

Role of Spontaneous Conscious Processes in Resting-state fMRI

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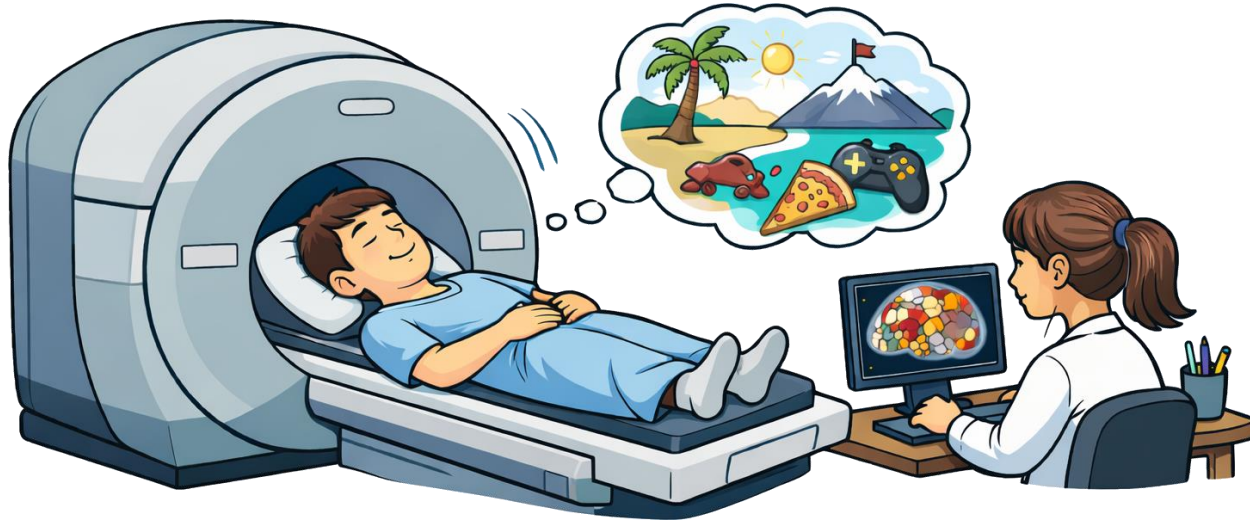


University of Cincinnati, BME Seminar Series
April 24th, 2026



National Institute
of Mental Health

Resting-state fMRI: 30s Primer



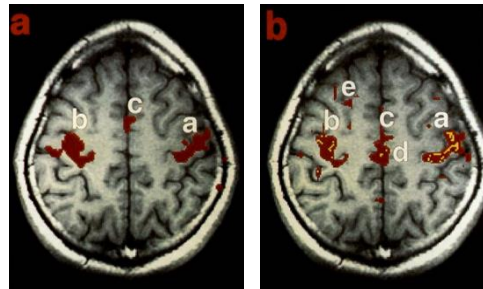
“Try not to move, remain awake and let your mind wander freely”

No experimental task demands

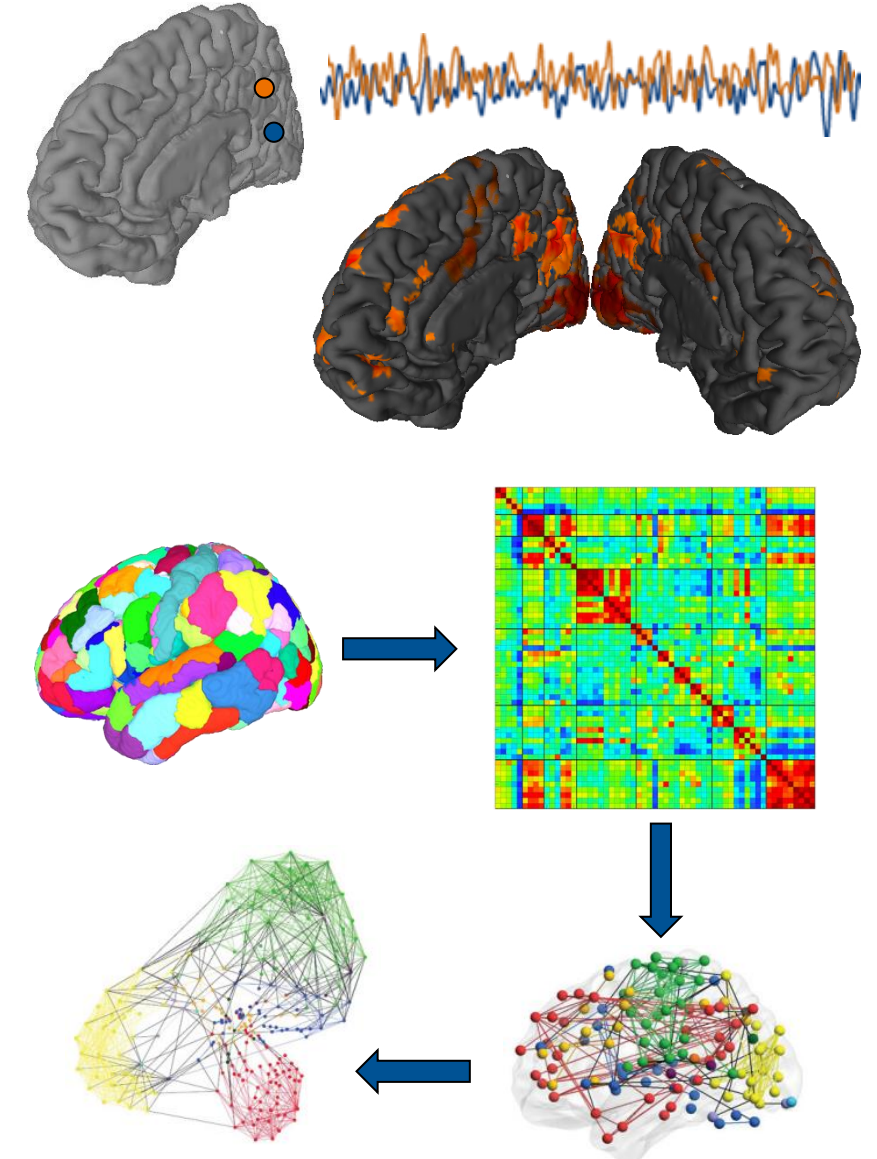


Amenable to all populations
Easy to acquire and share
Explore several systems

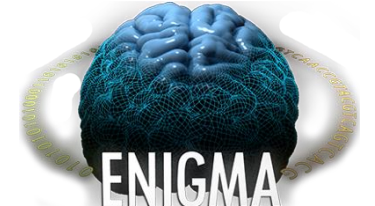
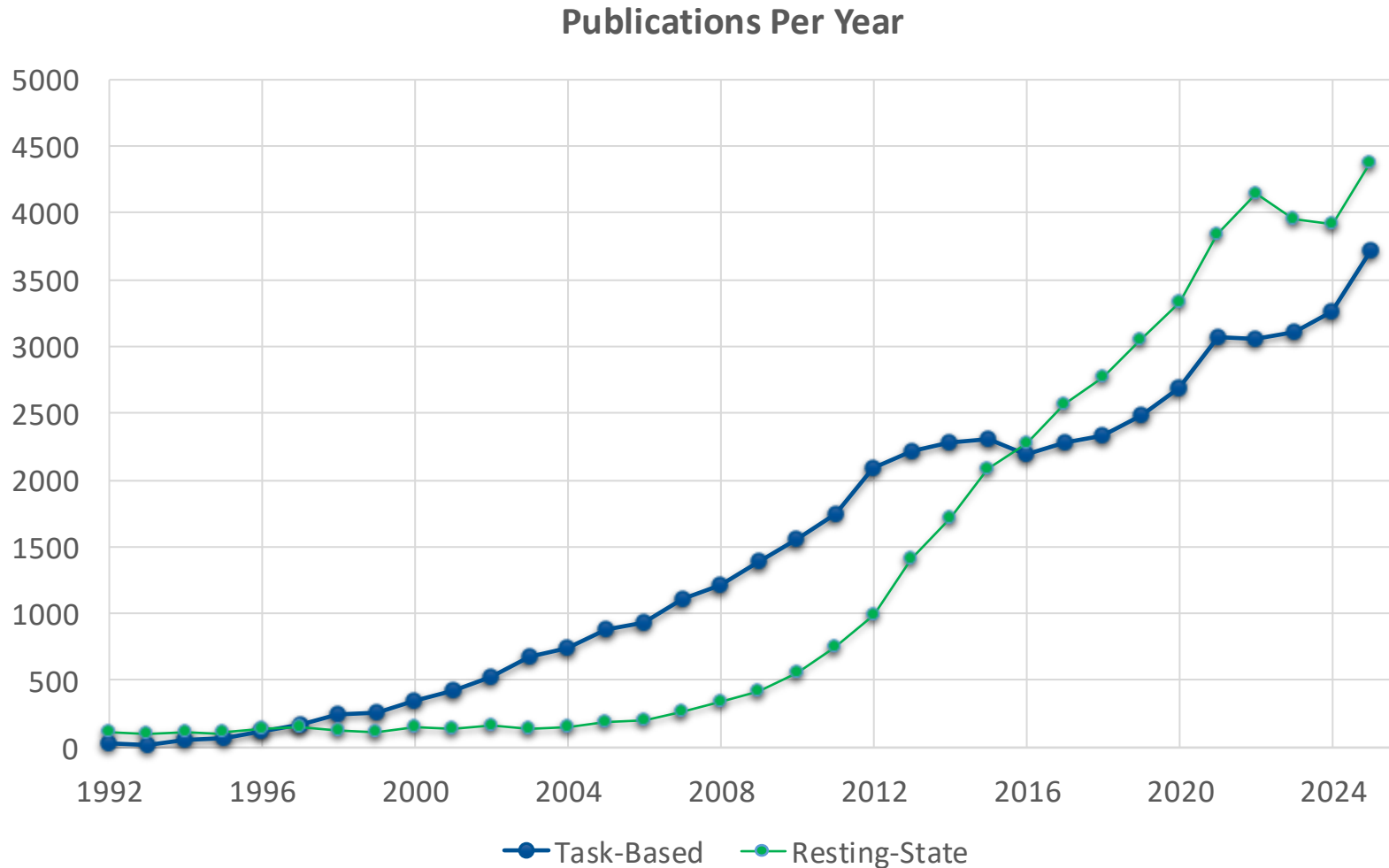
Requires Alternative Analytical Methods



Biswal et al. MRM (1995)



Resting-state fMRI: Relevance | Adoption

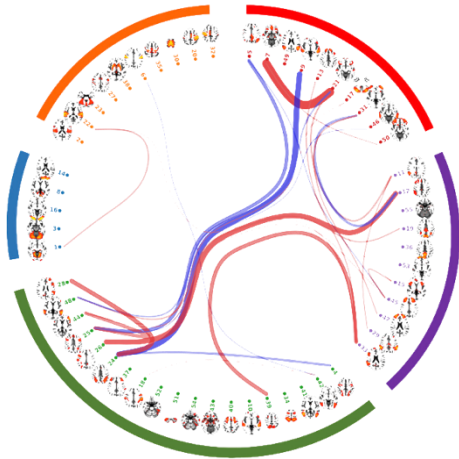


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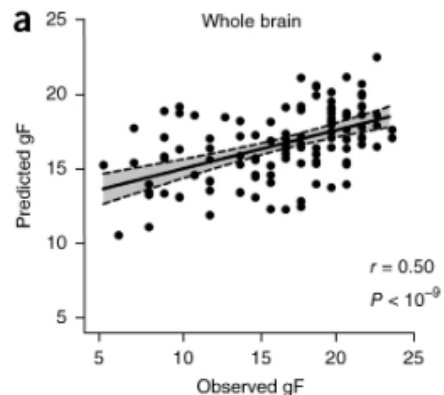


Resting-state: Relevance | Basic & Clinical Value

Cognitive Abilities



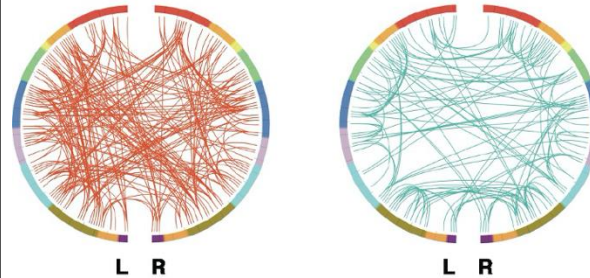
Shen et al. Biol Psychiatry (2018)



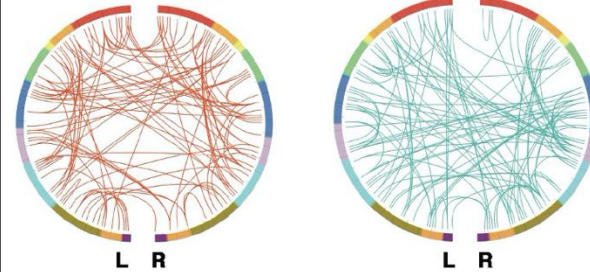
Finn et al. Nat Neuro (2015)

Personality Traits

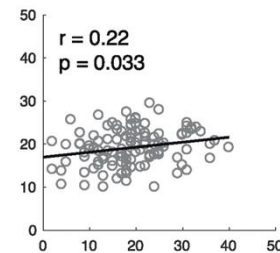
Neuroticism



Extraversion

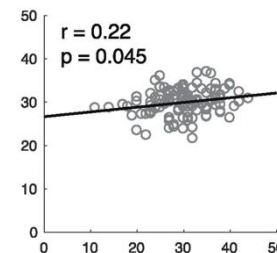


Neuroticism



Hsu et al. Soc Gogn & Affect Neuro (2018)

Extraversion



Clinical Conditions

Disease/condition	References	Findings
Alzheimer's	(Li et al., 2002; Greicius et al., 2004; Wang et al., 2006a,b, 2007; Allen et al., 2007; Supekar et al., 2008)	Decreased correlations within the DMN including hippocampus, decreased anticorrelations with the DMN, and reduced local connectivity as reflected in clustering coefficients
PIB positive	(Hedden et al., 2009; Sheline et al., 2010)	Decreased correlations within the DMN
Mild cognitive impairment	(Li et al., 2002; Sorg et al., 2007)	Decreased correlations within the DMN and decreased anticorrelations with the DMN
Fronto-temporal dementia	(Seeley et al., 2007a, 2008)	Decreased correlations within the salience network
Healthy aging	(Andrews-Hanna et al., 2007; Damoiseaux et al., 2008)	Decreased correlations within the DMN
Multiple sclerosis	(Lowe et al., 2002; De Luca et al., 2005)	Decreased correlations within the somatomotor network
ALS	(Mohammadi et al., 2009)	Decreased connectivity within the DMN and within the somatomotor network (esp. premotor cortex)
Depression	(Anand et al., 2005a,b, 2009; Greicius et al., 2007; Bluhm et al., 2009a)	Variable: Decreased corticolimbic connectivity (esp. with dorsal anterior cingulate), increased connectivity within the DMN (esp. subgenual prefrontal cortex), decreased connectivity between DMN and caudate
Bipolar	(Anand et al., 2009)	Decreased corticolimbic connectivity
PTSD	(Bluhm et al., 2009c)	Decreased connectivity within the DMN
Schizophrenia	(Liang et al., 2006; Liu et al., 2006, 2008; Bluhm et al., 2007, 2009b; Salvador et al., 2007; Zhou et al., 2007; Jafri et al., 2008; Whitfield-Gabrieli et al., 2009)	Variable: Decreased or increased correlations within the DMN. Decreased, increased or unchanged correlations and anticorrelations between the DMN and other systems.
Schizophrenia 1° relatives	(Whitfield-Gabrieli et al., 2009)	Increased connectivity within the DMN
ADHD	(Zhu et al., 2005, 2008; Cao et al., 2006; Tian et al., 2006; Zang et al., 2007; Castellanos et al., 2006; Wang et al., 2009)	Variable: reduced connectivity within the DMN, reduced anticorrelations with the DMN, increased connectivity in the salience network
Autism	(Cherkassky et al., 2006; Kennedy and Courchesne, 2008; Monk et al., 2008; Weng et al., 2010)	Decreased connectivity within the DMN (although hippocampus is variable and connectivity may be increased in younger patients)
Tourette syndrome	(Church et al., 2009)	Delayed maturation of task-control and cingulo-opercular networks
Epilepsy	(Wartes et al., 2006; Lui et al., 2008; Bettus et al., 2009; Zhang et al., 2009b,c)	Variable: decreased connectivity in multiple networks including the medial temporal lobe, decreased connectivity within the DMN (esp. in patients with generalized seizures)
Blindness	(Liu et al., 2007; Yu et al., 2009)	Decreased connectivity within the visual cortices and between visual cortices and other sensory and multimodal regions
Chronic pain	(Greicius et al., 2008a; Cauda et al., 2009a,c,d)	Variable: Increased/decreased connectivity within the salience network, decreased connectivity in attention networks
Neglect	(He et al., 2007)	Decreased connectivity within the dorsal and ventral attention networks
Coma/vegetative state	(Boly et al., 2009; Cauda et al., 2009b; Vanhaudenhuyse et al., 2010)	Progressively decreased DMN connectivity with progressive states of impaired consciousness
Generalized anxiety disorder	(Etkin et al., 2009)	Increased connectivity between amygdala and frontoparietal control network and decreased connectivity between amygdala and salience network

DMN = default mode network including regions in the posterior cingulate/precuneus, lateral parietal cortex, medial temporal lobes, and medial prefrontal cortex
see Figure 1. Salience network: includes regions in the dorsal anterior cingulate and bilateral fronto/insular cortices; dACC = dorsal anterior cingulate cortex; PIB = Pittsburgh compound B, a marker of amyloid plaque accumulation in the brain; PTSD = post-traumatic stress disorder; ALS = amyotrophic lateral sclerosis; ADHD = attention deficit hyperactivity disorder. Note: some references (Greicius et al., 2004; He et al., 2007) reflect "near-rest" conditions in which task-related variance has been minimized and other references (Zhu et al., 2005, 2008; Cao et al., 2006; Zang et al., 2007) reflect local changes in spontaneous BOLD fluctuations as opposed to correlations in these fluctuations between separate regions.

Fox & Greicius Font. Sys, Neuro (2010)

Resting-state: What is it? What processes drive these observations?

Mostly Unconscious Processes



Memory Consolidation

Lewis et al. (2009) PNAS, Laumann & Snyder (2021) Cur Op Bio Sci



Homeostatic Processes

Marder & Goaillard (2006) Nat Rev. Neuroscience



Interoceptive Monitoring

Choe et al. (2021) PLoS One



Internal Model Optimization

Pezzulo et al. (2021) Trends Cog Science



Fluctuations in Vigilance

Liu X et al. (2018) Nat. Comms., Laumann & Snyder (2021), Gonzalez-Castillo et al. (2021) NeuroImage



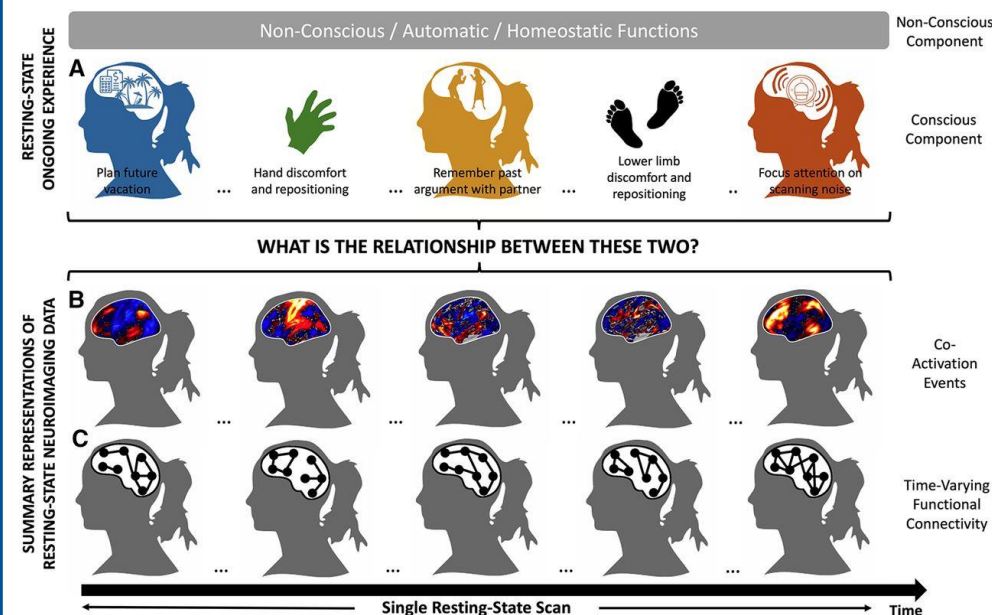
Sampling Variability

Laumann & Snyder (2021) Cur Op Bio Sci

OR

AND

Conscious Processes / Experience

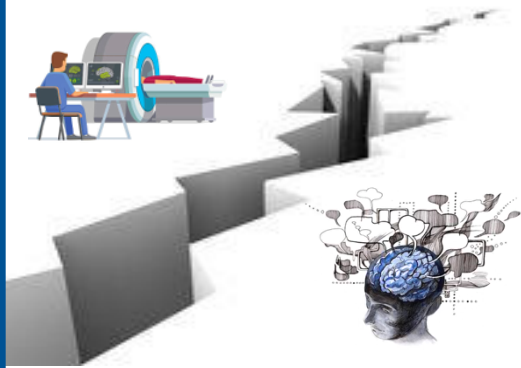


Gonzalez-Castillo et al, J of Neuroscience (2021)

Incremental Approach to elucidate the role of in-scanner experience in resting-state fMRI

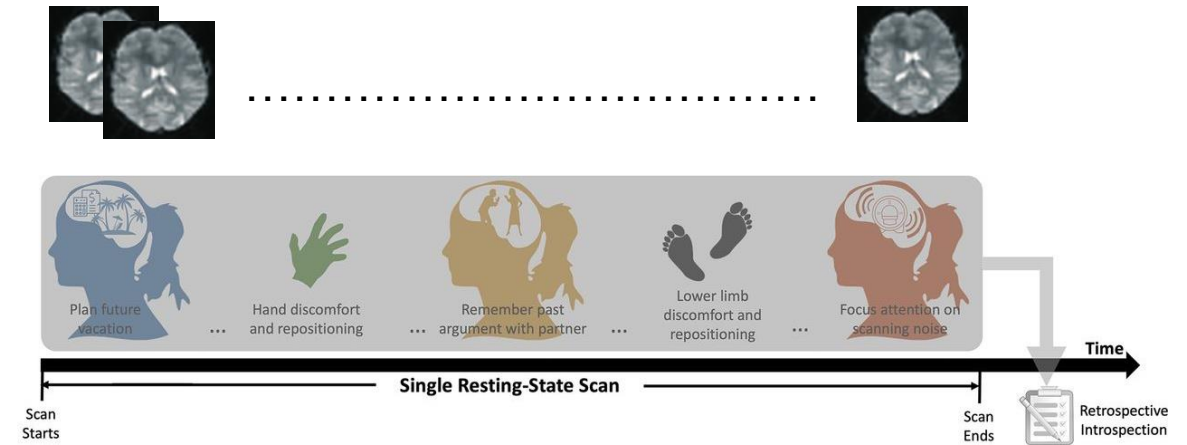
STEP 1

Separate fMRI
& Self-Reports
Data



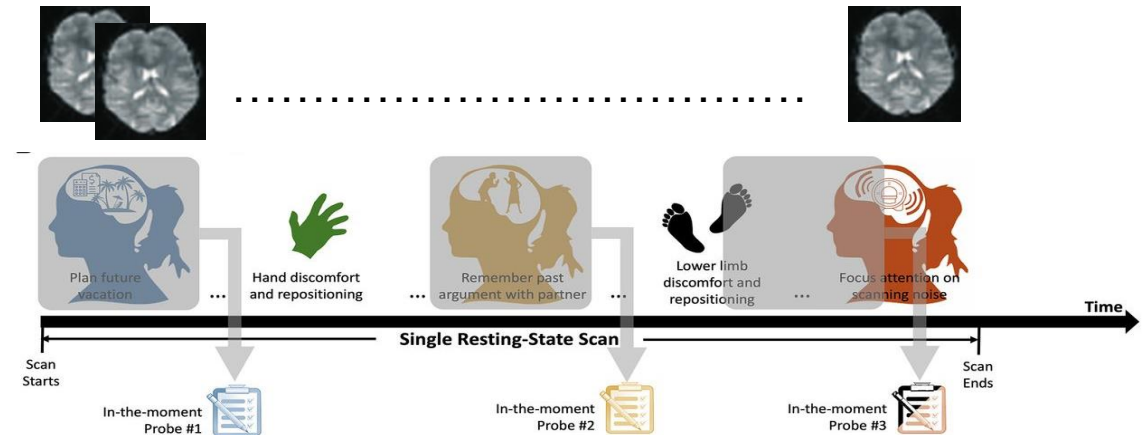
STEP 2

RS-fMRI with
retrospective
self reports



STEP 3

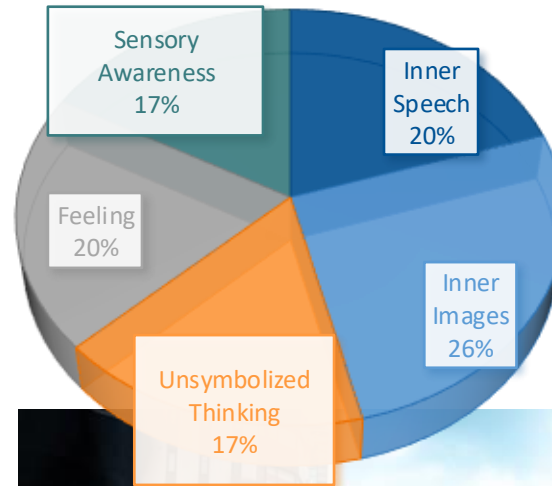
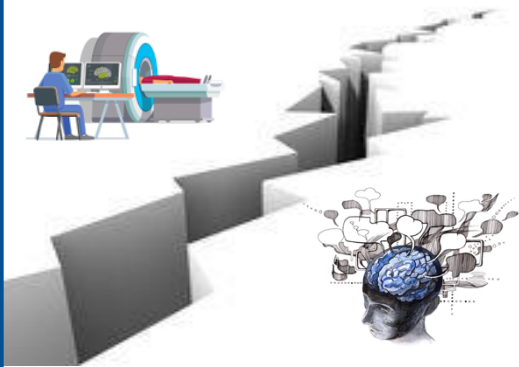
RS-fMRI with
in-the-moment
self reports



What are common activities during rest?

STEP 1

Separate fMRI & Self-Reports Data



Heavy & Hurlburt, Consc. & Cogn. (2008)

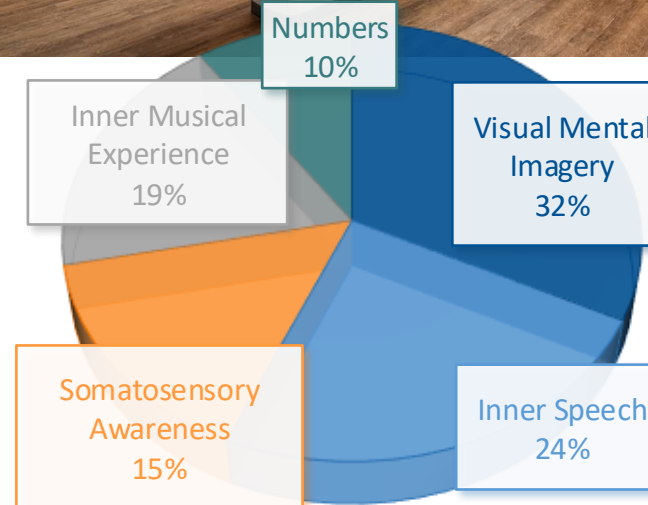
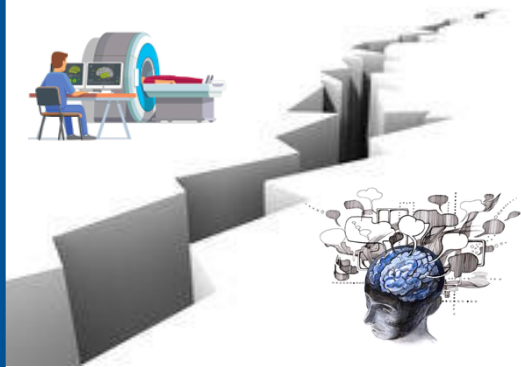
Hurlburt et al., Front. Psychol. (2015)



What are common activities during rest?

STEP 1

Separate fMRI & Self-Reports Data

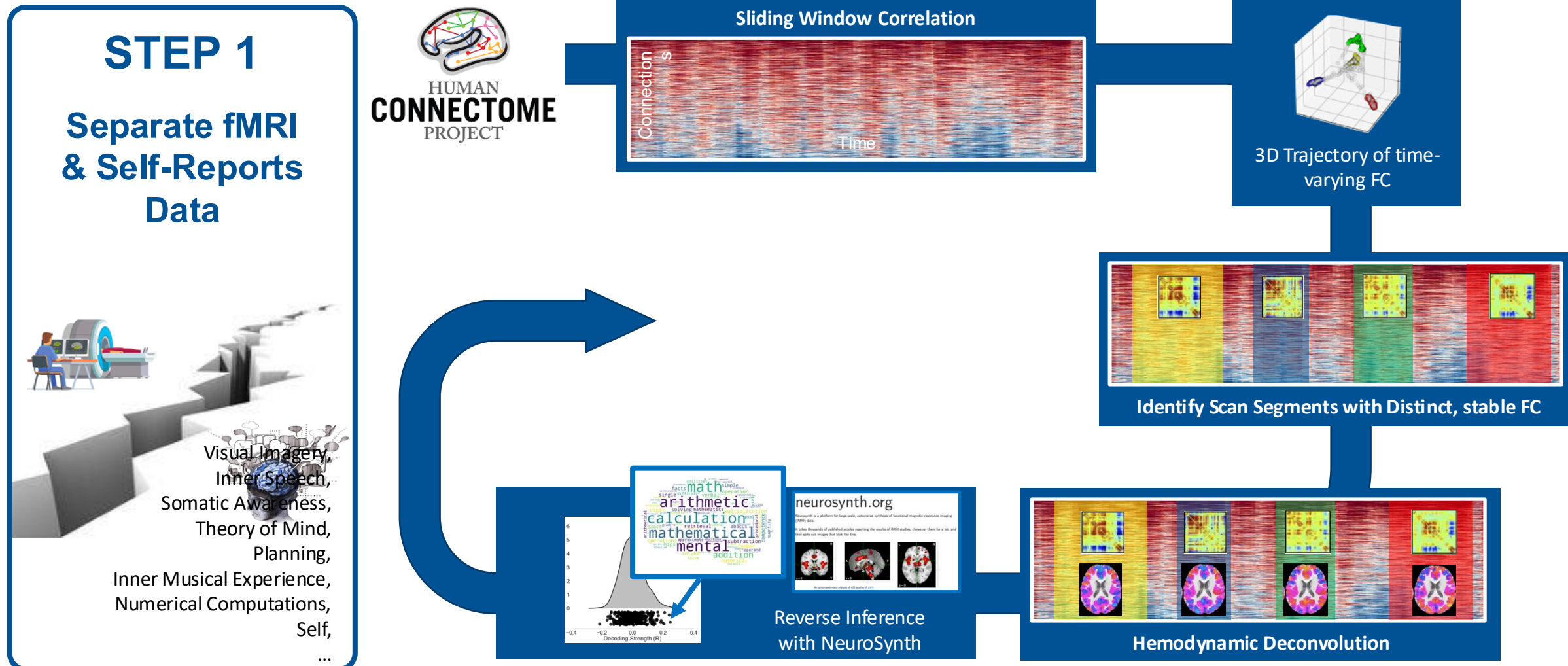


Dellamillieure et al., Brain Res. Bull. (2010)

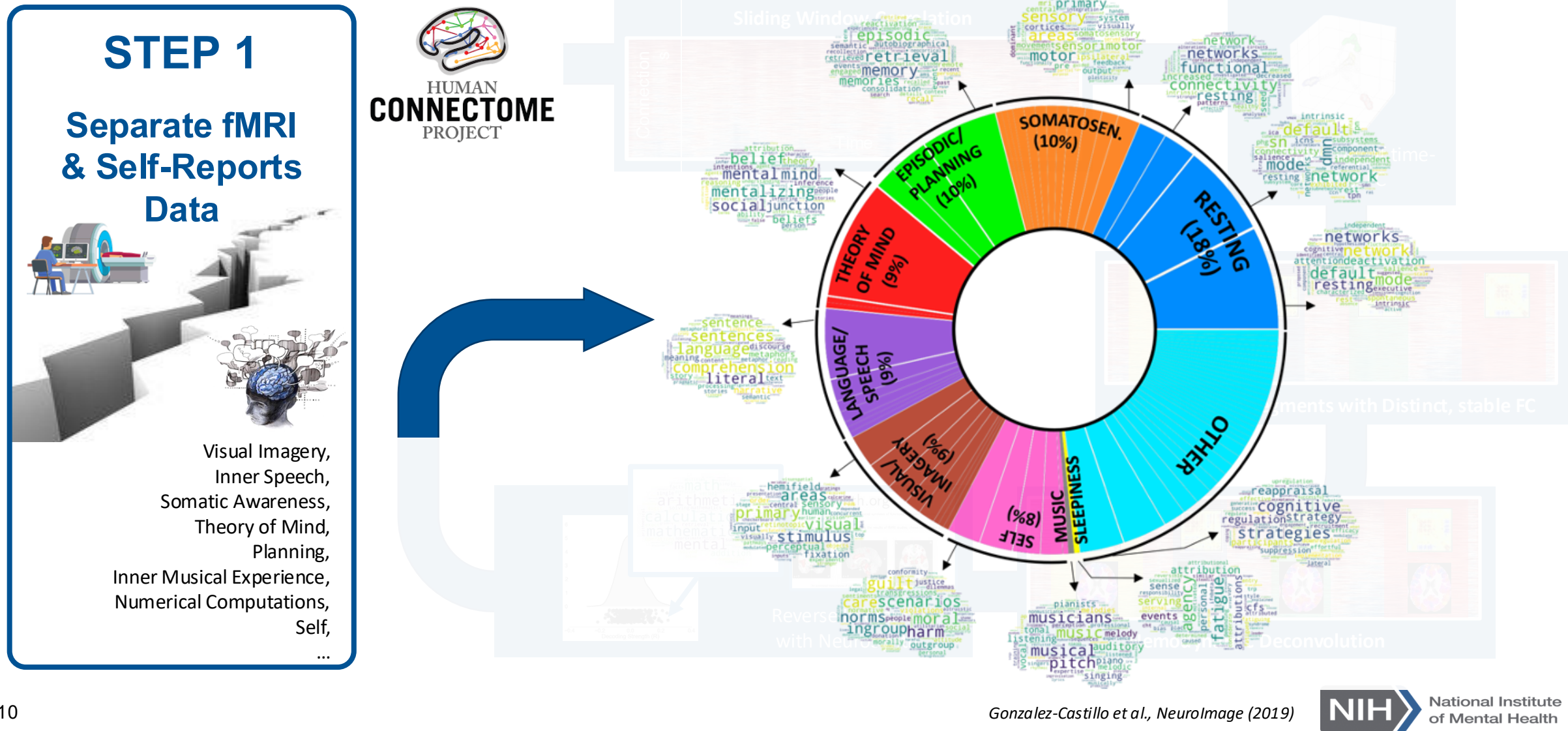


Diaz et al., Front. Hum. Neurosci. (2013)

Do mental states inferred directly from rs-fMRI data agree with these?



Do mental states inferred directly from rs-fMRI data agree with these?



Study I - Conclusions

STEP 1

Separate fMRI & Self-Reports Data



Visual Imagery,
Inner Speech,
Somatic Awareness,
Theory of Mind,
Planning,
Inner Musical Experience,
Numerical Computations,
Self,
...

- Data-driven estimates of covert cognition agree with previous reports of what are the most common mental activities subjects perform during rest.
 - “*dFC + Deconvolution + Neurosynth*” can help us uncover the cognitive correlates of distinct *dFC* patterns during task and rest.
- Preliminary evidence in support of the idea that FC is substantially contributed by covert on-going cognition happening during rest.

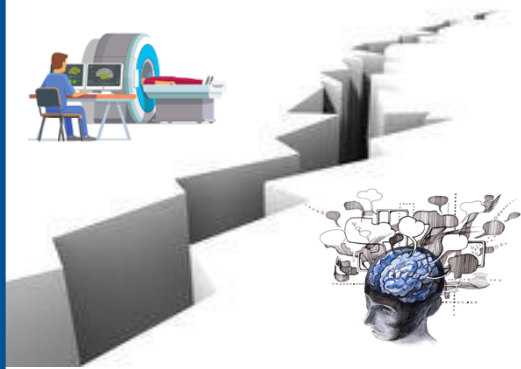
We cannot evaluate the
accuracy of individual
decoding instances

Validation / Decoding
through the lens of task
results

Incremental Approach to elucidate the role of in-scanner experience in resting-state fMRI

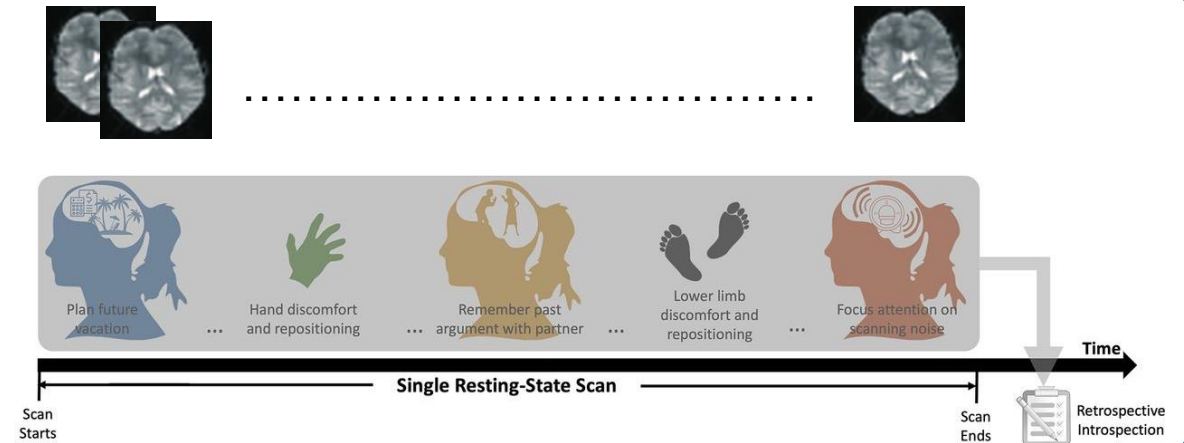
STEP 1

Separate fMRI
& Self-Reports
Data



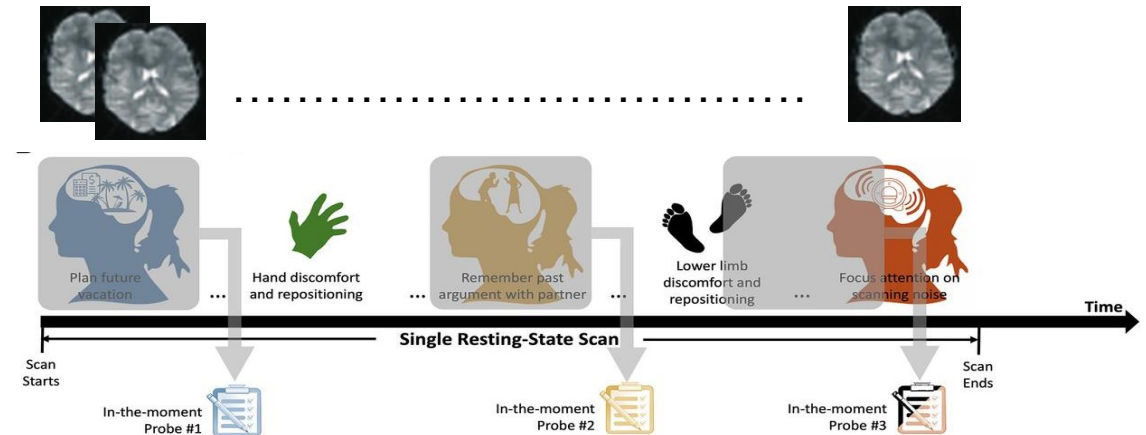
STEP 2

RS-fMRI with
retrospective
self reports

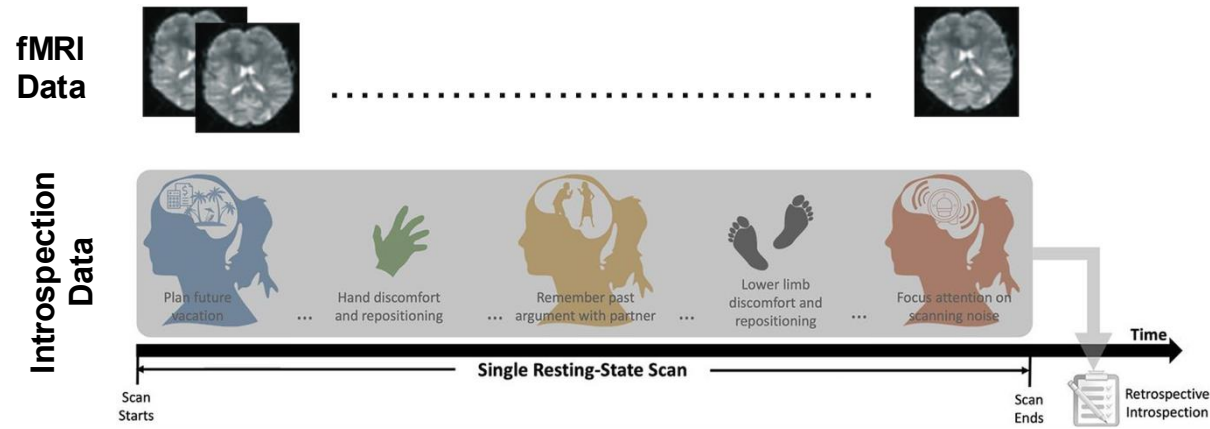


STEP 3

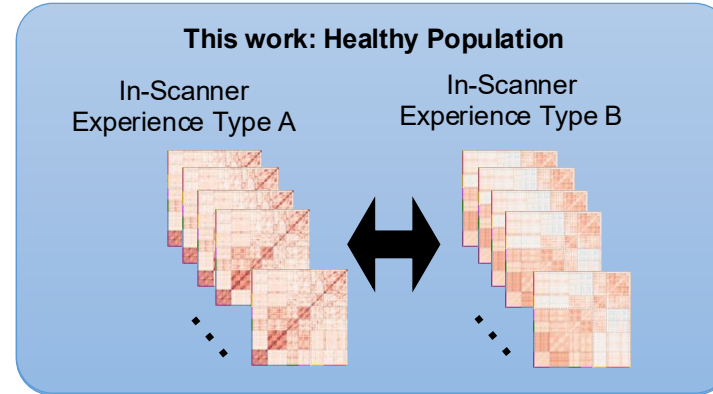
RS-fMRI with
in-the-moment
self reports



STEP 2: Experimental Questions

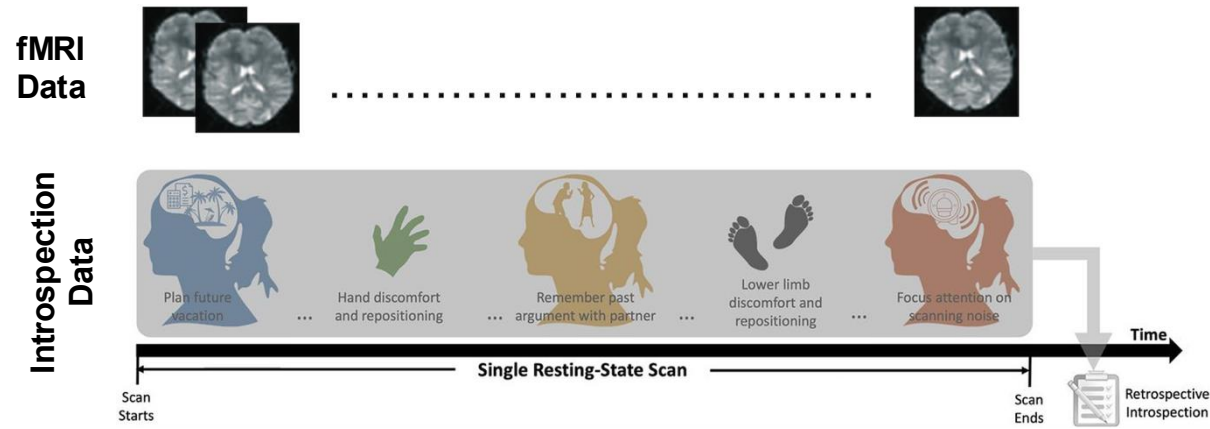


Population Differences Framework

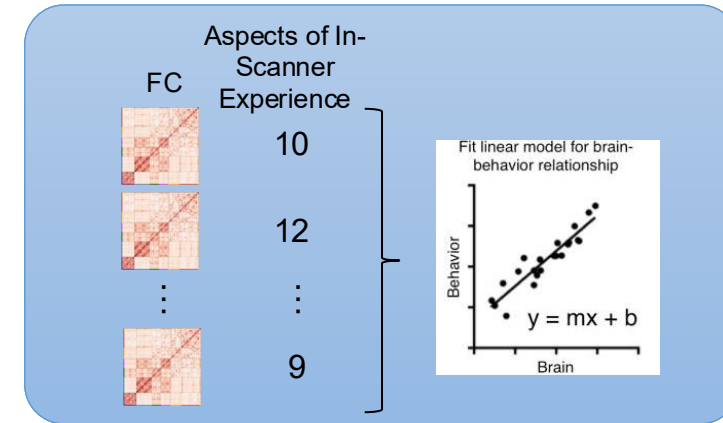


- Q1** | Do subjects tend to be in the same mental state when asked to rest?
- Q2** | Can we detect differences in FC if we group scans according to thought pattern?

STEP 2: Experimental Questions



Predictive Framework



- Q1** | Do subjects tend to be in the same mental state when asked to rest?
- Q2** | Can we detect differences in FC if we group scans according to thought pattern?
- Q3** | Can we predict characteristics of ongoing thought based on FC measures?
- Q4** | TBD

Dataset



Neuroimaging Data

175 Subjects
1 – 4 rs-fMRI scans (Eyes Open)
15 min rs-fMRI
TR = 1.4s | 2.3mm³ | 3T



471 Scans from 133 subjects passed
QA



Demographics Data

Age Range (5 year intervals)
& Gender



Experience Reports

FORM

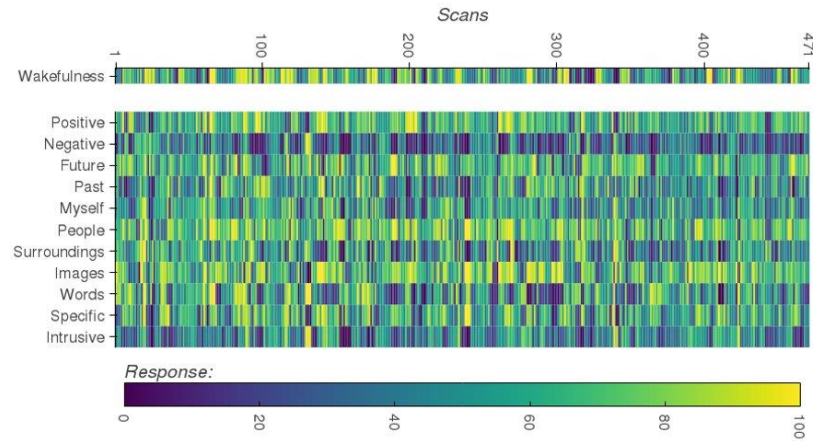
My thoughts were intrusive	0 ... 100
My thoughts were more specific than vague	0 ... 100
My thoughts were in the form of words	0 ... 100
My thoughts were in the form of images	0 ... 100

CONTENT

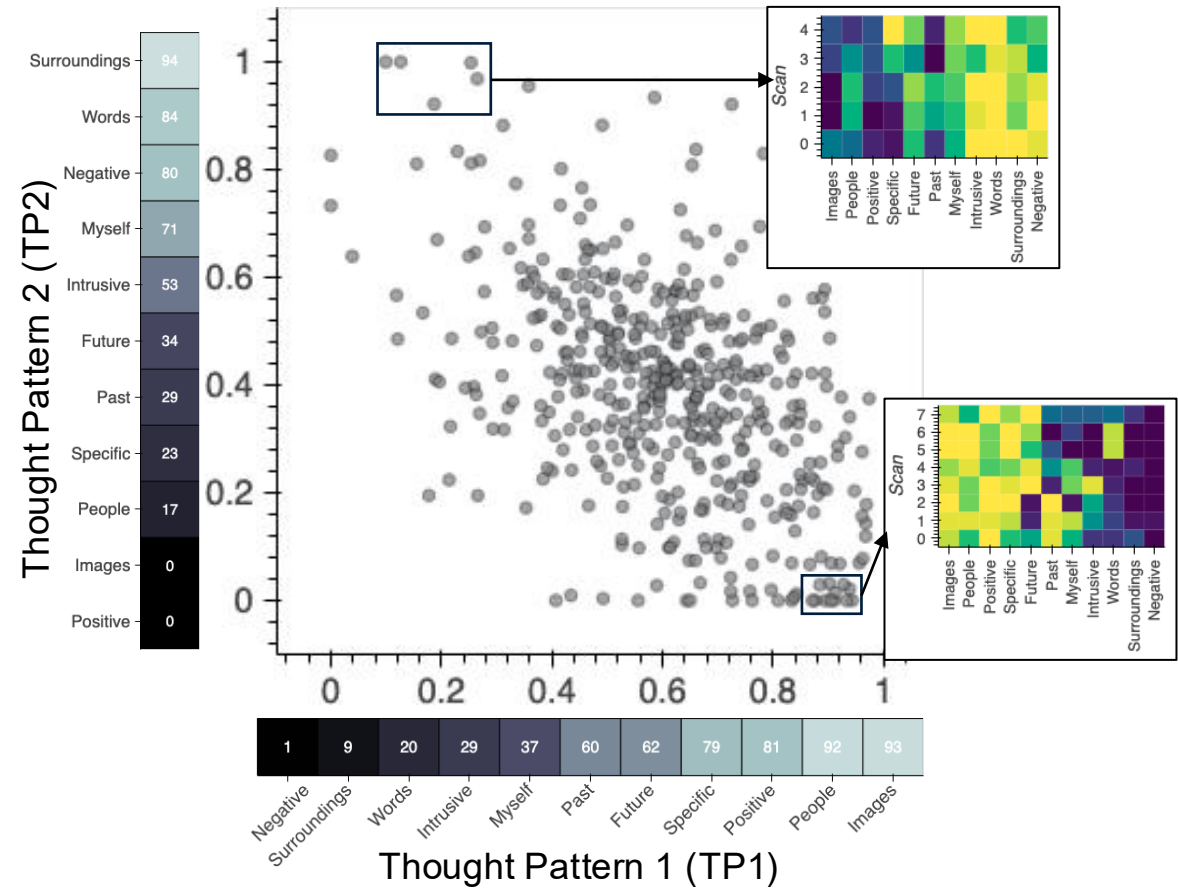
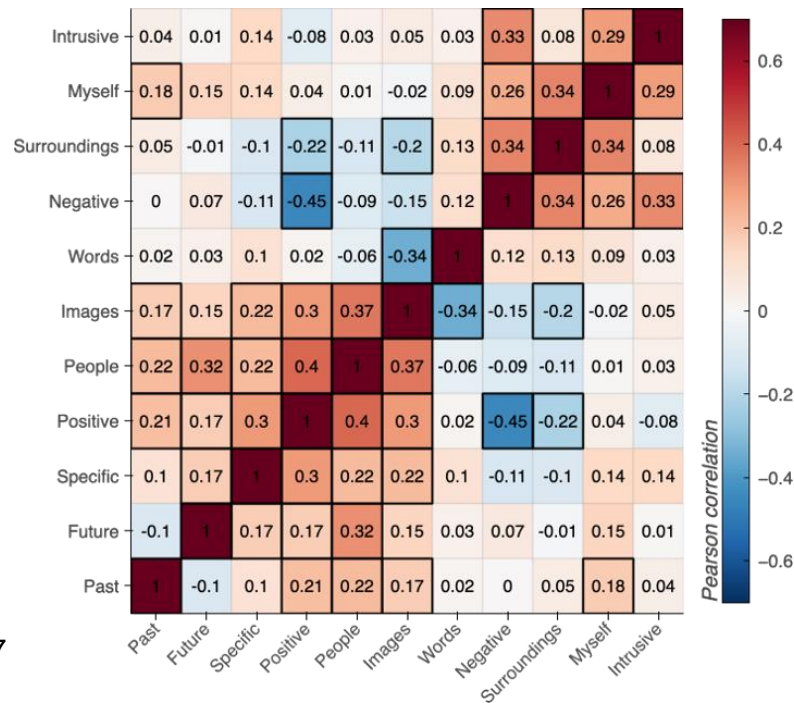
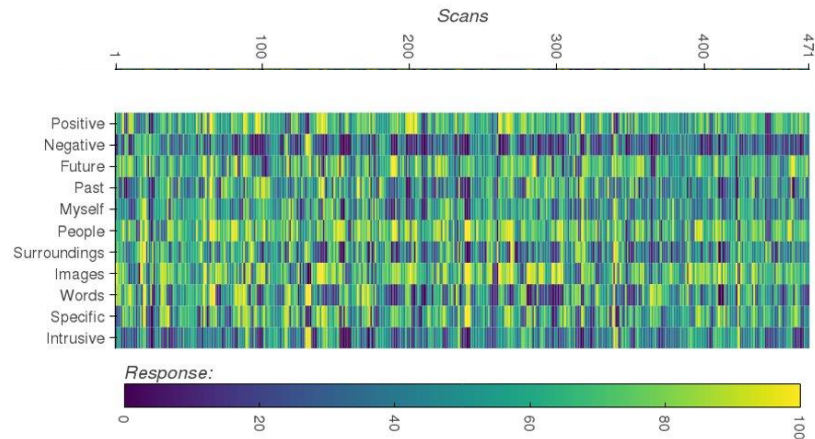
I thought about my environment / surrounding	0 ... 100
I thought about other people	0 ... 100
I thought about myself	0 ... 100
I thought about past events	0 ... 100
I thought about future events	0 ... 100
I thought about something negative	0 ... 100
I thought about something positive	0 ... 100

I was completely awake 0 ... 100

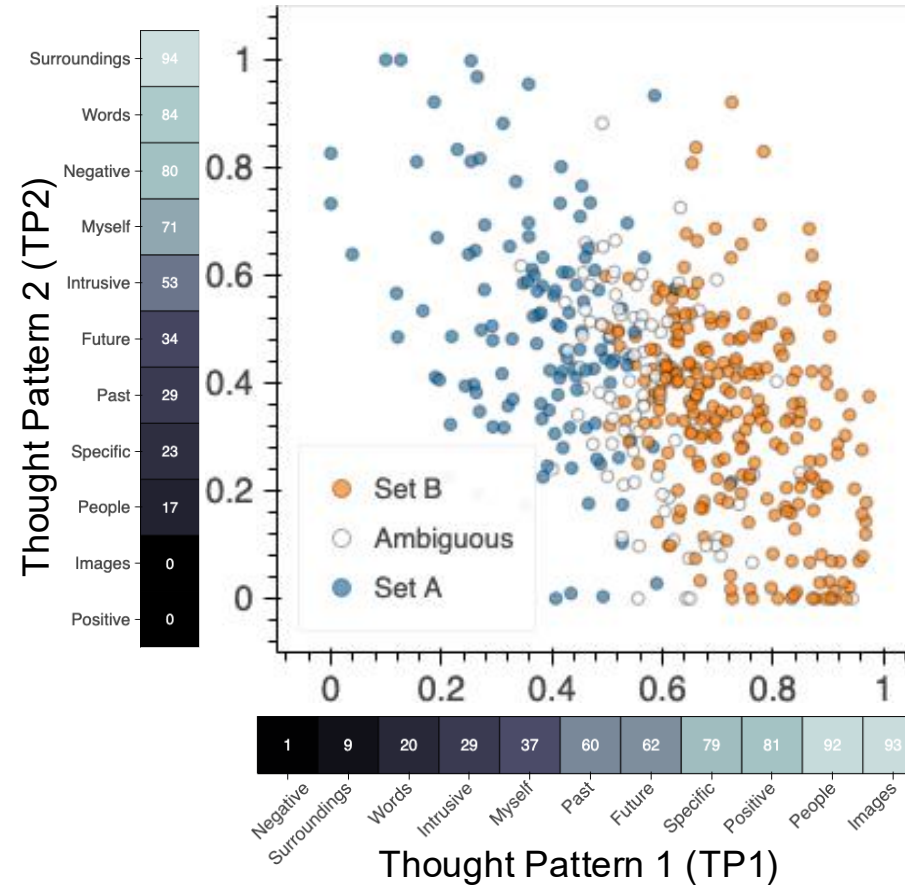
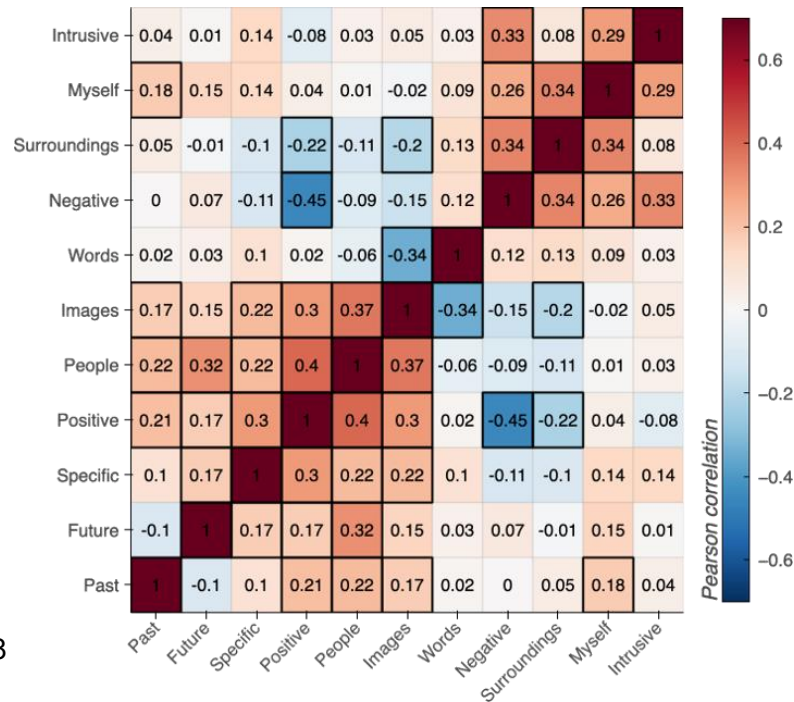
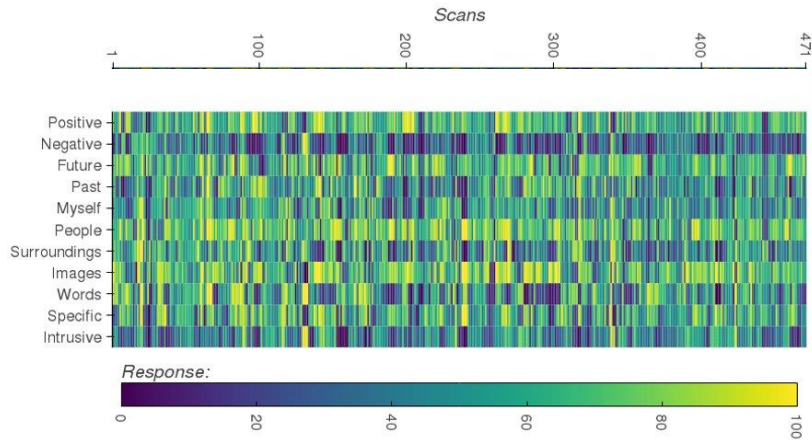
Introspective Data



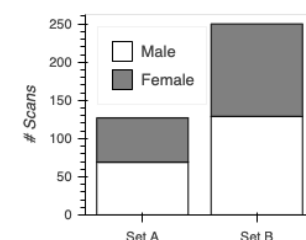
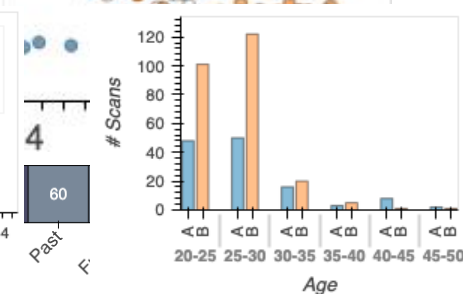
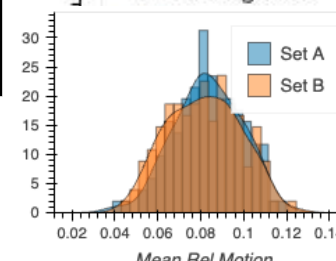
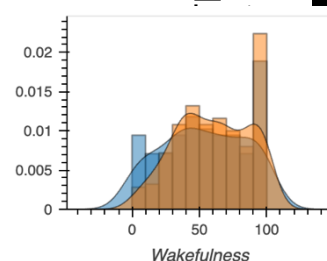
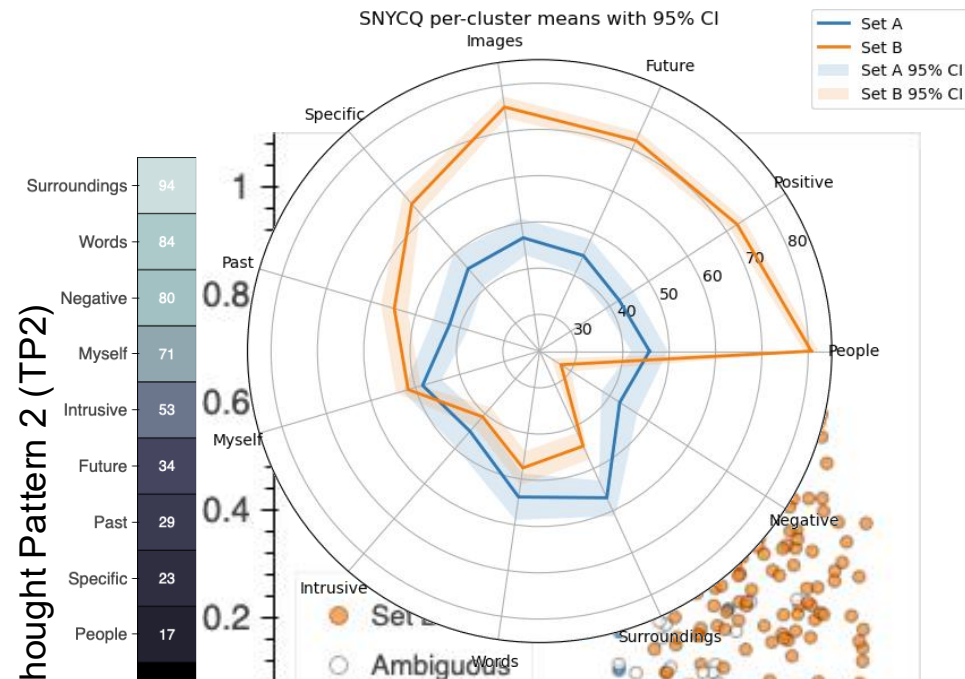
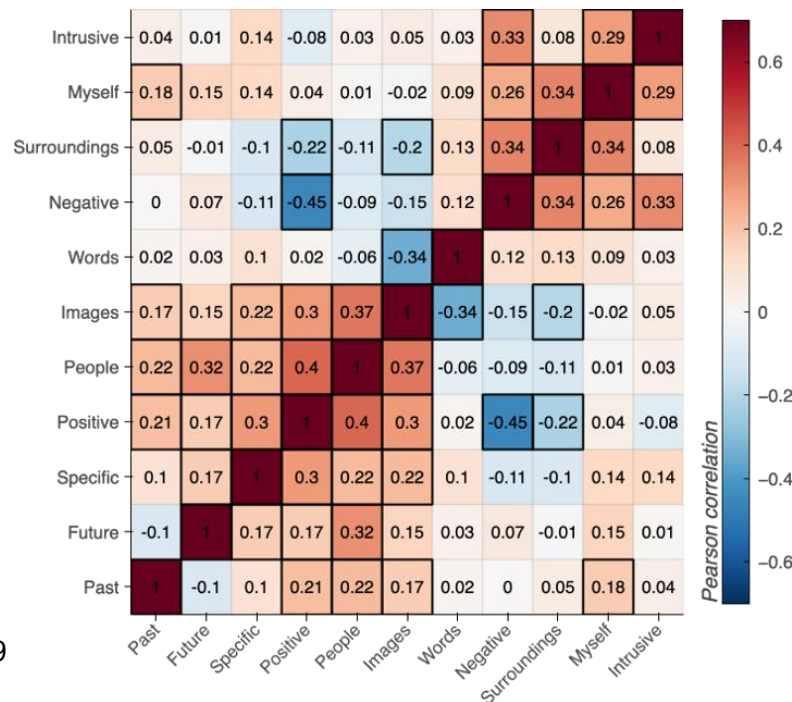
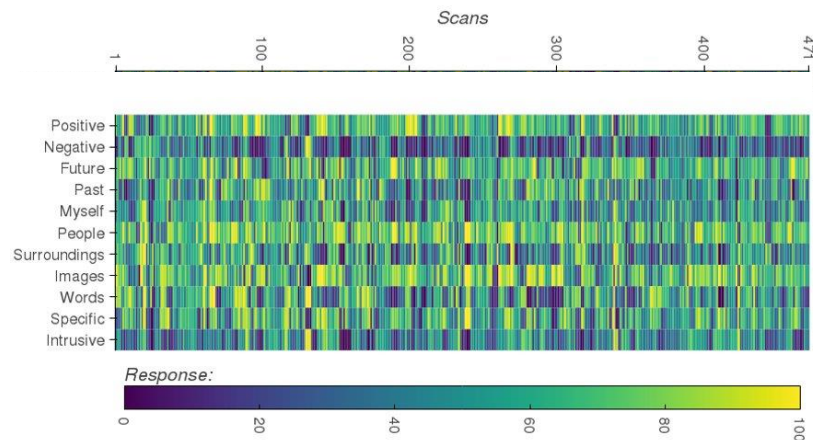
Introspective Data



Introspective Data



Introspective Data



Thought Pattern 2 (TP2)

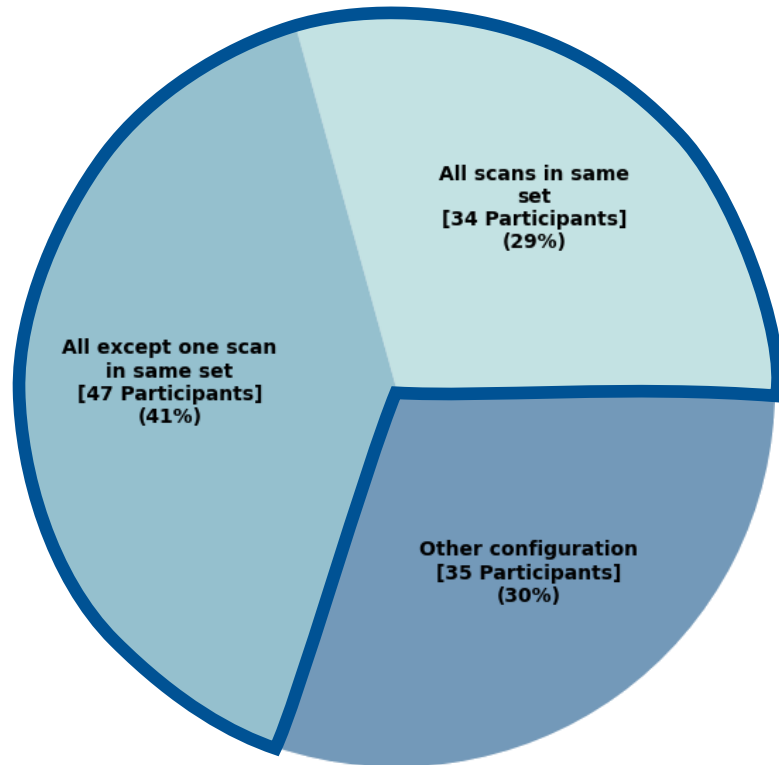
Thought Pattern 1 (TP1)

Q1

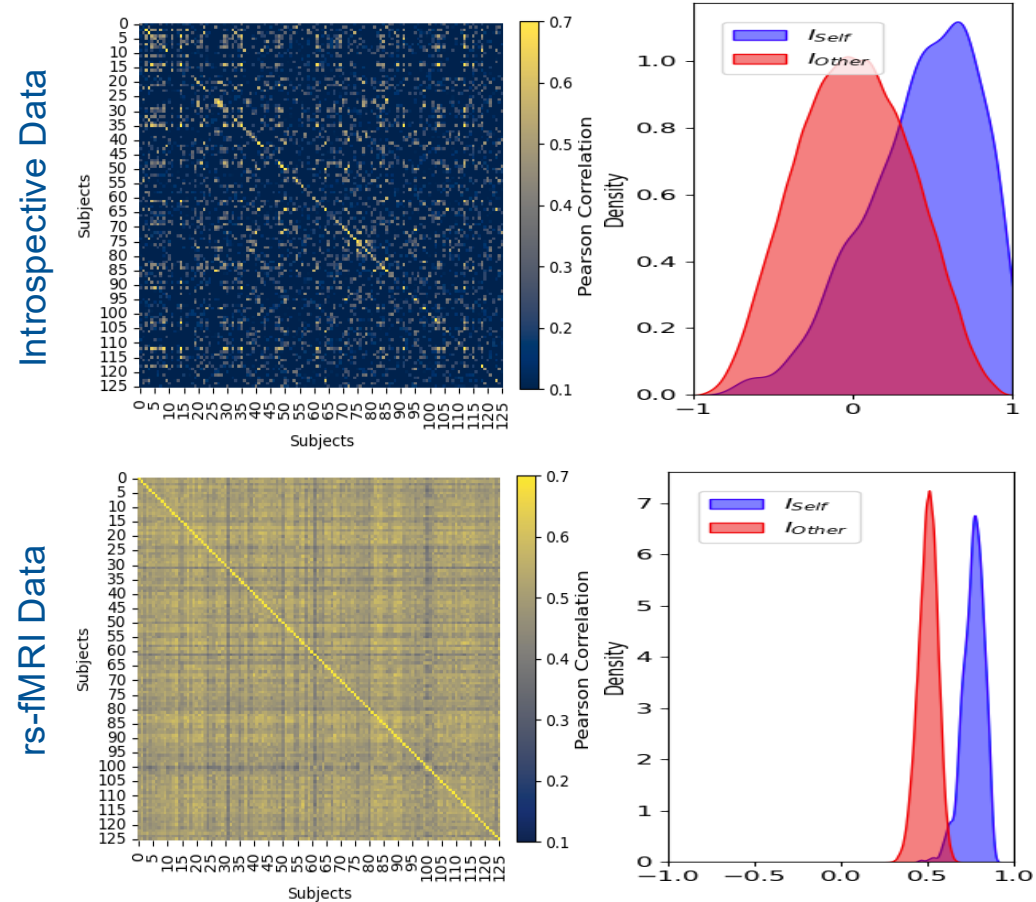
Do subjects tend to be in the same mental state when asked to rest?



Repeated Set Membership

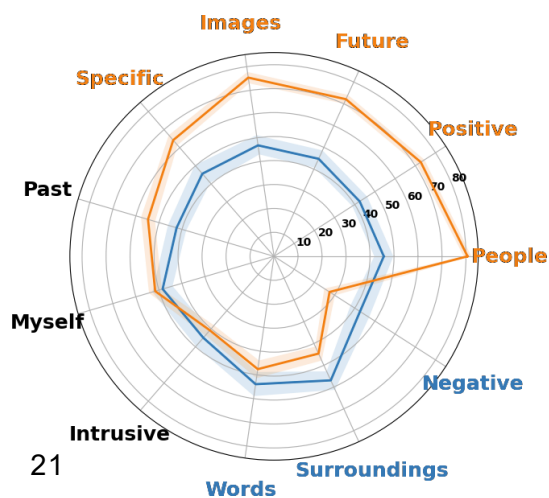
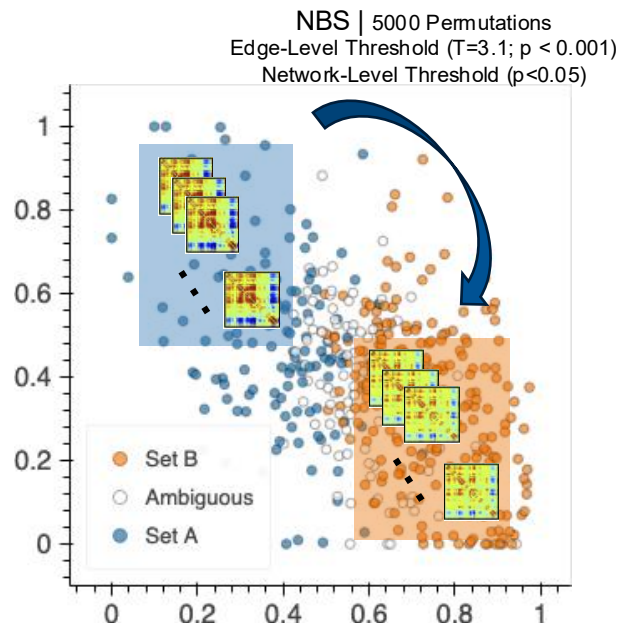


Identifiability Matrix

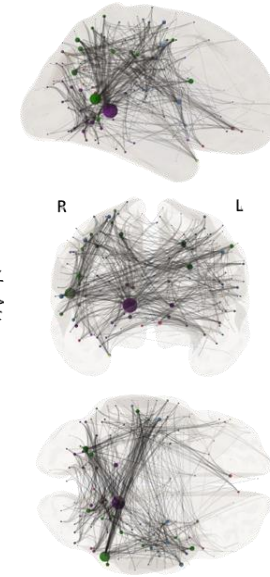
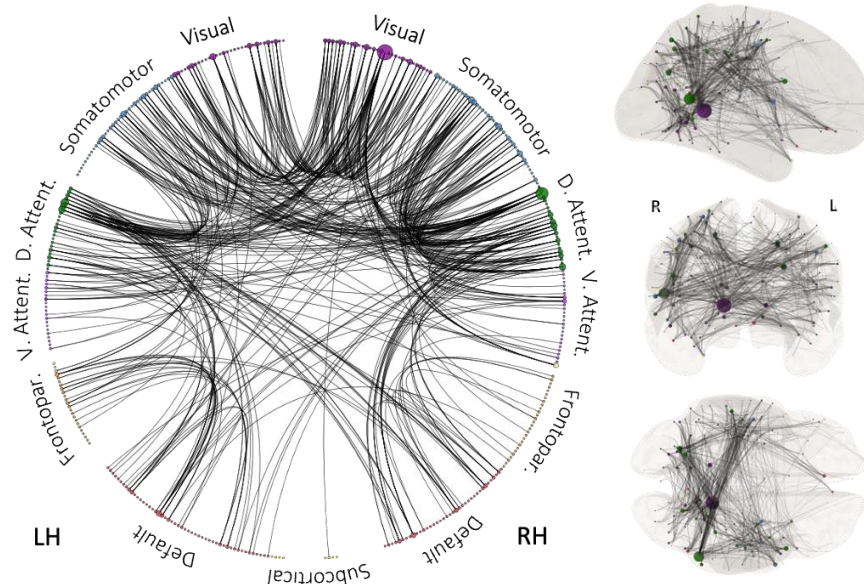


Q2

Can we detect differences in FC if we group scans according to thought pattern?

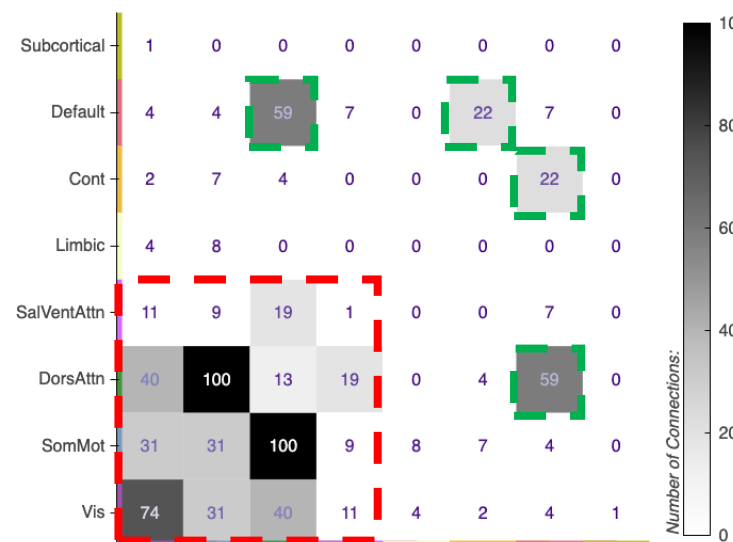
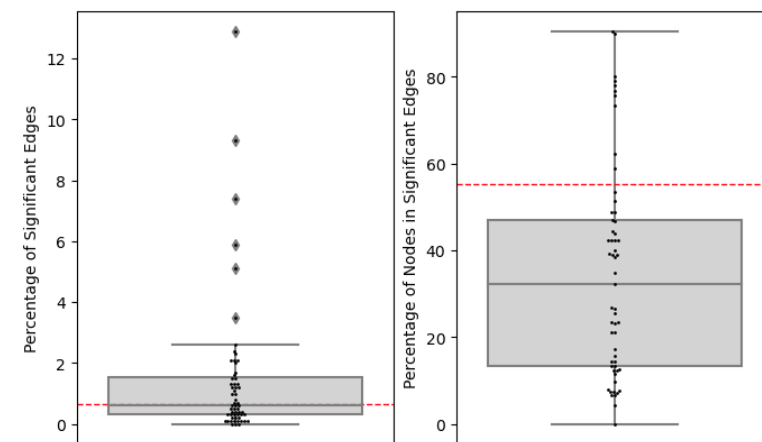


Set A > Set B



Laterality Index = -0.32 (right)
Number of Nodes = 210 (out of 380) → 55%
Number of Connections = 458 → 0.7%

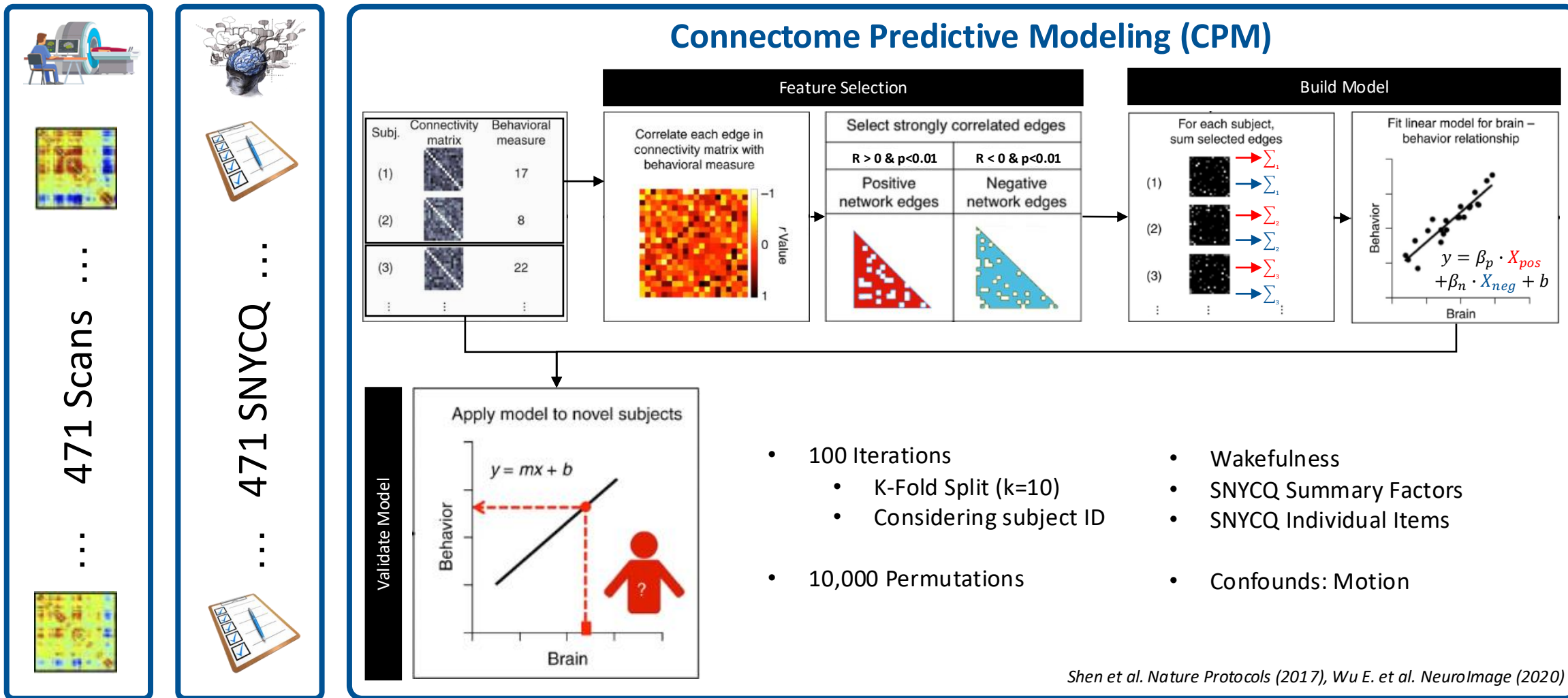
Comparison to Prior Literature



Gonzalez-Castillo et al.
(under review Nature Comms)

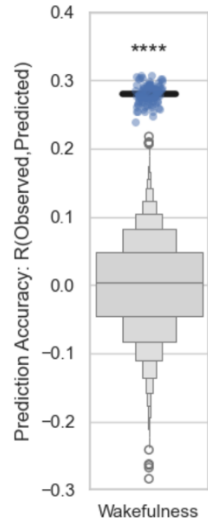
Q3

Can we predict characteristics of ongoing thought based on FC measures?

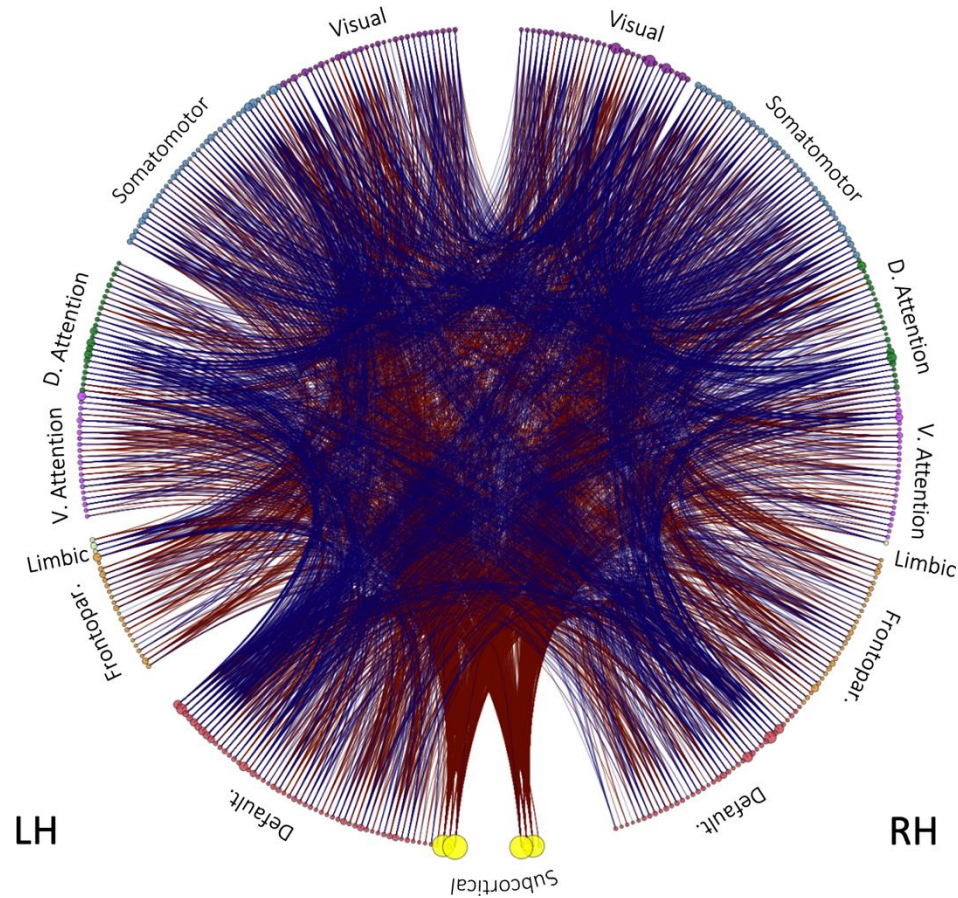


Shen et al. Nature Protocols (2017), Wu E. et al. NeuroImage (2020)

Q3 | Can we predict characteristics of ongoing thought based on FC measures?



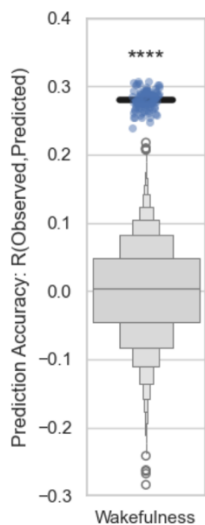
* $p < 0.05$ | ** $p < 0.01$ | *** $p < 1e^{-3}$ | **** $p < 1e^{-4}$



— Positive Correlation with prediction target
— Negative Correlation with prediction target

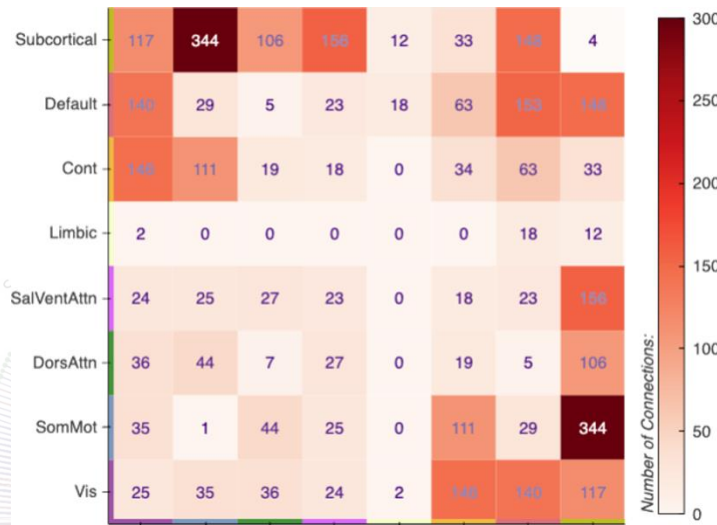
Q3

Can we predict characteristics of ongoing thought based on FC measures?

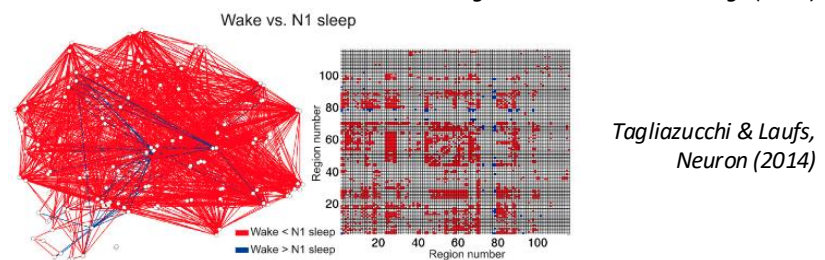
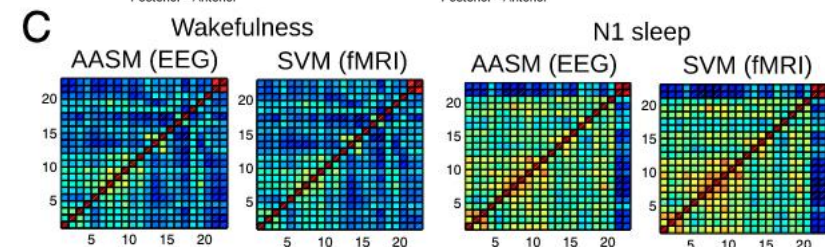
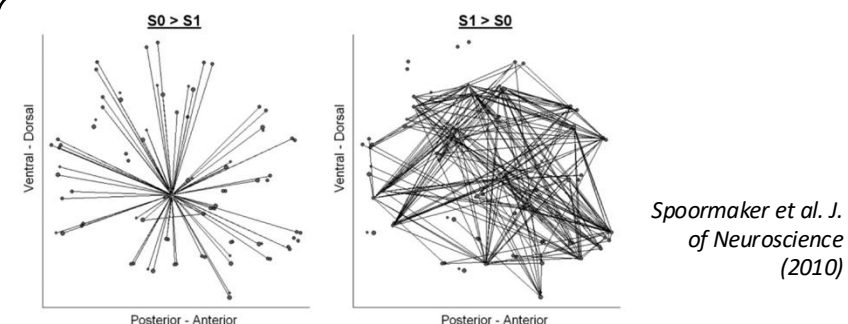
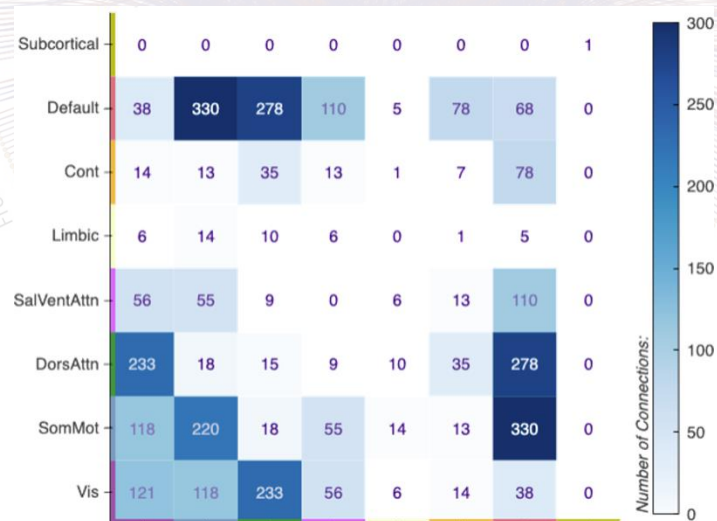


* $p < 0.05$ | ** $p < 0.01$ | *** $p < 1e^{-3}$ | **** $p < 1e^{-4}$

Positively Correlated Edges



Negatively Correlated Edges

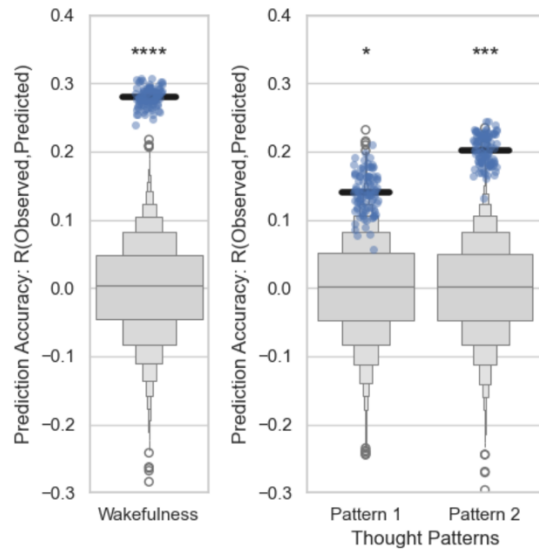


As wakefulness decreases into light sleep:

- Thalamocortical connectivity sharply reduced
- Cortico-cortico connectivity increases

Q3

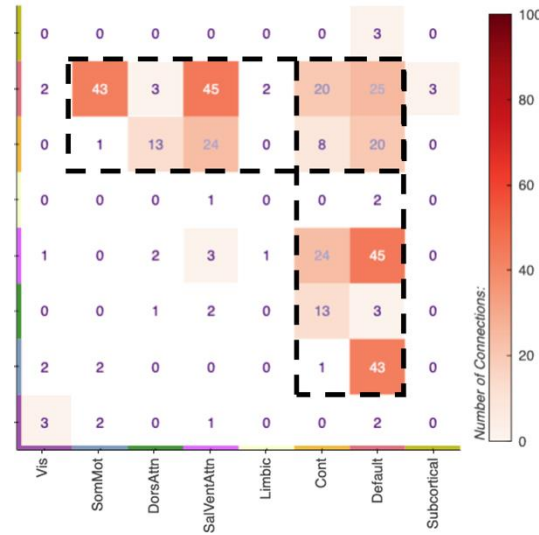
Can we predict characteristics of ongoing thought based on FC measures?



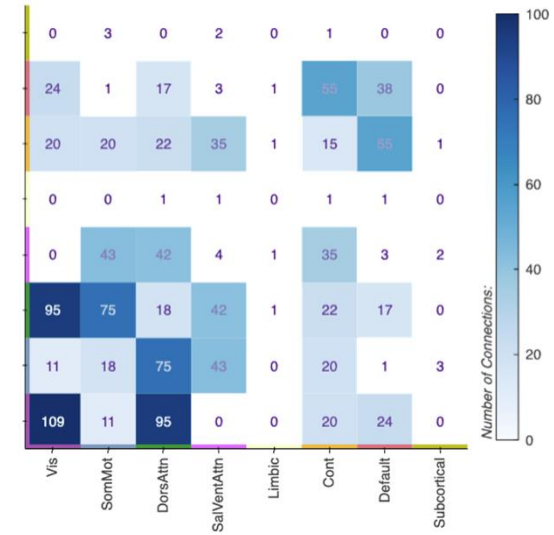
* $p < 0.05$ | ** $p < 0.01$ | *** $p < 1e^{-3}$ | **** $p < 1e^{-4}$

TP1: Images, People, Positive...

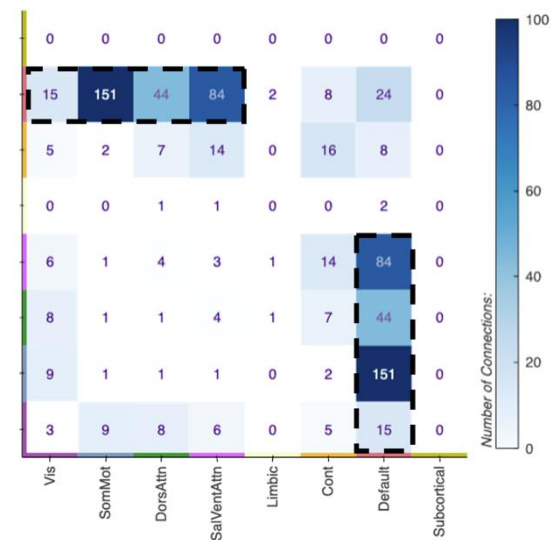
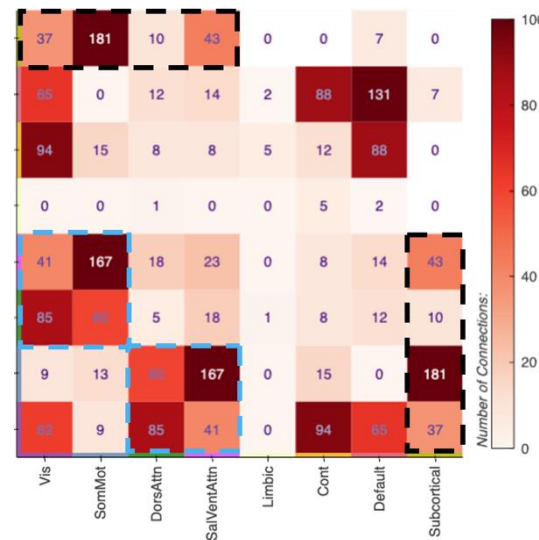
Positively Correlated Edges



Negatively Correlated Edges

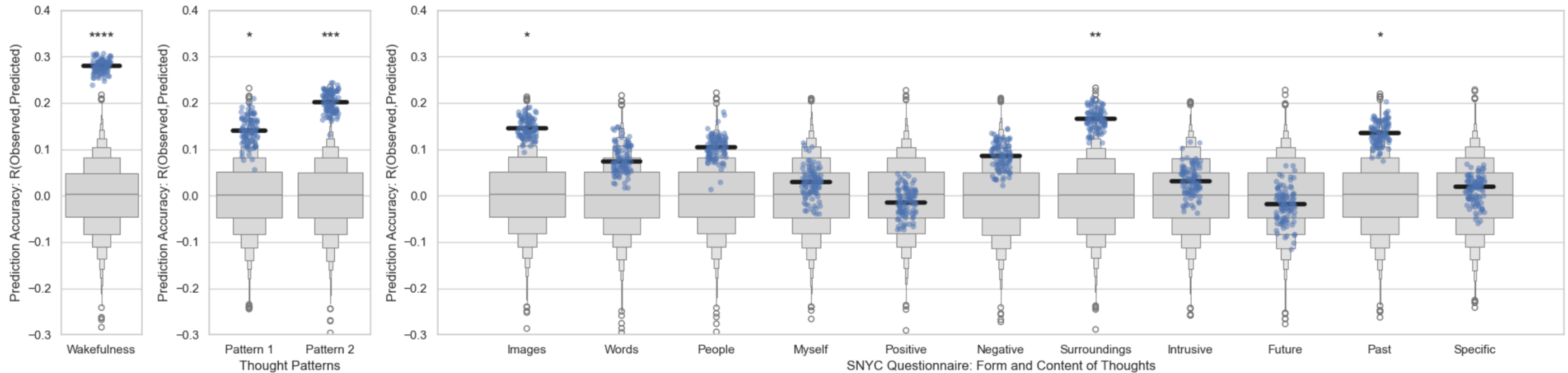


TP2: Surroundings, words, negative...



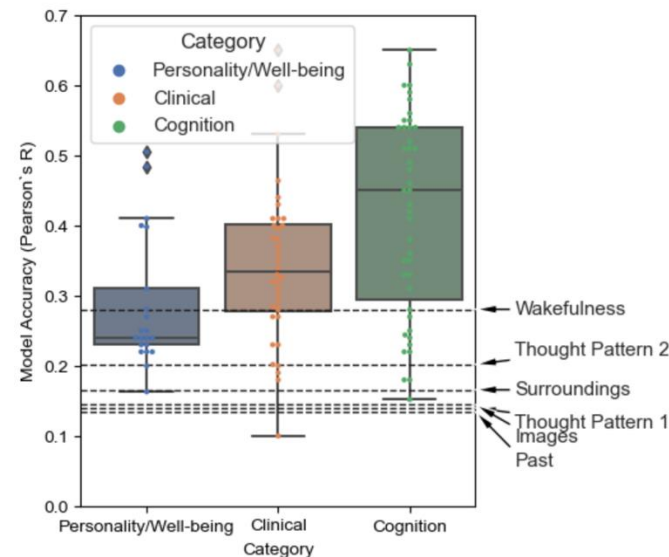
Q3

Can we predict characteristics of ongoing thought based on FC measures?



* $p < 0.05$ | ** $p < 0.01$ | *** $p < 1e^{-3}$ | **** $p < 1e^{-4}$

Comparison to Prior Literature



Interim Summary

- Q1** ✓ | Do subjects tend to be in the same mental state when asked to rest?
- Q2** ✓ | Can we detect differences in FC if we group scans according to thought pattern?
- Q3** ✓ | Can we predict characteristics of ongoing thought based on FC measures?
- Q4** | TBD

Interim Summary

- Q1** ✓ | Do subjects tend to be in the same mental state when asked to rest?
- Q2** ✓ | Can we detect differences in FC if we group scans according to thought pattern?
- Q3** ✓ | Can we predict characteristics of ongoing thought based on FC measures?
- Q4** | Could these observations be driven by correlations of in-scanner experience to other subclinical or phenotypic traits?

Dataset: additional behavioral data

SCIENTIFIC DATA

OPEN Data Descriptor: A functional connectome phenotyping dataset including cognitive state and personality measures

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Natacha Mendes^{1,2,3}, Sabine Olligschläger^{1,2,3}, Mark E. Lauckner¹, Johannes Golchert¹, Julia M. Huntenburg^{1,2}, Marcel Falkiewicz¹, Melissa Ellamil¹, Sarah Krause¹, Blazej M. Baczowski^{1,2,3}, Roberto Cozatti¹, Anastasia Osolunu^{1,2}, Deniz Kumral^{1,2}, Jared Pool¹, Laura Goltz^{1,2}, Maria Dreyer¹, Philipp Hauke^{1,2}, Rebecca Jost¹, Yelyzaveta Kramarenko¹, Haakon Engen^{1,2,3}, Katharina Ohnberger^{1,2}, Krzysztof J. Gorgolewski^{1,2}, Nicolas Farrugia¹, Anahit Babayan¹, Andrea Reiter^{1,2,3}, H. Lina Schaare^{1,2}, Janis Reineke¹, Josefina Röhlig¹, Marie Uhlig^{1,2}, Miray Erbey¹, Michael Gaebler^{1,2}, Jonathan Smallwood¹, Arno Villringer^{1,2} & Daniel S. Margulies¹



Neuroimaging Data



Demographic Data



Introspective Data

Abbreviation	Behavioral Measure	N
Personality and Habitual Behaviors		
AMAS	Abbreviated Math Anxiety Scale ⁹	145
ASR	Adult Self Report adapted from ¹³	213
BDI	Beck Depression Inventar-II ^{14–16}	210
BIS/BAS	Behavioral Inhibition and Approach System ^{17–20}	288
BCQ	Body Consciousness Questionnaire ²¹	79
BP	Boredom Proneness Scale ²²	209
SCS	Brief Self-Control Scale ^{23,24}	214
ESS	Epworth Sleepiness Scale ^{25,26}	210
FBI	Facebook Intensity Scale ²⁷	---

CATEGORY	SURVEY	# METRICS	SURVEY NAME
PERSONALITY / HABITUATION BEHAVIORS	AMAS	1	Abbreviated Math Anxiety Scale
	BDI	1	Beck Depression Inventory II
	BISBAS	2	Behavioral Inhibition and Approach System
	BPS	1	Boredom Proneness Scale
	SCS	1	Brief Self-Control Scale
	ESS	1	Epworth Sleepiness Scale
	GoldMSI	2	Goldsmiths Musical Sophistication Index
	HADS	2	Hospital Anxiety and Depression Scale
	IAT	1	Internet Addition Test
	IMIS	4	Involuntary Musical Imagery Scale
	MPU	19	Mobile Phone Usage
	MNI	1	Multimedia Multitasking Index
	NEO	5	NEO Personality Inventory (Revised)
	PSSI	14	Personality Style and Disorder Inventory
	SE	1	Self-Esteem Scale
	SDS	1	Social Desirability Scale
	TPS	1	Tuckman Procrastination Scale
	UPPS	5	Impulsive Behavior Scale
	SDMW	5	Spontaneous and Deliberate Mind-Wandering
COGNITIVE CONTROL	VISQ	4	Varieties of Inner Speech Questionnaire
	ACS	1	Attention Control Scale

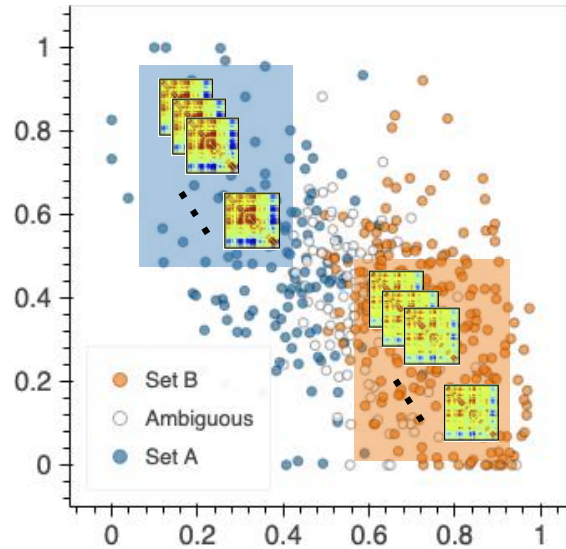
31 Behavioral Surveys

- Personality / Habitation Behaviors (21)
- Mind Wandering / Mindfulness (4)
- Synesthesia (1)
- Cognitive Controls / Sustained Att. (1)
- Creativity (4)

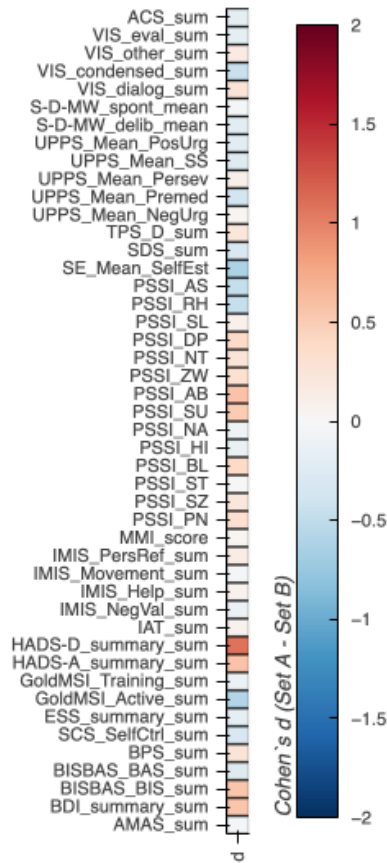
51 Behavioral Metrics

- Available in at least 70%

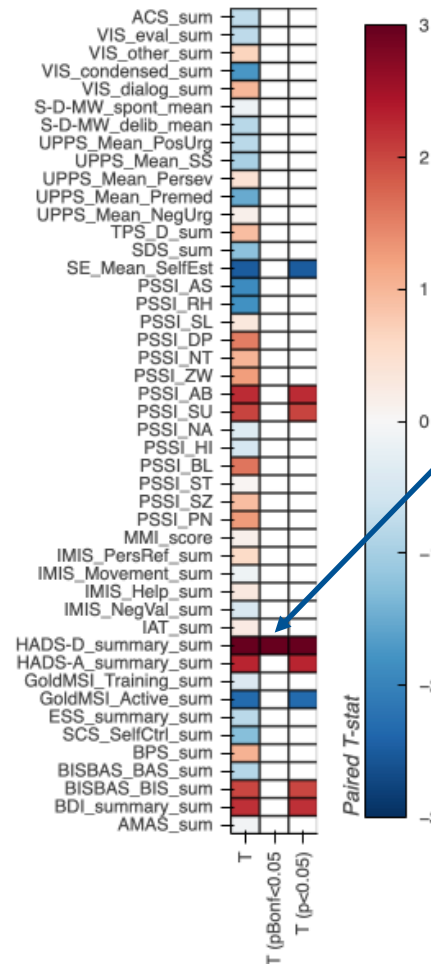
Influence of trait-level phenotypes in group differences



Cohen's d (A – B)

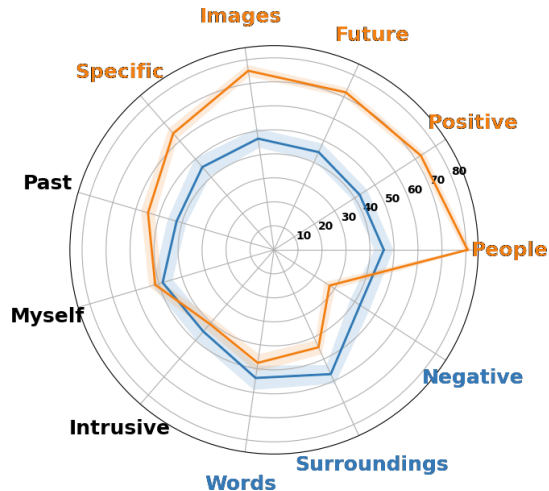


T-test

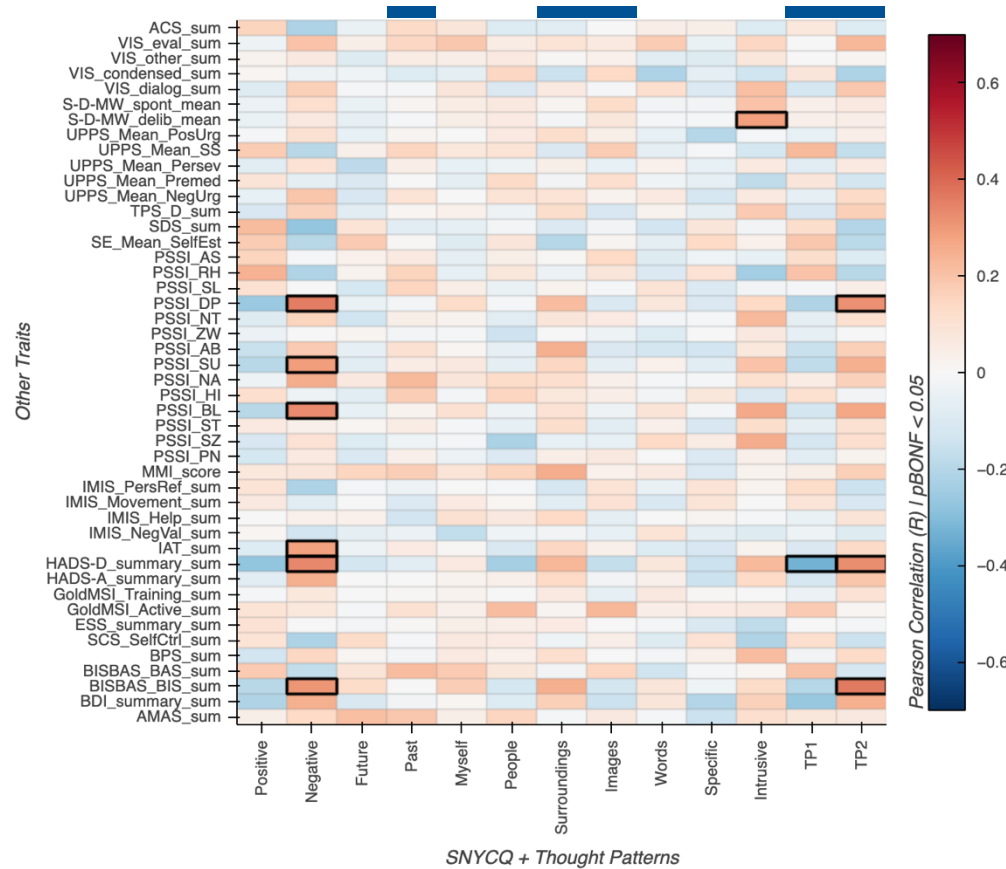
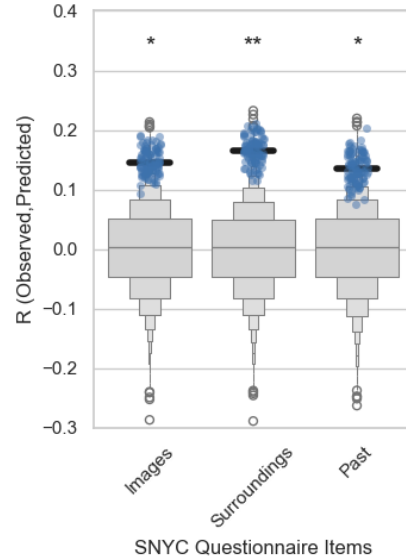
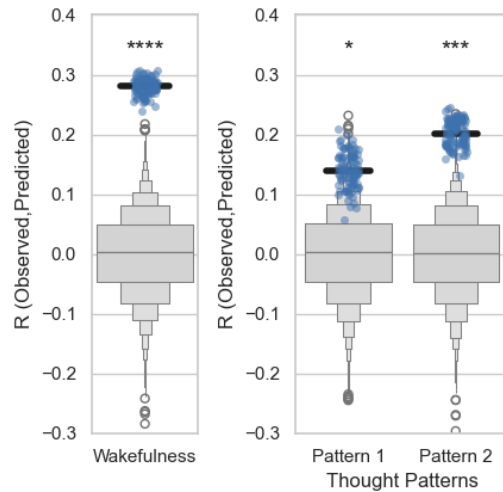


Hospital Anxiety and Depression Scale (HADS)

“measures the severity of depression (D) and anxiety (A) related symptoms for the week prior to completion and can be used to assess subclinical tendencies of depression and anxiety.”



Influence of trait-level phenotypes in predictive modeling



PSSI: Personality Style and Disorder Inventory

IAT: Internet Addiction Test

BIS: Behavioral Inhibition System

SD-MW Delib: Deliberate Spontaneous Mind Wandering

Conclusions

In-scanner subjective experience meaningfully shapes resting-state functional connectivity

- **Systematic differences in thought content produced widespread FC differences**, even when healthy groups were similar in motion, wakefulness, age, and gender.
- **FC could significantly predict several experiential measures** beyond wakefulness, including both latent thought-pattern dimensions, and specific items such as images and surroundings.
- **Observations could not be explained by correlations to other trait-level phenotypes.**

Practical implication: rs-fMRI studies should collect brief post-scan experiential reports

- Modeling in-scanner experience may reduce unexplained variance and improve biomarker interpretation.
- Small cost compared to that of an *rs-fMRI* scan.
- Increases the research value of *rs-fMRI* scans → study other aspects of spontaneous thought

Future work / Open Questions

Brain – Mind relationships as a function of spatio-temporal scales

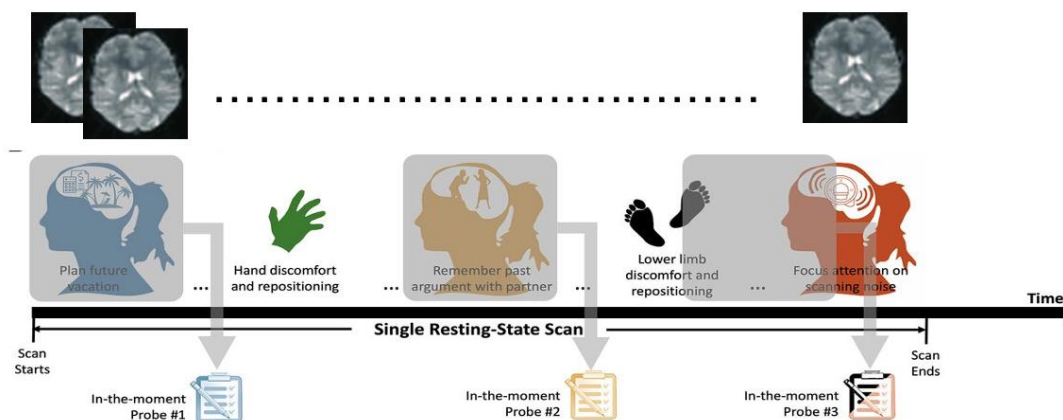
Activity vs. Connectivity

Dynamic vs. Static

In the moment vs. Retrospective

STEP 3

**RS-fMRI with
in-the-moment
self reports**



Future work / Open Questions

Brain – Mind relationships as a function of spatio-temporal scales

Activity vs. Connectivity

Dynamic vs. Static

In the moment vs. Retrospective

Reliability, Precision, etc. of Introspective Data

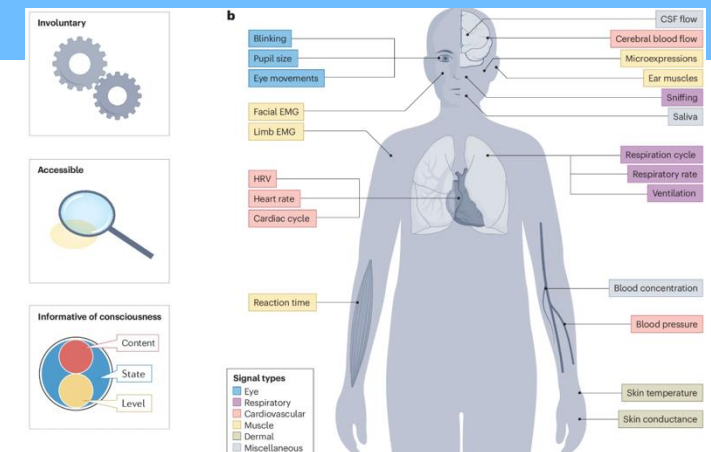
MDES vs. Open Ended
Training

What aspects
matter most

Covert Measures



Resting-State Q	Amsterdam Resting-State Q	NYC-Q
62 Items	50 Items	31 Items
5 Mental Activities + Content	Thoughts + Feelings	Content and Form of Thoughts
Delamillieure et al. (2009) Brain Research Bulletin	Diaz et al. (2013) Frontiers in Human Neuroscience	Gorgolewski et al. PLoS ONE (2014)



Kronemer, Bandettini & Gonzalez-Castillo, 2025 Nat Rev Neuroscience

Future work / Open Questions

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What aspects
matter most

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Training

Reciprocal Causation Problem



Thank you...

NIMH

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