  
248 paternal behavior (Tachikawa et al., 2013), suggesting that downregulation of the  
249 accessory olfactory system's response to pups plays a causal role in the suppression of  
250 infanticide and the onset of paternal care in fathers.

251 In the VNO of house mice, several candidate populations of neurons have been  
252 identified that appear to play a role in mediating paternal and infanticidal behavior.  
253 These include neurons expressing *Gai2*, a G-protein alpha subunit (Trouillet et al.,  
254 2019), and *Trpc2*, which codes for the transient receptor potential channel 2, a cation  
255 channel that plays an essential role in signal transduction in the VNO (Leypold et al.,  
256 2002; Wu et al., 2014). To date, however, fatherhood-induced plasticity has been  
257 observed specifically in the olfactory neurons that express *Olfcr692*, an odorant receptor  
258 gene; these neurons show markedly lower activation (as determined by mRNA  
259 expression of the immediate early gene *Egr1*) after pup exposure in house mouse  
260 fathers compared to virgins (Nakahara et al., 2016).

261 In addition to olfaction, mammalian mothers exhibit plasticity in somatosensation  
262 and audition, as mentioned above. Because these sensory systems have been  
263 implicated in paternal as well as maternal behavior (Horrell et al., 2019a), they, too,  
264 seem likely to undergo plasticity during the transition to parenthood in males. Thus,  
265 further investigation of parenthood-induced sensory plasticity is a promising topic for  
266 future studies.

267

### 268 **Acute responses to infant-related stimuli: cortex**

269 Studies using fMRI have found differences between human fathers and non-fathers in  
270 activation of brain regions associated with social cognition and emotion, in response to  
271 auditory or visual infant stimuli (Table 2). Seifritz and colleagues (2003) examined brain  
272 responses to recordings of infants crying and laughing in fathers of young children and  
273 in men without children. Fathers showed greater activation in cortical regions associated  
274 with socio-cognitive and emotional processes (mid-cingulate cortex, ventral prefrontal  
275 cortex, temporo-parietal junction, and insula) in response to an infant crying compared  
276 to an infant laughing. In the same brain regions, non-fathers showed the opposite

277 pattern of activation, with a greater response to infants laughing compared to crying  
278 (Seifritz et al., 2003). Another study found a difference between fathers and non-fathers  
279 in cortical activity in response to an image of an unknown child, where fathers had  
280 increased activity in the temporo-parietal junction, ventral prefrontal cortex, middle  
281 frontal gyrus, superior frontal gyrus, medial orbitofrontal cortex, and precuneus area,  
282 compared to non-fathers (Mascaro, Hackett, & Rilling, 2014).

283 Van 't Veer et al. (2019) used a longitudinal fMRI design to examine brain activity  
284 in men, both before and after the birth of their first child, in response to videos of their  
285 own imagined infant or an unrelated infant in threatening or neutral scenarios. Activation  
286 patterns in response to stimuli from threatening scenarios were mostly similar between  
287 the prepartum and postpartum periods, with increased activation in insular-cingulate  
288 and fronto-temporoparietal networks in response to infants in a threatening situation  
289 compared to infants in a neutral situation, regardless of the familiarity of the infant  
290 stimuli (imagined own vs unknown). However, an increase in the activation of the  
291 superior frontal gyrus, an area implicated in social knowledge, was observed in  
292 expectant fathers but faded after the birth of their offspring (van 't Veer et al., 2019).  
293 Collectively, the results suggest that functional alterations may occur in cortical regions  
294 associated with socio-cognitive and emotional processing during the transition into  
295 fatherhood in humans. Engagement of these circuits might facilitate the father's ability to  
296 infer the mental and emotional state of a distressed infant, but this possibility has not  
297 been tested

298

### 299 **Acute responses to infant-related stimuli: hypothalamus, medial preoptic area,** 300 **and extended amygdala**

301 The medial preoptic area (MPOA) and BNST, brain regions implicated in the expression  
302 of parenting behavior in both sexes, are activated in a similar manner in paternally  
303 behaving male rodents, and this activation often differs between fathers and virgin  
304 males (Table 1). De Jong et al. (2009) found that exposure to stimuli (e.g., vocalizations  
305 and chemosignals) from an alien pup enhanced Fos-immunoreactivity (Fos-ir) in  
306 California mouse fathers in the MPOA and BNST, and that this effect was attenuated in  
307 virgins. Similarly, Lambert and colleagues (2013) found that in both California mice and

308 uniparental deer mice, fathers had increased Fos expression in the MPOA in response  
309 to pups in distress, compared to virgins. Finally, house mouse fathers exposed to an  
310 unrelated conspecific pup show increased Fos expression in the MPOA and BNST,  
311 compared to virgin males (Tachikawa et al., 2013; Wu et al., 2014). In particular, Wu  
312 and colleagues (2014) found that a population of MPOA neurons that express the  
313 neuropeptide galanin are activated in response to interactions with pups in fathers but  
314 not in virgin males. Moreover, genetic ablation of these galanin-positive MPOA neurons  
315 causes deficits in parental behavior in fathers, while optogenetic activation of these  
316 neurons promotes paternal behavior and reduces aggression toward pups (Wu et al.,  
317 2014). Thus, these authors demonstrated that rodent fathers show increased  
318 responsiveness to pups not only in brain structures associated with the control of  
319 paternal behavior but within specific neurochemically defined cell populations critical for  
320 fathering.

321

### 322 **Acute responses to infant-related stimuli: other subcortical structures**

323 The lateral septum, a subcortical region implicated in social cognition, social behavior,  
324 and aggression (Ophir, 2020), can be activated in male rodents in response to pups  
325 (Kirkpatrick et al., 1994b), and this response may be suppressed by prior experience  
326 with pups: Lambert et al. (2011) found that in California mice, pup-naïve virgin males  
327 had higher Fos expression in the lateral septum, following interactions with a pup, than  
328 either fathers or virgin males previously exposed to pups. In contrast, other studies of  
329 California mice have found no changes in Fos expression in the ventral lateral septum  
330 in virgin males, new fathers, or expectant fathers in response to distal cues from a pup  
331 (de Jong et al., 2009, 2010). The differences between these results and those of  
332 Lambert et al. (2011) likely reflect differences in methodology: whereas Lambert et al.  
333 (2011) allowed adult males to interact physically with pups and quantified Fos-ir in the  
334 entire lateral septum, de Jong et al. exposed males to pups that were confined in a wire-  
335 mesh ball, preventing direct contact (de Jong et al., 2009), and Fos-ir was assessed  
336 only in the ventral lateral septum (de Jong et al., 2009, 2010).

337 California mice also show plasticity in activation of the serotonergic caudal dorsal  
338 raphe in response to pups: after exposure to a pup in a wire-mesh ball, fathers exhibit

339 increased Fos-ir in this brainstem structure, compared to virgin males (de Jong et al.,  
340 2009). The serotonergic system plays a key role in modulating stress-responsiveness,  
341 emotion, mood, and cognition (Charnay & Léger, 2010), and the dorsal raphe nucleus  
342 directly innervates many of the subcortical regions implicated in rodent paternal care  
343 (Muzerelle et al., 2016; Vertes, 1991; Waselus et al., 2011); however, to our knowledge,  
344 a role for the serotonergic system in the onset or maintenance of paternal care has not  
345 been investigated.

346 In summary, fatherhood alters patterns of acute neural activation in response to  
347 infants or infant-related stimuli in numerous brain regions, including areas associated  
348 with chemosensation, parental care, cognition, social behavior, emotion, and stress.  
349 The mechanisms underlying this plasticity are largely unknown; however, they may  
350 involve changes throughout the nervous system, not necessarily limited to changes  
351 within those brain regions that exhibit altered Fos expression.

352

### 353 **2.2.2 Plasticity in electrophysiological properties of neurons**

354 Motherhood can modulate electrophysiological characteristics of neurons in female  
355 rodents. For example, ultrasonic vocalizations from pups elicit greater inhibitory  
356 responses in the auditory cortex of mouse mothers than of virgin females, particularly in  
357 regions tuned to frequencies lower than those of pup calls (Galindo-Leon et al., 2009).  
358 This effect is thought to enhance mothers' ability to detect and discriminate  
359 vocalizations from pups when background noise is present (Galindo-Leon et al., 2009).  
360 Similarly, in a recent study of female mice, calcium imaging of mitral cells in the  
361 olfactory bulb found that mothers show significantly stronger inhibitory responses to  
362 pure (monomolecular) odors, compared to pup-naïve females, but stronger excitatory  
363 responses to natural, biologically relevant odors, including odors from conspecifics and  
364 food (Vinograd et al., 2017).

365 To our knowledge, only two studies have evaluated effects of fatherhood on  
366 electrophysiological properties of neurons. Horrell and colleagues (2019b) investigated  
367 electrophysiology of MPOA neurons in California mice using *in vitro* blind, whole-cell  
368 patch-clamp experiments and found a variety of spiking patterns, with fathers exhibiting  
369 lower maximal inhibitory current elicited by local stimulation, compared to virgin males.

370 No other measures of intrinsic or synaptic properties of neurons differed between virgins  
371 and fathers (Horrell et al., 2019b). In house mice, neurons in the amygdalohippocampal  
372 area that project to the MPOA have recently been implicated in paternal care (Sato et  
373 al., 2020). Whole-cell patch-clamp experiments revealed no differences in passive  
374 membrane properties of these cells between virgins and fathers; however,  
375 administration of oxytocin into the bathing solution of the slices increased spontaneous  
376 inhibitory postsynaptic current frequency in both virgins and fathers, with a larger  
377 increase seen in fathers, suggesting greater sensitivity to oxytocin (Sato et al., 2020).  
378 Studies of other regions, especially those involved in peripheral and central detection  
379 and processing of pup-related stimuli, might yield additional evidence of fatherhood-  
380 induced plasticity in electrophysiological properties of neurons.

381

### 382 **2.3 Plasticity in neuronal morphology**

383 In rats and mice, the onset of motherhood is associated with changes in neuronal  
384 morphology in several brain regions (reviewed in González-Mariscal & Melo, 2017;  
385 Leuner et al., 2010). Most notably, density of dendritic spines is higher in mothers than  
386 in virgin females in the dentate gyrus, CA1, and CA3 of the hippocampus, as well as in  
387 the prefrontal cortex and medial amygdala. Length and branching of dendrites in CA1  
388 and CA3 are also higher in mothers than in virgins.

389 Fatherhood, too, can affect neuronal morphology in biparental rodents and  
390 monkeys (Table 1, Fig. 1). Two studies have quantified dendritic length, branch points,  
391 and spine density of granule cells in the dentate gyrus and pyramidal cells in the  
392 hippocampus of California mice (Glasper et al., 2016; Hyer & Glasper, 2017). Both  
393 studies found differences in morphology of pyramidal cells in CA1 between fathers and  
394 virgin males housed with tubally ligated females: spine density of basal dendrites was  
395 higher in fathers, whereas length and number of branch points of apical dendritic trees  
396 were lower, suggesting less connectivity in the apical dendritic trees of fathers than of  
397 virgins. Additionally, Hyer and Glasper (2017) found that fathers had decreased spine  
398 density on apical dendrites of pyramidal cells in CA3 compared to virgins, while Glasper  
399 et al. (2016) found increased spine density on secondary and tertiary dendrites on  
400 granule cells in the dentate gyrus of fathers.

401 Plasticity in the morphology of pyramidal cells in layer II/III of the prefrontal cortex  
402 has been investigated in three biparental species. In common marmoset monkeys  
403 (*Callithrix jacchus*), fatherhood increased spine density on apical and basal dendritic  
404 trees of these neurons but did not affect dendritic length (Kozorovitskiy et al., 2006); no  
405 effects of fatherhood on dendritic spine density and length were seen in pyramidal  
406 neurons in area V1/V2 of the occipital cortex. Branch points were not quantified in this  
407 study (Kozorovitskiy et al., 2006). A similar analysis in mandarin voles (*Microtus*  
408 *mandarinus*) revealed that fatherhood increased spine density, dendritic length, and  
409 branch points in layer II/III pyramidal neurons in the prefrontal cortex (Wang et al.,  
410 2018a).

411 Finally, two studies of the MPOA in California mice found no differences in  
412 neuronal morphology between virgins and fathers. Fatherhood had no effect on soma  
413 size (Gubernick et al., 1993; Horrell et al., 2019b) or branch points, total neurite length,  
414 length of longest neurite, or number of neurons leaving the soma (Horrell et al., 2019b).  
415 However, these studies did not differentiate among types of neurons in the MPOA;  
416 morphological analysis of a particular neuronal phenotype, categorized by gene  
417 expression or connectivity, might reveal effects of fatherhood (Tsuneoka et al., 2015;  
418 Tsuneoka, 2019). Seelke et al. (2018) used RNA sequencing to identify genes  
419 differentially expressed in the MPOA of prairie vole fathers compared to virgin and pair-  
420 bonded males. Of the many differences in gene expression that were found between  
421 fathers and one or both of the control groups, several involved genes associated with  
422 synaptic plasticity and remodeling of dendritic spines. Neurons that express these  
423 genes may be good candidates for analysis of plasticity.

424 In sum, findings to date indicate that fatherhood, like motherhood, might  
425 commonly affect dendritic branching patterns and spine density in the hippocampus and  
426 prefrontal cortex. However, little is known about possible effects of fatherhood on  
427 neuronal morphology in other brain regions, including those most closely associated  
428 with the control of parental behavior.

429

## 430 **2.4 Plasticity in morphology of brain regions**

431 MRI studies of human women have revealed changes in size of the entire brain as well  
432 as of several specific regions during pregnancy and the postpartum period (reviewed in  
433 Kim, 2016). Two published MRI studies have similarly investigated effects of fatherhood  
434 on morphology of the human brain (Table 2). Using a longitudinal design in which  
435 fathers were scanned twice, roughly one month postpartum and again four months  
436 postpartum, Kim et al. (2014) found changes in gray matter in several cortical and  
437 subcortical regions (Table 2). In a study comparing elderly fathers with one child to age-  
438 matched men without children (Orchard et al., 2020), fathers had increased gray matter  
439 in the right temporal pole and decreased gray matter in the left caudal anterior cingulate  
440 cortex, regions implicated in socio-emotional processing, similar to findings in Kim et al.  
441 (2014).

442 To our knowledge, only a single study has investigated fatherhood-induced  
443 plasticity in morphology of brain regions in nonhuman mammals: Gubernick et al. (1993)  
444 found no differences between California mouse fathers and male virgins in volume of  
445 the MPOA or in number and density of neurons in the MPOA. Given the current  
446 availability of sophisticated methods to characterize changes in specific neuronal  
447 populations, studies of volumetric changes in brain regions may be of limited value.

448

## 449 **2.6 Plasticity in neuroendocrine and neuropeptide signaling pathways**

450 Fatherhood modulates signaling by numerous hormones and neuropeptides, including  
451 actions on both hormone/neuropeptide secretion and expression of receptors. This topic  
452 has been reviewed thoroughly in several recent papers (e.g., Bales & Saltzman, 2016;  
453 Glasper et al., 2019; Gromov, 2020; Horrell et al., 2019b). Therefore, we present only a  
454 brief overview, focusing on central signaling pathways and how they may change in  
455 association with fatherhood (Table 1, Fig. 1).

456

### 457 **2.6.1 Plasticity in neuropeptide signaling pathways**

458 The closely related neuropeptides oxytocin and vasopressin have been studied  
459 extensively in relation to parental behavior. Traditionally, studies of females have  
460 tended to focus more heavily on oxytocin, whereas studies of males have emphasized  
461 vasopressin. However, evidence suggests that intracerebral signaling by both

462 neuropeptides can modulate male parental care and, in turn, can be altered by  
463 fatherhood.

464

### 465 **Oxytocin**

466 In female mammals, oxytocin (OT) is essential for both physiological and behavioral  
467 components of new motherhood: peripherally, oxytocin acts on smooth muscle in the  
468 uterus and mammary glands to stimulate parturition and milk letdown, respectively,  
469 while centrally it enhances social and affiliative behaviors, including maternal care. Not  
470 surprisingly, the onset of motherhood is associated with extensive plasticity in central  
471 oxytocinergic signaling pathways (Kim & Strathearn, 2016).

472 The transition to fatherhood, too, is associated with plasticity of the central  
473 oxytocinergic systems, although these effects may differ among species. Effects of  
474 fatherhood on OT signaling have been studied extensively in the socially monogamous  
475 and biparental mandarin vole. First-time fathers show increased oxytocin  
476 immunoreactivity (OT-ir) in the PVN and supraoptic nucleus (SON), two hypothalamic  
477 nuclei that synthesize OT, compared to virgin males without paternal experience (Song  
478 et al., 2010; Wang et al., 2015). New fathers also have more OT-ir neurons in the  
479 MPOA and fewer OT-ir cells in the lateral habenula, compared to virgins (Wang et al.,  
480 2015). Several studies have also found differences in expression of oxytocin receptors  
481 (OTR) between mandarin vole virgins and fathers. Fathers have higher expression of  
482 both OTR mRNA and OTR protein in the MPOA (Yuan et al., 2019), and higher  
483 expression of the OTR gene in the medial amygdala and nucleus accumbens,  
484 compared to virgins (Wang et al., 2015). On the other hand, OTR gene expression does  
485 not differ between fathers and virgins in the PVN, SON, BNST, lateral septum,  
486 ventromedial hypothalamus, and entire amygdala (Wang et al., 2000). In one interesting  
487 study, new mandarin vole fathers had higher protein levels of OTR in the nucleus  
488 accumbens than experienced fathers (Wang et al., 2018b).

489 Similar to mandarin voles, fathers show increased OTR binding in numerous  
490 brain regions in the polygamous, facultatively biparental meadow voles (*Microtus*  
491 *pennsylvanicus*). Fathers in this species have higher OTR binding in the accessory  
492 olfactory nucleus, lateral amygdala, BNST, and lateral septum compared to virgin males



493 that are unresponsive to pups (Parker et al., 2001), while in the biparental California  
494 mouse, fathers show reduced OTR gene expression in the BNST compared to virgins  
495 (Perea-Rodriguez et al., 2015). No differences in OT-ir or OTR mRNA gene expression  
496 between fathers and virgins have been reported in any other regions analyzed in the  
497 California mouse, including the PVN and hippocampus (de Jong et al., 2009; Hyer et al.,  
498 2017). Finally, prairie vole fathers have more OT-ir in the PVN, but lower OT-ir in the  
499 BNST, than virgins (Kenkel et al., 2014). Collectively the majority of studies support the  
500 conclusion that fatherhood increases oxytocin signaling in several brain regions  
501 implicated in male pup-affiliative behavior, but the functional significance of the changes  
502 in central OT signaling during the transition to fatherhood is not well understood.

503

#### 504 **Vasopressin**

505 Vasopressin (AVP) is another neuropeptide that has been implicated in the regulation of  
506 a variety of social behaviors, including territorial defense, aggression, social dominance,  
507 and paternal care (Carter, 2017; Ophir, 2017). Numerous studies have reported  
508 alterations in central AVP signaling that may mediate the transition from pup-aggressive  
509 to pup-affiliative behaviors in rodent fathers (Saltzman et al., 2017). In the biparental  
510 prairie vole, fathers show a reduction in AVP-ir fiber density in the lateral septum and  
511 lateral hypothalamus compared to virgin males (Bamshad et al., 1993,1994). Although  
512 Bamshad and colleagues (1994) did not find a difference between groups in AVP-ir in  
513 the PVN, others have reported an increase in AVP gene expression in the PVN and  
514 SON of prairie vole fathers compared to virgins (Wang et al., 2000). In mandarin voles,  
515 MPOA expression of neither the vasopressin V1a receptor (V1aR) gene nor its protein  
516 product differs between fathers and virgin males (Yuan et al., 2019).

517 In facultatively biparental meadow voles, fathers show higher AVP receptor  
518 binding than non-fathers in the anterior olfactory nucleus, while showing less AVP  
519 binding in the lateral septum (Parker et al., 2001). Conversely, the California mouse  
520 exhibits more paternal behavior, as well as more AVP-ir fibers in the lateral septum and  
521 BNST, compared to fathers in a uniparental congener, the white-footed mouse  
522 (*Peromyscus leucopus*) (Bester-Meredith et al, 1999). In California mice, fathers have  
523 lower V1aR gene expression than virgin males in the BNST and hippocampus (Hyer et

524 al., 2017; Perea-Rodriguez et al., 2015). Finally, fatherhood can affect AVP signaling in  
525 a biparental nonhuman primate, the common marmoset, in which fathers have  
526 increased expression of V1aR in the prefrontal cortex compared to non-fathers  
527 (Kozorovitskiy et al., 2006). Collectively, these findings indicate that central expression  
528 of both AVP and the V1a receptor is frequently altered by fatherhood in biparental  
529 mammals, but that these effects are somewhat region- and species-specific.

530

## 531 **2.6.2 Plasticity in steroid hormone signaling pathways**

532 Gonadal steroid hormones, including androgens, estrogens, and progestogens, readily  
533 enter neurons and bind to either intracellular or membrane receptors to exert both slow,  
534 genomically mediated effects and rapid, non-genomic effects, respectively, on  
535 physiology and behavior (Hammes & Levin, 2007; Tsai & O'Malley, 1994). These  
536 hormones can dramatically influence parental behavior in both male and female  
537 mammals; thus, it is not surprising that signaling by them is modulated by parenthood  
538 (Table 1).

539

### 540 **Testosterone**

541 Testosterone has traditionally been thought to inhibit parental care in males (e.g., Clark  
542 & Galef, 1999; Nunes, Fite, & French, 2000); however, experimental studies of several  
543 biparental rodent species have found that testosterone can suppress, promote, or have  
544 no effect on paternal behavior, with differences found both between and within species  
545 (reviewed in Horrell et al. 2019a). On the other hand, fatherhood consistently reduces  
546 peripheral testosterone levels in numerous species (e.g., Brown et al., 1995; Reburn &  
547 Wynne-Edwards, 1999; Trainor et al., 2003; Ziegler & Snowdon et al., 2001).

548 Surprisingly little is known about effects of fatherhood on androgen signaling in the  
549 brain. A recent study in the biparental Mongolian gerbil (*Meriones unguiculatus*)  
550 reported increased androgen receptor immunoreactivity (AR-ir) in the olfactory bulb,  
551 MPOA, and medial amygdala in sexually experienced males exhibiting paternal  
552 behavior compared to non-parental virgin males (Martínez et al., 2019). Furthermore,  
553 fathers on postnatal day 6 had a higher number of AR-ir cells in the medial amygdala  
554 compared to fathers on the day their pups were born (Martínez et al., 2019). Thus,

555 androgen signaling in the brain might increase with fatherhood, in spite of the drop in  
556 peripheral testosterone levels.

557

## 558 **Estrogen**

559 Relatively little is known about effects of fatherhood on peripheral estrogen  
560 concentrations. In California mice and in one study of Campbell's dwarf hamsters  
561 (*Phodopus campbelli*), fathers exhibited higher levels of plasma estradiol compared to  
562 virgins or males cohabitating with ovariectomized females (Hyer et al., 2017; Romero-  
563 Morales et al., 2020). However, another study found no such alterations in plasma  
564 estradiol levels in dwarf hamsters once they became fathers (Schum & Wynne-Edward,  
565 2005).

566 The onset of fatherhood is associated with plasticity in central estrogen signaling,  
567 particularly through estrogen receptor  $\alpha$  (ER $\alpha$ ), in biparental rodents. A recent study of  
568 Campbell's dwarf hamsters found that fathers paired with intact females had higher  
569 ER $\alpha$ -ir in the MPOA than males paired with either tubally ligated or ovariectomized  
570 females, and males paired with tubally ligated females had higher ER $\alpha$ -ir in the same  
571 region compared to males housed with ovariectomized females; the groups did not  
572 differ in ER $\alpha$  expression in the medial amygdala (Romero-Morales et al., 2020). On the  
573 other hand, an earlier study of the same species found no differences in ER $\alpha$ -ir between  
574 fathers and non-fathers in any brain regions analyzed (MPOA, medial amygdala, BNST;  
575 Timonin et al., 2008). The disparity between the results of these two studies might  
576 reflect differences in the timing of brain collection: fathers' brains were collected 24 h  
577 after the birth of pups in Romero-Morales et al. (2020) and 3 days after parturition in  
578 Timonin et al. (2008). The studies also differed in housing conditions of the control  
579 groups: Romero-Morales et al. (2020) compared fathers to pup-exposed males  
580 cohabitating with either tubally ligated or ovariectomized females, while Timonin et al.  
581 (2008) compared fathers to pup-naïve virgin males housed with same-sex siblings and  
582 males recently mated with intact females.

583 In mandarin voles, first-time fathers exhibit reduced ER $\alpha$ -ir in the MPOA and  
584 BNST, as well as more ER $\alpha$ -ir in the ventromedial hypothalamus, medial amygdala, and  
585 central nucleus of the amygdala, compared to virgin males without prior pup exposure

586 (Song et al., 2010). California mouse fathers, in contrast, do not show any differences in  
587 ER $\alpha$  mRNA expression in the MPOA, BNST, or medial amygdala compared to virgin  
588 males (Perea-Rodriguez et al., 2015). However, fathers in this species have higher  
589 activity of aromatase, the enzyme that converts androgens to estrogen, in the MPOA,  
590 compared to mated males that have not yet produced offspring, as well as a trend  
591 toward higher aromatase activity in the MPOA than virgin males (Trainor et al., 2003).  
592 Because California mouse fathers also have lower peripheral testosterone levels than  
593 mated males without offspring (Trainor et al., 2003), it is unclear whether fatherhood  
594 alters central estrogen levels in this species.

595 Studies of ER $\alpha$  and ER $\beta$  knockout mice suggest ER $\alpha$  and ER $\beta$  play distinct roles  
596 in the regulation of behavior: ER $\alpha$  seems to be essential for reproduction, while ER $\beta$   
597 signaling has been implicated more strongly in cognition (Hill & Boon, 2009). However,  
598 both ERs may be important for social learning as they are both involved in the  
599 regulation of social recognition in mice (Choleris et al., 2006). Although the majority of  
600 research has focused on ER $\alpha$  signaling in fathers, Hyer and colleagues (2017) reported  
601 that California mouse fathers exhibited changes in ER $\beta$  gene expression in the  
602 hippocampus throughout the postpartum period: ER $\beta$  expression temporarily increased  
603 on PND16 in fathers compared to virgins, while no differences in gene expression were  
604 observed between groups on PND2 or PND30.

605 Collectively, the mixed findings in regard to the relationship between central  
606 estrogen activity and fatherhood suggest that phylogenetic variation exists in the effects  
607 of fatherhood on estrogen signaling in the brain, whereas within-species differences in  
608 findings may be due to disparities in timing of experimental procedures or housing  
609 conditions across studies.

610

### 611 **Progesterone**

612 Progesterone receptor- (PR-) mediated signaling has pronounced effects on infant-  
613 directed behavior in male house mice: decreased expression or blockade of PR inhibits  
614 infanticide and increases affiliative behavior toward pups in adult males, whereas  
615 progesterone treatment has the opposite effects (Schneider et al., 2003). In California  
616 mice, circulating progesterone concentrations are lower in fathers 2-3 weeks

617 postpartum than in sexually inexperienced males (Trainor et al., 2003), and in  
618 Campbell's dwarf hamster, fathers' serum progesterone levels rise around the time of  
619 the pups' birth before declining again (Schum & Wynne-Edwards, 2005). However,  
620 effects of fatherhood on progesterone signaling in the brain have received little  
621 attention. California mouse fathers show reduced PR mRNA expression in the BNST,  
622 as well as a trend toward lower PR mRNA expression in the MPOA, compared to virgin  
623 males (Perea-Rodriguez et al., 2015). Overall, these findings in California mice and  
624 house mice suggest that fatherhood inhibits progesterone signaling within the brain and,  
625 conversely, that progesterone inhibits paternal care and increases aggression toward  
626 pups in adult males.

627

### 628 **2.6.3 Plasticity in prolactin signaling pathways**

629 Perhaps the most consistent finding in the endocrinology of paternal care is that  
630 peripheral prolactin concentrations are elevated in fathers, compared to non-fathers.  
631 This pattern has been observed in many biparental species, including rodents and  
632 primates (reviewed in Bales & Saltzman, 2016; Horrell et al., 2019a). Very few studies,  
633 however, have investigated effects of fatherhood on prolactin signaling in the brain. In  
634 common marmosets, central prolactin activity increases with paternal experience;  
635 hypothalamic explants from experienced fathers have higher prolactin and lower  
636 dopamine levels compared to explants from non-fathers (Woller et al., 2012). A study of  
637 the biparental Campbell's dwarf hamster examined prolactin receptor (PRL-R) mRNA  
638 transcript levels in the choroid plexus of the hypothalamus in fathers across their mate's  
639 gestational and postpartum periods (Ma et al., 2005). Fathers' PRL-R mRNA expression  
640 in the choroid plexus was lowest on the day before birth of their offspring and increased  
641 during the early postnatal period, specifically on the first and fifth days postpartum (Ma  
642 et al., 2005). The results suggest that prolactin activity is elevated in the brain of  
643 biparental males when fathers are engaged in pup-interactive behaviors. Finally, in male  
644 California mice, fathers exhibited a downregulation in gene expression of PRL-R in the  
645 hippocampus compared to virgins (Hyer et al., 2017).

646

## 647 **3. DISCUSSION AND FUTURE DIRECTIONS**

648 As summarized above, fathers in biparental species and in some facultatively biparental  
649 species undergo changes in birth and survival of new neurons; activity and morphology  
650 of existing neurons; and morphology of brain regions. The onset of fatherhood is also  
651 associated with plasticity in central and/or peripheral concentrations of numerous  
652 hormones and neuropeptides, as well as in the expression and distribution of their  
653 cognate receptors. However, research to date has, most likely, barely scratched the  
654 surface of this plasticity. For example, fatherhood likely induces additional structural,  
655 functional, and neuroendocrine changes in brain regions both that do and do not have  
656 direct influences on paternal care, and virtually nothing is known about the mechanisms  
657 or functions of neural plasticity in fathers.

658

### 659 **3.1. Potential mediators of neuroplasticity in fathers**

#### 660 **3.1.1. Neuroendocrine mediators of neuroplasticity**

661 Neural plasticity in mammalian mothers has been ascribed largely to hormonal changes  
662 occurring during pregnancy, parturition, and lactation. In pregnant rats, for instance,  
663 changes in estrogen and progesterone levels induce remodeling of neurons in the  
664 MPOA (Keyser-Marcus et al., 2001), and in pregnant mice, prolactin mediates  
665 increased neurogenesis in the subventricular zone (Shingo et al. 2003). As described  
666 above, fathers in biparental species undergo systematic changes in some of the same  
667 central signaling pathways as mothers; thus, these neuroendocrine shifts might underlie  
668 at least some of the neural plasticity associated with the onset of fatherhood. On the  
669 other hand, neuroendocrine alterations are typically less pronounced and more variable  
670 in males than in females, and some of the neuroendocrine changes in mothers are not  
671 paralleled in fathers. In at least one species, the uniparental rat, for example, lactation  
672 increases mothers' basal corticosterone production, which in turn inhibits neurogenesis  
673 in the hippocampus (Leuner et al., 2007), whereas studies of glucocorticoids in males of  
674 biparental species have typically found either lower levels in fathers than non-fathers or  
675 no differences between groups (reviewed in Horrell et al., 2019a). Thus, mediators of  
676 neural plasticity are likely to differ, to some extent, between mothers and fathers.  
677 Furthermore, sex differences in numbers and distribution of receptors for mediators of  
678 neuroplasticity may lead to corresponding differences in the effects of these mediators.

679 For example, estrogen receptor distributions in the brain differ between the sexes in  
680 both rats (Zhang et al., 2002) and humans (Kruijver et al., 2002); hence, specific effects  
681 of estrogen on neural plasticity might differ to some extent as well.

682 In house mouse fathers, as in mothers, prolactin has been implicated in  
683 promoting neurogenesis in the subventricular zone (Mak & Weiss, 2010). Given the  
684 ubiquity of increased prolactin levels in fathers, especially in biparental species (Glasper  
685 et al., 2019; Horrell et al., 2019a), it is possible that prolactin, in addition to  
686 neuropeptides and steroid hormones, might similarly modulate neurogenesis in fathers  
687 in other species. Estrogen, too, has been implicated in neurogenesis in fathers: Hyer et  
688 al. (2017) found that treatment with the estrogen receptor modulator tamoxifen reduced  
689 neurogenesis and survival of new neurons in the dentate gyrus of California mouse  
690 fathers but not virgin males. Finally, fMRI studies of human fathers have found that  
691 intranasal treatment with oxytocin can alter fathers' responses in several brain regions  
692 to photographs of children, including the globus pallidus, anterior cingulate cortex, and  
693 caudate nucleus (Li et al., 2017; Wittfoth-Schardt et al., 2012). Additional studies that  
694 block, simulate, or enhance the endocrine and neuropeptide effects of fatherhood will  
695 be important for elucidating the neurochemical mediators of fatherhood-induced  
696 neuroplasticity. Moreover, conducting comparable studies in multiple biparental species  
697 might provide insight not only into the proximate drivers of interspecific differences in  
698 plasticity but also, potentially, into the evolutionary pathways leading to both similarities  
699 and differences in plasticity among species.

700

### 701 **3.1.2. Experiential mediators of neuroplasticity**

702 Plasticity in the male brain can be influenced not only by fatherhood *per se* but also by  
703 experiences associated with the onset of fatherhood, such as mating, cohabitation with  
704 a (pregnant or lactating) female, and interactions with pups. In some strains of house  
705 mice, for example, ejaculation elicits neural changes that suppress infanticide several  
706 weeks later, at the time that the male's pups would be born; however, the mechanism  
707 underlying this plasticity is not known (Perrigo et al., 1992). In virgin male prairie voles,  
708 cohabitation with an unrelated female for as little as three days upregulates expression  
709 of vasopressin mRNA in the BNST and downregulates expression of vasopressin

710 peptide in the lateral septum and lateral habenular nucleus (Bamshad et al., 1994;  
711 Wang et al., 1994). Moreover, as described above, exposure to pups for 20 minutes  
712 increases neurogenesis in the dentate gyrus of virgin male prairie voles, similar to  
713 effects of fatherhood (Ruscio et al., 2008). Neurogenesis in male prairie voles can also  
714 be affected by brief (6h) exposure to an ovariectomized, estrogen-treated (i.e., sexually  
715 receptive but infertile) female, even when physical contact and mating are prevented, as  
716 well as by longer (48h) cohabitation with such a female (Castro et al., 2020). These  
717 findings suggest that different components of reproductive experience can affect  
718 different aspects of neural plasticity and, in some cases, may have redundant effects on  
719 the brain.

720 In humans, too, interactions with females preceding the onset of fatherhood  
721 might influence neuroplasticity. Although effects of marital status or pair-bonding on the  
722 brain are not yet known, numerous studies, including several longitudinal studies, have  
723 demonstrated that marriage or cohabitation with a female mate is associated with  
724 declines in men's circulating or salivary testosterone levels, whereas divorce shows the  
725 opposite pattern (Gettler et al., 2011; Holmboe et al., 2017; Mazur & Michalek, 1998).  
726 While a causal relationship between marital/relationship status and testosterone  
727 concentrations has not been firmly established, some evidence suggests that  
728 testosterone levels are influenced by marriage/pair-bonding and divorce, rather than or  
729 in addition to vice versa (Gettler et al., 2011; Holmboe et al., 2017). Moreover, Holmboe  
730 et al. (2017) suggested that marital status affects central regulation of the hypothalamic-  
731 pituitary-testicular axis, indicative of neuroplasticity. Additionally, interactions with  
732 infants might affect neural responses even in men who are not biological fathers: in an  
733 fMRI study of homosexual couples, Abraham et al. (2014) found that patterns of neural  
734 activation in response to interactions with an infant differed between primary and  
735 secondary male caregivers.

736 The proximate cues mediating effects of different types of reproductive  
737 experience, such as ejaculation, odors from female mates, or auditory, olfactory, or  
738 tactile cues from infants, are not well understood. An important topic for future research  
739 will be to tease apart the mechanisms by which different aspects of reproductive



740 experience interact to elicit neuroplasticity in fathers, as well as the sensory and  
741 neurochemical mechanisms by which they do so.

742 An intriguing possibility is that both hormonal and experiential modulators of  
743 plasticity in the paternal brain are mediated by perineuronal nets (PNNs), specialized  
744 aggregates of extracellular matrix that surround neurons and proximal dendrites in the  
745 central nervous system (Celio et al., 1998). PNNs serve a variety of functions, including  
746 regulating synaptic plasticity, protecting neurons from damage, and modifying signal  
747 processing (reviewed in Sorg et al., 2016). Few studies have examined PNNs in the  
748 context of an ecologically relevant behavior; however, recent studies of female rodents  
749 found changes in PNN expression in association with reproductive events. Lau et al.,  
750 (2020) found that PNN expression in primary somatosensory cortex (SS1) of virgin  
751 female mice was altered following interactions with pups (pup-retrieval) in a subregion-  
752 and hemisphere-specific manner. Moreover, manipulations of PNNs in the auditory  
753 cortex blocked experience-dependent pup-retrieval in virgin female mice (Krishnan et  
754 al., 2017). In female rats, PNNs in the MPOA undergo dynamic reorganization during  
755 the reproductive cycle, particularly during gestation, and this effect can be mimicked by  
756 treatment of ovariectomized females with estrogen, progesterone, and prolactin (Uriarte  
757 et al., 2020). Together, these findings suggest that hormonal changes experienced by  
758 new mothers – and fathers – as well as interactions with pups might alter some  
759 components of neural plasticity through modulation of PNNs. A promising avenue for  
760 future research would be to determine the role of PNNs in plasticity of the paternal brain  
761 during the transition to fatherhood.

762

### 763 **3.1.3. Energetic mediators of neuroplasticity**

764 An intriguing possibility is that plasticity of the paternal brain is mediated, in part, by the  
765 energetic costs of parenting. Fatherhood is associated with energetic or metabolic  
766 changes in at least several biparental mammals. Prairie vole (Campbell et al., 2009;  
767 Kenkel et al., 2014), California mouse (Harris et al., 2011; Saltzman et al., 2015),  
768 common marmoset (Ziegler et al., 2006) and cotton-top tamarin [*Saguinus oedipus*],  
769 Ziegler et al., 2006) fathers undergo systematic changes in body mass across their  
770 mates' gestational and lactational periods; prairie vole fathers additionally undergo

771 reductions in subcutaneous fat and circulating leptin levels, as well as changes in time  
772 spent feeding, across reproductive bouts (Campbell et al., 2009; Kenkel et al., 2014).  
773 California mouse fathers show few energetic or metabolic differences from non-fathers  
774 when housed under standard laboratory conditions; however, differences in basal  
775 metabolic rate, maximal oxygen consumption, body mass, and fat mass emerge when  
776 mice are housed under energetically challenging conditions (Andrew et al., 2017, 2018,  
777 2019; Zhao et al., 2017, 2018).

778         Studies of humans and rodents indicate that changes in energy intake or  
779 expenditure can influence structure and function of the brain. For example, both chronic  
780 aerobic exercise and intermittent energy restriction can enhance neurogenesis and  
781 synaptic plasticity in the hippocampus (El-Sayes et al., 2019; van Praag et al., 2014).  
782 Given that fathers in biparental species, especially under natural conditions, may  
783 experience changes in both physical activity and food availability in association with the  
784 demands of parenthood (e.g., reduced time available for foraging, increased  
785 thermoregulatory demands, costs of transporting offspring; Kleiman & Malcolm, 1981;  
786 Saltzman & Ziegler, 2014), the resulting shifts in energy balance could have significant  
787 impacts on the paternal brain.

788         In summary, fatherhood-induced changes in brain structure and function are  
789 likely mediated by a number of intrinsic (e.g., energy balance, metabolism, hormones,  
790 neuropeptides) and extrinsic influences (e.g., sensory stimuli from and interactions with  
791 reproductive females and pups). Elucidation of the factors that modulate specific  
792 components of neuroplasticity at different stages of reproduction, as well as how these  
793 factors interact with one another, is a key challenge for our understanding of the  
794 paternal brain.

795

### 796 **3.2. Potential functions of neuroplasticity in fathers**

797 In males, as in females, the functional significance of parenthood-induced neural  
798 plasticity is largely unknown. In mothers, plasticity within brain regions closely linked to  
799 parental care, such as changes in steroid and neuropeptide signaling pathways within  
800 the MPOA and BNST, are likely to contribute directly to the expression of maternal  
801 behavior. In contrast, the functional significance of plasticity in other brain regions, such

802 as the hippocampus and prefrontal cortex, is less clear but is thought to mediate  
803 affective and cognitive changes in mothers (Galea et al., 2013; Lambert, 2012; Leuner  
804 et al., 2010).

805         Only a single study has experimentally evaluated the function of neural plasticity  
806 in fathers. In new *Mus* fathers, newly generated neurons in the olfactory bulbs respond  
807 preferentially to odors of the male's adult offspring and appear to mediate reduced  
808 aggression toward them (Mak & Weiss, 2010). Thus, neurogenesis in house mouse  
809 fathers may be important for long-term recognition and preferential treatment of  
810 offspring.

811         Paternal behavior, too, might be affected by plasticity in neuroendocrine and  
812 neuropeptide signaling pathways, especially within brain regions implicated in the  
813 control of paternal care. Most notably, in biparental rodents the MPOA is highly  
814 responsive to stimuli from pups, as evidenced by studies of immediate early gene  
815 expression (see Table 1), and is essential for paternal behavior, as determined by  
816 studies using lesioning and optogenetics (Kirkpatrick et al., 1994a; Wu et al., 2014). As  
817 described above, fatherhood alters several neuroendocrine signaling systems within the  
818 MPOA in biparental rodents, including, in some but not all studies, changes in  
819 expression of oxytocin, oxytocin receptors, androgen receptors, ER $\alpha$ , and aromatase  
820 (see Table 1, Fig. 1); thus, a reasonable hypothesis is that fatherhood-induced changes  
821 in signaling pathways within the MPOA mediate, at least in part, changes in males'  
822 behavioral responses to infants, possibly by affecting the valence of pup-related stimuli  
823 (Numan, 2020). A similar argument can be made for several other brain regions,  
824 especially the medial amygdala: in male biparental rodents, this region, like the MPOA,  
825 shows altered Fos expression in response to pups (Table 1); lesioning or genetic  
826 manipulation of the medial amygdala alters paternal behavior (Cushing et al., 2008;  
827 Kirkpatrick et al., 1994a); and fathers show differential expression of oxytocin receptor  
828 mRNA, androgen receptor immunoreactivity, and ER $\alpha$  immunoreactivity, compared to  
829 non-fathers (Table 1).

830         In several uniparental species (e.g., rat, house mouse, sheep), pregnant and/or  
831 lactating females show striking reductions in anxiety-like behavior and in behavioral,  
832 neural, and hormonal responses to acute stressors (reviewed in Macbeth & Luine,

2010). Studies of males in biparental species, in contrast, have provided only limited evidence that fatherhood modulates affective behavior and stress reactivity. In California mice, new fathers and non-fathers do not differ in basal corticosterone concentrations or in neuropeptide (corticotropin-releasing hormone, vasopressin) or endocrine (corticosterone, testosterone) responses to acute or chronic stress (Chauke et al., 2011, 2012; de Jong et al., 2013; Harris & Saltzman, 2013). Moreover, in a variety of test paradigms, fathers and non-fathers show few differences in anxiety-like behavior and behavioral responses to stress (Bardi et al., 2011; Chauke et al., 2011, 2012; Glasper et al., 2011; Perea-Rodriguez et al., 2018; Zhao et al., 2017, 2018). Prairie vole fathers exhibit enhanced anxiety-like and depression-like behavior, compared to virgins, at 6 days postpartum (Lieberwirth et al., 2013), but reduced anxiety-like behavior 6 weeks postpartum (Kenkel et al., 2014). Clearly, effects of parenthood on affective behavior and stress reactivity are less consistent and less robust in fathers than in mothers, and whether these effects of fatherhood are mediated by plasticity in the paternal brain is not known.

Cognitive function in females, like affective behavior and stress reactivity, is commonly altered by motherhood (reviewed in Lambert, 2012; Leuner et al., 2010; Macbeth & Luine, 2009). For example, mothers often perform better in tests of cognitive flexibility, short-term memory, and spatial memory than virgins, differences that are thought to be mediated by plasticity in the hippocampus and prefrontal cortex. Very few studies have evaluated effects of fatherhood on cognition in males. California mouse fathers perform better than virgins in a dry-land maze (Franssen et al., 2011), but no differently in an object-recognition test (Glasper et al., 2011). Whether fatherhood-induced plasticity in the hippocampus or other brain regions contributes to these cognitive differences is unknown.

858

### 859 **3.3. Interspecific differences in neuroplasticity in fathers**

860 Numerous measures of neural plasticity appear to differ among species, as described  
861 above (Table 1, Fig. 1). In some cases, these disparities might reflect methodological  
862 differences among studies, such as in housing or reproductive conditions of male  
863 subjects (e.g., new vs. experienced fathers, virgin males housed with other males vs.

864 males housed with ovariectomized females), timing of data collection relative to the birth  
865 of offspring (e.g., early vs. late postpartum period), or techniques (e.g.,  
866 immunohistochemistry vs. autoradiography vs. in situ hybridization). Nonetheless, given  
867 that paternal care has evolved convergently in multiple taxa (Kleiman & Malcolm, 1981;  
868 Stockley & Hobson, 2016), plasticity occurring during the transition into fatherhood likely  
869 differs among species in meaningful ways. Thus, another interesting future direction is  
870 to more systematically characterize interspecific differences in fatherhood-induced  
871 neuroplasticity and to elucidate the sources and significance of these differences.

872         At the mechanistic level, studies could address the extent to which interspecific  
873 differences in neural plasticity are associated with differences in neuroendocrine and  
874 neuropeptide changes in fathers. At the functional level, it is possible that interspecific  
875 differences in type, sites, and degree of neural plasticity correspond to differences in the  
876 extent and nature of paternal care provided, or in the degree to which the onset of  
877 fatherhood necessitates changes in males' behavior. For example, virgin male prairie  
878 voles commonly provide alloparental care for their younger siblings and tend to exhibit  
879 nurturant responses when tested with unrelated pups, showing few, if any, differences  
880 from fathers in their pup-directed behavior (Kenkel et al., 2014; Lonstein & De Vries,  
881 2000). In mandarin voles, California mice, and Mongolian gerbils, on the other hand,  
882 virgin adult males are more reluctant to interact with pups than are fathers and often  
883 avoid or attack pups, although some individuals behave paternally (De Jong et al.,  
884 2009; Gubernick & Nelson, 1989; Martínez et al., 2019; Wang et al., 2015; Yuan et al.,  
885 2019). Virgin adult male house mice, in contrast, are usually aggressive toward pups  
886 and exhibit little or no nurturant behavior, whereas fathers in some laboratory strains of  
887 *Mus* engage in high levels of paternal care, especially when housed with their mate or  
888 exposed to cues from the mate (Gandelman et al., 1970; Mayer et al., 2019; McCarthy  
889 & vom Saal, 1986; Nakahara et al., 2016). Consequently, the onset of paternal care  
890 might require more pronounced behavioral adjustments in house mice than in prairie  
891 voles, with intermediate levels of adjustments in mandarin voles, California mice, and  
892 Mongolian gerbils, and therefore might be associated with different patterns of neural  
893 plasticity.

894 As another example, increased neurogenesis in the hippocampus and  
895 subventricular zone of house mouse fathers mediates recognition of adult offspring  
896 (Mak & Weiss, 2010), whereas California mouse fathers do not consistently  
897 demonstrate increased neurogenesis (Glasper et al., 2011). Glasper et al. (2011)  
898 speculated that this difference between species might reflect differences in mating and  
899 social systems: inbreeding might pose more of a threat in promiscuous species, such as  
900 house mice, than in monogamous species, such as California mice and prairie voles.  
901 Consequently, the ability to discriminate between kin and non-kin, as well as the  
902 underlying neural mechanisms, might undergo more intensive natural selection in  
903 promiscuous species.

904 Additionally or alternatively, interspecific differences in fatherhood-induced neural  
905 plasticity might result from species differences in neural plasticity in mothers. Our  
906 current understanding of the parental brain indicates that the neural substrates of  
907 parental care overlap substantially between males and females (Numan, 2020).  
908 Because maternal care in mammals evolved before paternal care, this overlap suggests  
909 that the neural substrates of paternal behavior and its corresponding plasticity evolved  
910 from those underlying maternal behavior. Thus, the neural mechanisms of paternal care  
911 in each species evolved from, and may have been constrained by, the species-specific  
912 template present in conspecific females. To date, no biparental species are available in  
913 which parenthood-induced neuroplasticity has been elucidated in both sexes; however,  
914 by further identifying interspecific differences in neural plasticity in fathers and then  
915 examining potential corresponding differences in mothers, we may gain new insights  
916 into both proximate and ultimate influences on neuroplasticity of the paternal brain.

917 Another possible explanation for some interspecific differences is that females in  
918 some species routinely undergo postpartum estrus and conception, leading to  
919 concurrent pregnancy and lactation. Among socially monogamous species, this overlap  
920 in female reproductive state, as well as the close correspondence between birth of  
921 offspring and the mate's postpartum estrus, could potentially affect the degree or timing  
922 of behavioral and neural plasticity occurring in fathers. To our knowledge, systematic  
923 analyses characterizing phylogenetic effects on neural plasticity and possible  
924 associations with species' natural histories have not been conducted in mammals.

925 However, comparative studies of poison frogs (family Dendrobatidae) have elucidated  
926 links between ecological measures, plasticity in parental behavior, and neural activation  
927 during parental care (O'Connell, 2020).

928

### 929 **3.4 Conclusions**

930 Mammalian mothers must undergo profound shifts in physiology, morphology, and  
931 behavior in order to produce and successfully rear their offspring. Perhaps it is not  
932 surprising, then, that the onset of motherhood is also associated with changes in the  
933 brain, activated by both neuroendocrine alterations and experience with infants.

934 Although the functions of these neural changes are not well understood, they seem  
935 likely to enhance mothers' ability to care for offspring by modifying cognitive, affective,  
936 sensory, and motivational processes.

937 Fathers, in contrast, need not undergo pronounced physiological and  
938 morphological changes in order to become parents, even in species in which paternal  
939 care is necessary for survival and normal development of offspring. Nonetheless,  
940 fathers undergo numerous neuroendocrine changes similar to those in mothers, as well  
941 as changes in neural structure and function. The physiological, environmental, and  
942 neuroendocrine mediators of neuroplasticity in fathers have received little attention thus  
943 far but likely differ from those in mothers in meaningful ways: because endocrine  
944 changes in fathers are much less pronounced than those in mothers, experiential and  
945 environmental influences, such as copulation, cues from the pregnant or parturient  
946 mate, and stimuli from offspring, may play larger roles in males than in females.  
947 Moreover, the functions of neuroplasticity in fathers are mostly unknown; however,  
948 given the similarity of maternal and paternal behavior in many biparental species, at  
949 least some of the neural changes in fathers likely have functions similar to those in  
950 mothers. Further investigations into the extent, mechanisms, and functions of  
951 neuroplasticity in fathers, across a range of species, will provide new insights into the  
952 demands of mammalian fatherhood, the effects of parenthood on fathers, and,  
953 ultimately, the evolution of paternal care.

954

### 955 **CONFLICT OF INTEREST**

956 The authors have no conflicts of interests to disclose.

957

## 958 DATA AVAILABILITY STATEMENT

959 Not applicable.

960

961

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1421 **Figure Legend**

1422

1423 Fig. 1. Summary of effects of fatherhood on the brain in four well-studied rodent species: facultatively biparental house  
1424 mice (A), and obligately biparental California mice (B), prairie voles (C), and mandarin voles (D). See Table 1 for fuller  
1425 descriptions and references. AH – anterior hypothalamus, AOB – accessory olfactory bulbs, AMY – amygdala, BNST –  
1426 bed nucleus of stria terminalis, D1R – dopamine 1-type receptor, D2R – dopamine 2-type receptor, DG – dentate gyrus,  
1427 ER – estrogen receptor, ir – immunoreactivity, LHb – lateral habenular nucleus, MOB – main olfactory bulbs, DRN –  
1428 dorsal raphe nucleus, MPOA – medial preoptic area, NTS – nucleus of solitary tract, OT – oxytocin, PRL-R – prolactin  
1429 receptor, PVN – paraventricular nucleus of hypothalamus, SNc – substantia nigra pars compacta, SON – supraoptic  
1430 nucleus, SVZ – subventricular zone, TMX – tamoxifen, TuJ1 – neuron-specific class III beta-tubulin, V1aR – vasopressin  
1431 1a receptor, VMH – ventromedial nucleus of hypothalamus.

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2 Table 1. Summary of reported effects of fatherhood on the brain in nonhuman mammals. Effects indicate findings in  
 3 fathers as compared to non-fathers of various types (virgins, males paired with an ovariectomized or tubally ligated  
 4 female, etc.). Negative findings are not included. All species listed are biparental except Siberian hamsters, which are  
 5 uniparental, and house mice, deer mice, and meadow voles, which are facultatively biparental. D1R - dopamine 1-type  
 6 receptor, D2R - dopamine 2-type receptor, ER - estrogen receptor, V1aR - vasopressin 1a receptor, BrdU -  
 7 bromodeoxyuridine, ir - immunoreactivity, BNST – bed nucleus of the stria terminalis.

8

Brain Region	Method	Effect of Fatherhood	Species	References
<b>Forebrain</b>				
Hippocampus	Immunohistochemistry	Decreased neurogenesis	California mouse	Glasper et al., 2011
Hippocampus	Immunohistochemistry & Western blot	Decreased neurodegeneration and astrogliosis in response to kainic acid injection; downregulation of monomeric prolactin receptor; upregulation of dimeric isoform of prolactin receptor	House mouse	Anagnostou & Morales, 2019
Hippocampus	Immunohistochemistry	Increased Fos in response to dry-land maze	California mouse	Franssen et al., 2011
Hippocampus	Immunohistochemistry	Increased survival of newborn cells in the dentate gyrus; increased number of TuJ1-positive cells	California mouse	Hyer et al., 2016
Hippocampus	Quantitative PCR	Increased ER $\beta$ ; reduced V1aR & PRL-R	California mouse	Hyer et al., 2017
Hippocampus	TMX treatment & immunohistochemistry	Increased inhibition of survival of adult born neurons by TMX	California mouse	Hyer et al., 2017

Hippocampus	Immunohistochemistry	Decreased cell survival in dentate gyrus	Prairie vole	Lieberwirth et al., 2013
Hippocampus	Immunohistochemistry	Increased neurogenesis	House mouse	Mak & Weiss, 2010
Hippocampus	Golgi staining	Increased spine density of CA1 basal dendrites; decreased length and number of branch points in apical dendritic trees	California mouse	Glasper et al., 2016; Hyer & Glasper, 2017
Hippocampus	Golgi staining	Decreased spine density on apical dendrites in CA3	California mouse	Hyer & Glasper, 2017
Hippocampus	Golgi staining	Increased spine density in dentate gyrus	California mouse	Glasper et al., 2016
Prefrontal Cortex	Golgi staining	Increased spine density on layer II/III pyramidal neurons	Common marmoset	Kozorovitsky, 2006
Prefrontal Cortex	Golgi staining	Increased spine density, dendritic length, and branch points on layer II/III pyramidal neurons	Mandarin vole	Wang et al., 2018a
Lateral habenular nucleus	Immunohistochemistry	Decreased vasopressin-ir	Prairie vole	Bamshad et al., 1993
Lateral habenular nucleus	Immunohistochemistry	Increased vasopressin-ir	Meadow vole	Bamshad et al., 1993
Lateral septum	Immunohistochemistry	Decreased vasopressin-ir	Prairie vole	Bamshad et al., 1993
Lateral septum	Autoradiography	Decreased vasopressin binding	Meadow vole	Parker et al., 2001
Lateral septum	Autoradiography	Increased oxytocin binding	Meadow vole	Parker et al., 2001
Amygdala (lateral and central)	Autoradiography	Increased oxytocin binding	Meadow vole	Parker et al., 2001
Amygdala	Immunohistochemistry	Decreased cell survival	Prairie vole	Lieberwirth et al., 2013
Vomeranasal organ	Immunohistochemistry	Decreased pup-induced Fos	Mouse	Tachikawa et al., 2013

Vomer nasal organ	In situ hybridization	Decreased pup-induced activity of Olfr692-expressing neurons	House mouse	Nakahara et al., 2016
Choroid plexus	Reverse transcriptase-PCR	Increased prolactin receptor mRNA	Campbell's dwarf hamster	Ma et al., 2005
Central amygdala	Immunohistochemistry	Increased ER $\alpha$ -ir	Mandarin vole	Song et al., 2010
Subventricular zone	Immunohistochemistry	Increased neurogenesis	House mouse	Mak & Weiss, 2010
Olfactory bulb	Immunohistochemistry	Increased number of new neurons that respond to offspring odor	House mouse	Mak & Weiss, 2010
Olfactory bulb	Immunohistochemistry	Increased androgen receptor-ir	Mongolian gerbil	Martinez et al., 2019
Accessory olfactory bulb	Immunohistochemistry	Decreased pup-induced Fos	House mouse	Tachikawa et al., 2013
Anterior olfactory nucleus	Autoradiography	Increased vasopressin binding	Meadow vole	Parker et al., 2001
Anterior olfactory nucleus	Autoradiography	Increased oxytocin binding	Meadow vole	Parker et al., 2001
Posterior medial amygdala	Immunohistochemistry	Decreased pup-induced Fos	House mouse	Tachikawa et al., 2013
Medio-posterior division of the BNST	Immunohistochemistry	Decreased pup-induced Fos	House mouse	Tachikawa et al., 2013
Dorsal subnucleus of the posterior medial amygdala	Immunohistochemistry	Increased pup-induced Fos	House mouse	Tachikawa et al., 2013
Medial/intermediate subnuclei of the medio-posterior division of the BNST	Immunohistochemistry	Increased pup-induced Fos	House mouse	Tachikawa et al., 2013
Prefrontal cortex	Immunohistochemistry	Increased V1aR	Common	Kozorovitskiy et al.,

			marmoset	2006
Nucleus accumbens	Real-time quantitative PCR	Increased oxytocin receptor mRNA; increased D1R & D2R receptor mRNA	Mandarin vole	Wang et al., 2015
Medial amygdala	Real-time quantitative PCR	Increased oxytocin receptor mRNA; decreased D1R & D2R receptor mRNA	Mandarin vole	Wang et al., 2015
Medial amygdala	Immunohistochemistry	Increased androgen receptor-ir	Mongolian gerbil	Martínez et al., 2019
BNST	Immunohistochemistry	Increased pup-induced Fos	California mouse	De Jong et al., 2009
BNST	Immunohistochemistry	Decreased oxytocin-ir	Prairie vole	Kenkel et al., 2014
BNST	Immunohistochemistry	Decreased ER $\alpha$ -ir	Mandarin vole	Song et al., 2010
BNST	Autoradiography	Increased oxytocin binding	Meadow vole	Parker et al., 2001
BNST	Real-time quantitative PCR	Decreased oxytocin receptor mRNA	California mouse	Perea-Rodriguez et al., 2015
BNST	Real-time quantitative PCR	Decreased V1aR mRNA	California mouse	Perea-Rodriguez et al., 2015
BNST	Real-time quantitative PCR	Decreased progesterone receptor mRNA	California mouse	Perea-Rodriguez et al., 2015
Zona incerta	Immunohistochemistry	Increased tyrosine hydroxylase-ir	Mandarin vole	Wang et al., 2015
Medial preoptic area	RNA sequencing and NanoString	Changes in mRNA	Prairie vole	Seelke, 2018
Medial preoptic area	Immunohistochemistry	Increased pup-induced Fos	House mouse	Wu et al., 2014
Medial preoptic area	Immunohistochemistry	Increased Fos in response to pup in wire- mesh ball	California mouse	De Jong et al., 2009
Medial preoptic area	Immunohistochemistry	Increased Fos in response to pup in wire- mesh ball	California mouse	Lambert at al., 2013
Medial preoptic area	Immunohistochemistry	Increased Fos in response to pup in wire- mesh ball	Deer mouse	Lambert at al., 2013
Medial preoptic area	Immunohistochemistry	Increased pup-induced Fos	House mouse	Tachikawa at al.,

				2013
Medial preoptic area	Immunohistochemistry	Decreased ER $\alpha$ -ir	Mandarin vole	Song et al., 2010
Medial preoptic area	Immunohistochemistry	Increased ER $\alpha$ -ir	Campbell's dwarf hamster	Romero-Morales et al., 2020
Medial preoptic area	Titred water essay	Increased aromatase activity	California mouse	Trainor et al., 2003
Medial preoptic area	Immunohistochemistry	Increased tyrosine hydroxylase-ir	Mandarin vole	Wang et al., 2015
Medial preoptic area	Immunohistochemistry	Increased oxytocin-ir	Mandarin vole	Wang et al., 2015
Medial preoptic area	Real-time quantitative PCR & western blot	Increased oxytocin receptor mRNA and protein	Mandarin vole	Yuan et al., 2019
Medial preoptic area	Immunohistochemistry	Increased androgen receptor-ir	Mongolian gerbil	Martínez et al., 2019
Ventral medial hypothalamic nucleus	Immunohistochemistry	Decreased cell survival	Prairie vole	Lieberwirth et al., 2013
Ventral medial hypothalamic nucleus	Immunohistochemistry	Increased ER $\alpha$ -ir	Mandarin vole	Song et al., 2010
Ventral medial hypothalamic nucleus	Immunohistochemistry	Increased tyrosine hydroxylase-ir	Mandarin vole	Wang et al., 2015
Paraventricular nucleus	Immunohistochemistry	Increased oxytocin-ir	Mandarin vole	Song et al., 2010
Paraventricular nucleus	Immunohistochemistry	Increased oxytocin-ir	Mandarin vole	Wang et al., 2015
Paraventricular nucleus	In situ hybridization	Increased vasopressin mRNA	Prairie vole	Wang et al., 2000
Supraoptic nucleus	Immunohistochemistry	Increased oxytocin-ir	Mandarin vole	Song et al., 2010
Supraoptic nucleus	Immunohistochemistry	Increased oxytocin-ir	Mandarin vole	Wang et al., 2015
Supraoptic nucleus	In situ hybridization	Increased vasopressin mRNA	Prairie vole	Wang et al., 2000
Hypothalamus	HPLC & enzyme-linked immunosorbent assay	Decreased dopamine; increased oxytocin & prolactin	Common marmoset	Woller et al., 2012

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assay of hypothalamic explants				
Lateral Hypothalamus	Immunohistochemistry	Decreased oxytocin-ir	Mandarin vole	Wang et al., 2015
Paraventricular nucleus	Immunohistochemistry	Increased oxytocin-ir	Prairie vole	Kenkel et al., 2014
Anterior hypothalamic area	Immunohistochemistry	Decreased pup-induced Fos	House mouse	Tachikawa et al., 2013
<b>Midbrain</b>				
Ventral tegmental area	Immunohistochemistry	Increased tyrosine hydroxylase-ir	Mandarin vole	Wang et al., 2015
Substantia nigra pars compacta	Immunohistochemistry	Increased tyrosine hydroxylase-ir	Mandarin vole	Wang et al., 2015
<b>Hindbrain</b>				
Caudal dorsal raphe nucleus	Immunohistochemistry	Increased pup-induced Fos	California mouse	De Jong et al., 2009
Nucleus ambiguus	Immunohistochemistry	Increased oxytocin-ir	Prairie vole	Kenkel et al., 2014
Nucleus tractus solitarius	Immunohistochemistry	Increased oxytocin-ir	Prairie vole	Kenkel et al., 2014

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1 Table 2. Summary of effects of fatherhood on the brain in humans. MRI = magnetic resonance imaging, fMRI - functional  
 2 magnetic resonance imaging.

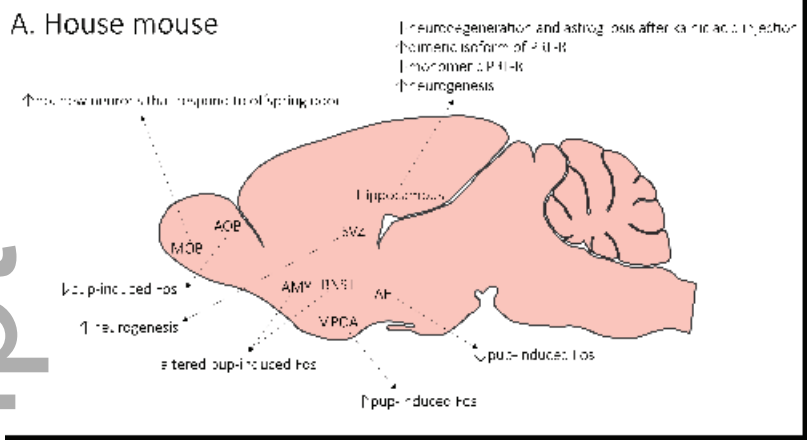
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<b>Brain Region</b>	<b>Method</b>	<b>Effect of Fatherhood</b>	<b>References</b>
Left caudal anterior cingulate cortex	MRI	Decreased gray matter	Orchard et al., 2020
Right temporal pole	MRI	Increased gray matter	Orchard et al., 2020
Hypothalamus	MRI	Increased gray matter	Kim et al., 2014
Amygdala	MRI	Increased gray matter	Kim et al., 2014
Striatum	MRI	Increased gray matter	Kim et al., 2014
Subgenual cortex	MRI	Increased gray matter	Kim et al., 2014
Superior temporal gyrus	MRI	Increased gray matter	Kim et al., 2014
Lateral prefrontal cortex	MRI	Increased gray matter	Kim et al., 2014
Orbitofrontal cortex	MRI	Decreased gray matter	Kim et al., 2014
Posterior cingulate cortex	MRI	Decreased gray matter	Kim et al., 2014
Insula	MRI	Decreased gray matter	Kim et al., 2014

Fusiform gyrus	MRI	Decreased gray matter	Kim et al., 2014
Caudal middle frontal gyrus	fMRI	Increased neural activity in response to child picture stimuli	Mascaro et al., 2014
Temporo-parietal junction	fMRI	Increased neural activity in response to child picture stimuli	Mascaro et al., 2014
Medial orbitofrontal cortex/ventromedial prefrontal cortex	fMRI	Increased neural activity in response to child picture stimuli	Mascaro et al., 2014
Precuneus	fMRI	Increased neural activity in response to child picture stimuli	Mascaro et al., 2014
Mid-cingulate cortex	fMRI	Increased neural activity in response to auditory child crying stimuli	Seifritz et al., 2003
Ventral prefrontal cortex	fMRI	Increased neural activity in response to auditory child crying stimuli	Seifritz et al., 2003
Temporo-parietal junction	fMRI	Increased neural activity in response to auditory child crying stimuli	Seifritz et al., 2003
Insula	fMRI	Increased neural activity in response to auditory child crying stimuli	Seifritz et al., 2003
Middle frontal gyrus	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019
Insula	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019
Pre-central gyrus	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019
Anterior/posterior cingulate cortex	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019

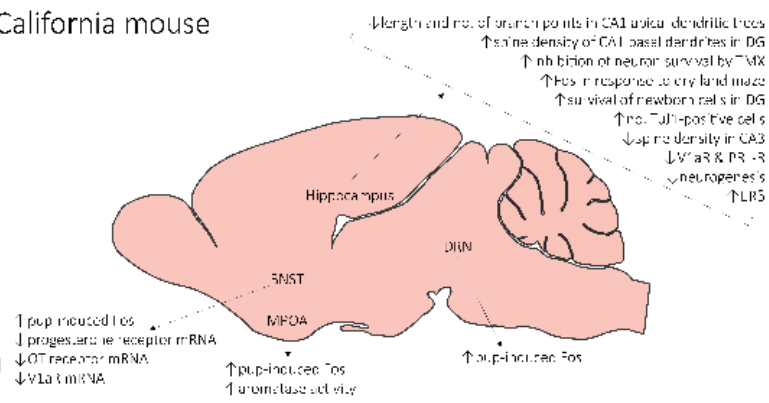


Parietal operculum	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019
Lingual gyrus	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019
Occipital pole	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019
Lateral occipital cortex	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019
Juxtapositional lobule cortex	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019
Superior parietal lobule	fMRI	Increased neural activity in response to video of child in threatening scenario stimuli	van 't Veer et al., 2019
Superior frontal gyrus	fMRI	Decreased difference in neural activity in response to video of a related or unrelated child in threatening scenario	van 't Veer et al., 2019



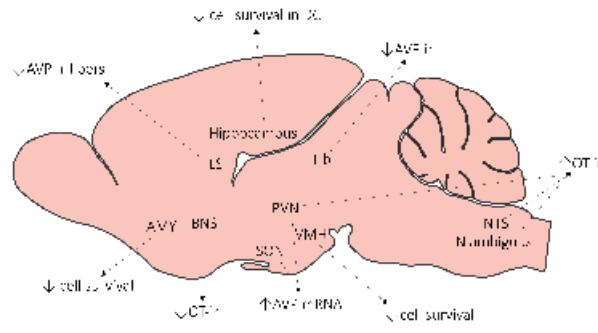
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B. California mouse

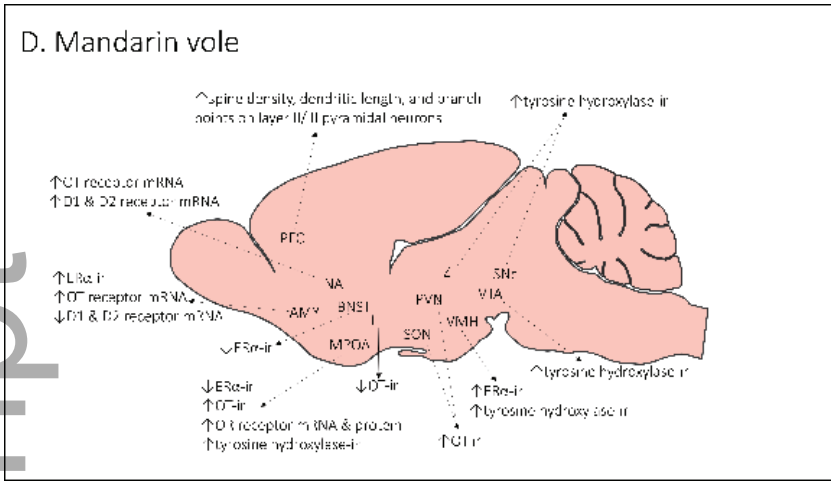


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C. Prairie vole



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