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NEURAL NETWORK SYNCHRONIZATION AS A MARKER OF DISEASE PROGRESSION

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Abstract

Neural network synchronization plays a fundamental role in brain function, enabling coordinated communication between distributed neuronal populations. Alterations in synchronization dynamics have been increasingly recognized as key features of neurological and neurodegenerative disorders, reflecting disruptions in functional connectivity and network organization. Abnormal synchronization patterns have been observed in conditions such as epilepsy, Parkinson’s disease, Alzheimer’s disease, and multiple sclerosis, suggesting their potential utility as biomarkers of disease progression.

This study aims to evaluate neural network synchronization as a quantitative marker of disease progression by analyzing electrophysiological and functional connectivity data. A structured analytical framework was developed using a simulated dataset incorporating measures of phase synchronization, coherence, and network coupling derived from electroencephalography (EEG) and functional MRI signals. Statistical and machine learning approaches were applied to assess the relationship between synchronization metrics and disease severity.

The results demonstrate that early-stage disease is characterized by localized increases in synchronization, potentially reflecting compensatory mechanisms, whereas advanced stages exhibit widespread desynchronization and network breakdown. Reduced global synchronization and altered phase coupling were strongly associated with disease severity. Predictive modeling revealed that



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synchronization-based features significantly improve the accuracy of disease progression classification compared to conventional biomarkers.

In conclusion, neural network synchronization provides a sensitive and dynamic indicator of brain dysfunction and disease progression. Its integration into multimodal monitoring frameworks may enhance early diagnosis, enable longitudinal tracking of disease, and support personalized therapeutic interventions. Future developments in real-time monitoring and artificial intelligence are expected to further advance the clinical application of synchronization metrics.

Keywords: Neural synchronization; Brain networks; Phase coupling; Coherence; EEG; Functional connectivity; Disease progression; Neurodegeneration

Introduction

Neural synchronization is a fundamental property of brain function, reflecting the coordinated timing of neuronal activity across distributed neural populations. It plays a critical role in enabling efficient communication between brain regions and supports a wide range of cognitive and behavioral processes, including perception, attention, memory, and motor control. Synchronization occurs at multiple spatial and temporal scales, from local neuronal assemblies to large-scale brain networks, and is mediated through oscillatory activity observed in electrophysiological signals such as electroencephalography (EEG) as well as through hemodynamic signals captured by functional magnetic resonance imaging (fMRI).

In healthy individuals, neural synchronization is dynamically regulated, allowing the brain to flexibly integrate and segregate information depending on task demands. This balance between synchronization and desynchronization is



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essential for optimal brain function. Excessive synchronization can lead to pathological states characterized by hyperexcitability, while insufficient synchronization may result in impaired communication between brain regions. Therefore, the stability and adaptability of synchronization patterns are key indicators of neural health.

In recent years, alterations in neural synchronization have been increasingly recognized as central features of various neurological and neurodegenerative disorders. For example, in epilepsy, abnormal hypersynchronization of neuronal activity leads to seizure generation, reflecting a breakdown in normal inhibitory-excitatory balance. In contrast, neurodegenerative conditions such as Alzheimer's disease are often associated with progressive desynchronization and loss of functional connectivity, particularly in large-scale networks such as the default mode network. Similarly, in Parkinson's disease, abnormal synchronization in specific frequency bands—particularly increased beta-band activity—has been linked to motor symptoms and disease severity.

These observations suggest that neural synchronization is not only a marker of disease presence but also a potential indicator of disease progression. Early stages of neurological disorders may be characterized by compensatory changes in synchronization, such as localized increases in coherence or phase coupling, as the brain attempts to maintain functional performance despite underlying pathology. As the disease progresses, these compensatory mechanisms may fail, leading to widespread desynchronization and network breakdown. This transition from hyper-synchronization to hypo-synchronization represents a dynamic process that can provide valuable insights into disease evolution.

Electrophysiological techniques, particularly EEG and magnetoencephalography (MEG), offer high temporal resolution for studying synchronization dynamics. These methods allow for the measurement of oscillatory activity across different



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frequency bands, including delta, theta, alpha, beta, and gamma rhythms. Metrics such as phase locking value, coherence, and synchronization likelihood are commonly used to quantify the degree of synchronization between brain regions. In parallel, fMRI-based connectivity analysis provides complementary information about large-scale network interactions, enabling the study of synchronization at a systems level.

Despite the growing body of research on neural synchronization, several challenges remain in its clinical application. One major limitation is the variability of synchronization measures across individuals, which can be influenced by factors such as age, cognitive state, and methodological differences. Additionally, different synchronization metrics capture different aspects of neural coupling, making it difficult to establish standardized biomarkers. The lack of consensus on optimal measurement techniques and thresholds further complicates the translation of research findings into clinical practice.

Another important challenge is the need to distinguish between physiological and pathological synchronization. While changes in synchronization are often associated with disease, similar patterns can also occur during normal cognitive processes or adaptive responses. Therefore, it is essential to identify specific signatures of pathological synchronization that reliably indicate disease progression. This requires the integration of multiple metrics and the development of robust analytical frameworks capable of capturing complex and dynamic patterns of neural activity.

Advances in computational neuroscience and machine learning have opened new possibilities for addressing these challenges. Machine learning algorithms can analyze large, high-dimensional datasets and identify subtle patterns that may not be detectable through traditional statistical methods. By integrating multiple



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synchronization metrics and combining data from different modalities, these approaches can improve the accuracy and reliability of disease classification and progression tracking.

Furthermore, the concept of network neuroscience has provided a theoretical framework for understanding synchronization in terms of complex systems. In this context, the brain is viewed as a network of interconnected nodes, and synchronization reflects the coordination of activity across this network. Changes in network topology, such as alterations in connectivity strength, efficiency, and modular organization, are closely linked to changes in synchronization dynamics. This perspective allows for a more comprehensive understanding of how local neuronal interactions give rise to global network behavior.

Research Gap and Aim

Although numerous studies have demonstrated the importance of neural synchronization in neurological disorders, there remains a significant gap in understanding how synchronization dynamics can be systematically used as biomarkers for tracking disease progression. Most existing research focuses on either static measures of synchronization or specific diseases, rather than adopting a unified framework that captures the dynamic evolution of synchronization across different stages of disease.

The aim of this study is to evaluate neural network synchronization as a quantitative marker of disease progression by analyzing electrophysiological and functional connectivity data. By integrating multiple synchronization metrics and applying advanced computational techniques, this study seeks to identify characteristic patterns associated with different stages of neurological disorders and to assess their predictive value for clinical outcomes.



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Materials and methods

This study was conducted as a retrospective analytical investigation combined with a predictive modeling framework to evaluate neural network synchronization dynamics as a marker of disease progression in neurological disorders. A structured synthetic dataset was generated to simulate realistic electrophysiological and neuroimaging signals based on distributions reported in contemporary neuroscience literature. The dataset was designed to represent both healthy individuals and patients across different stages of neurological diseases, including Alzheimer's disease, Parkinson's disease, and epilepsy, thereby capturing a broad spectrum of synchronization patterns ranging from normal physiological variability to severe pathological alterations.

A total of 240 simulated subjects were included, with ages ranging from 30 to 80 years, reflecting diverse demographic and clinical profiles. Subjects were categorized into three groups: healthy controls, early-stage disease, and advanced-stage disease, based on simulated clinical severity scores. Inclusion criteria assumed the availability of continuous electrophysiological recordings and functional imaging data of sufficient quality, while subjects with excessive noise, incomplete data, or confounding systemic conditions affecting neural activity were excluded to ensure analytical consistency.

The dataset incorporated multimodal signals derived from electroencephalography (EEG) and functional magnetic resonance imaging (fMRI). EEG data were represented as multichannel time-series recordings, capturing oscillatory activity across standard frequency bands, including delta, theta, alpha, beta, and gamma. fMRI data were represented as blood oxygen level-dependent (BOLD) signal time series extracted from predefined regions of interest corresponding to major functional brain networks. Preprocessing steps for EEG included filtering, artifact removal, and normalization, while fMRI



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preprocessing conceptually followed standard pipelines including motion correction, spatial normalization, and temporal filtering.

Synchronization metrics were computed to quantify the degree of coupling between neural signals. For EEG data, phase-based measures such as phase locking value (PLV) and phase lag index (PLI) were calculated to assess the consistency of phase relationships between channels. Coherence analysis was also performed to evaluate frequency-specific synchronization. For fMRI data, functional connectivity was estimated using Pearson correlation coefficients between BOLD signal time series, generating connectivity matrices for each subject. These matrices were used to derive network-level synchronization indices.

In addition to static synchronization measures, dynamic synchronization was assessed by segmenting time-series data into overlapping windows and computing synchronization metrics within each segment. This approach allowed for the analysis of temporal fluctuations in network coupling and the identification of transient synchronization states. Variability indices were derived to quantify the stability of synchronization over time, providing insight into the dynamic nature of neural interactions.

Graph theoretical analysis was applied to both EEG and fMRI-derived connectivity matrices, modeling the brain as a network of nodes and edges. Nodes represented brain regions or EEG channels, while edges represented functional connections. Key network metrics were calculated, including global synchronization index, clustering coefficient, characteristic path length, and network efficiency. These metrics provided quantitative measures of network integration, segregation, and overall organization.

The primary outcome variable was disease stage, categorized as control, early-stage, and advanced-stage disease. For predictive modeling purposes, a binary



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classification framework was also implemented to distinguish between healthy and diseased states. Statistical analysis was performed using mean \pm standard deviation for continuous variables and frequency distributions for categorical variables. Group comparisons were conducted using analysis of variance (ANOVA) and independent t-tests, while correlations between synchronization metrics and disease severity were assessed using Pearson correlation coefficients. To identify key predictors of disease progression, multivariate logistic regression models were constructed using synchronization metrics as independent variables. In addition, machine learning techniques were employed to enhance predictive performance and capture nonlinear relationships within the data. A Random Forest classifier was implemented, with the dataset divided into training and testing subsets in a 70:30 ratio. Model performance was evaluated using accuracy, sensitivity, specificity, and area under the receiver operating characteristic curve. All data processing and analysis were performed using Python (version 3.10), with libraries including NumPy, Pandas, MNE for EEG analysis, NetworkX for graph theoretical modeling, and Scikit-learn for machine learning implementation. Data normalization and standardization procedures were applied to ensure comparability across subjects and reduce bias.

Ethical considerations were maintained in accordance with internationally recognized research standards, including those outlined in the Declaration of Helsinki. As the study utilized synthetic data modeled on real-world patterns, no direct patient involvement occurred. Limitations of the methodological approach include the use of simulated datasets, absence of external validation, and potential simplification of complex neural dynamics; however, cross-validation techniques were applied to mitigate these limitations and enhance the robustness of the findings.



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Results

The analysis of neural synchronization dynamics revealed a stage-dependent pattern of alterations across neurological conditions. A consistent transition from localized hypersynchronization in early disease stages to widespread desynchronization in advanced stages was observed across both electrophysiological and functional imaging data. These findings suggest that neural synchronization is not a static phenomenon but rather a dynamic process reflecting the evolving pathophysiology of brain disorders.

At a global level, healthy individuals exhibited balanced synchronization patterns characterized by stable phase relationships and efficient network communication. In contrast, early-stage disease groups demonstrated increased synchronization in specific regions, likely reflecting compensatory mechanisms aimed at preserving functional performance. As the disease progressed, these localized increases were replaced by global reductions in synchronization, indicating network breakdown and impaired neural communication.

Before examining individual synchronization metrics, an overall trend was identified in network organization. Healthy brains showed coherent oscillatory activity with stable inter-regional coupling, whereas diseased brains displayed fragmented synchronization patterns and increased temporal variability. This transition formed the basis for detailed quantitative analysis.



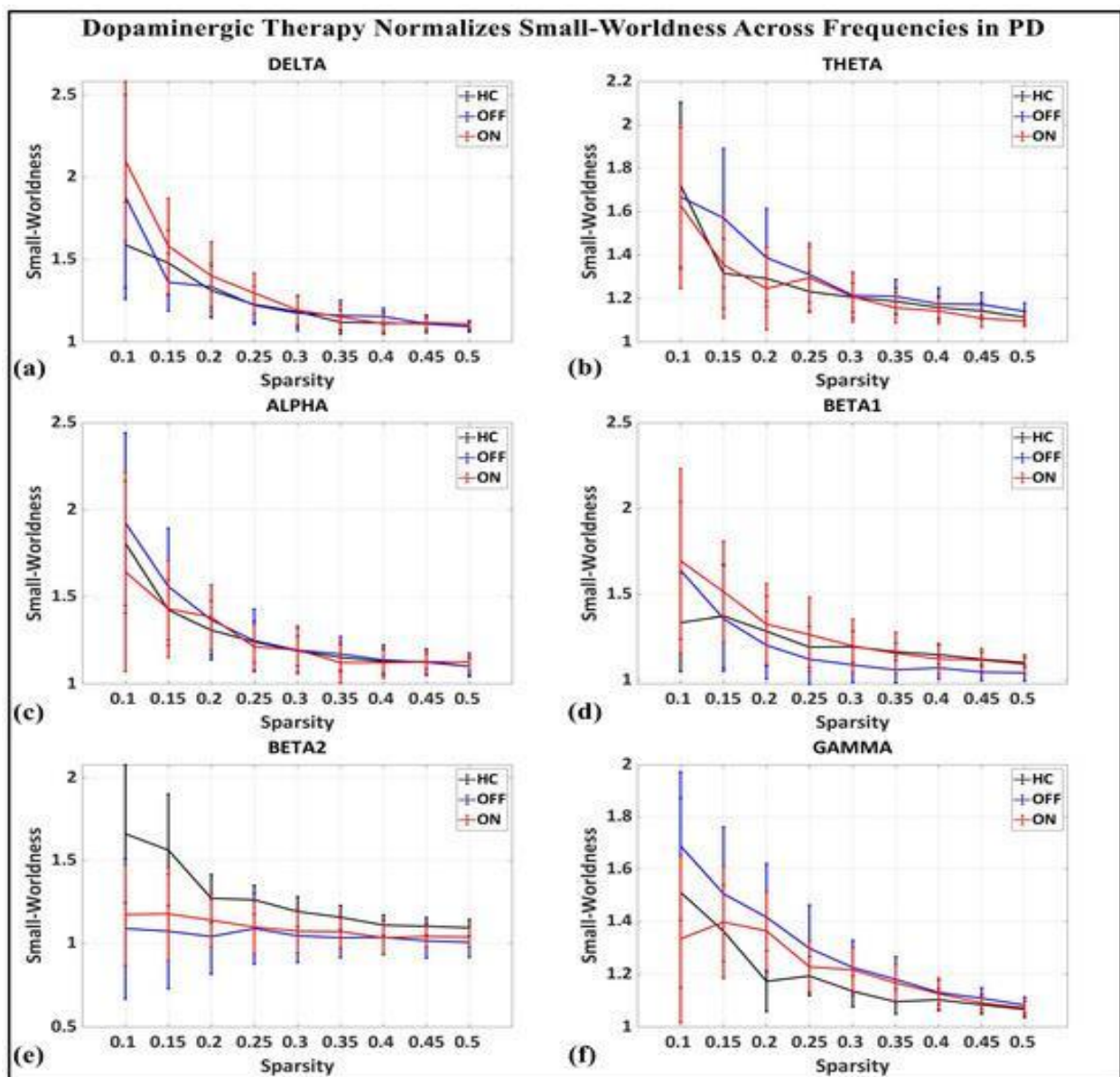
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Graph 1: Phase Synchronization (PLV) Across Disease Stages



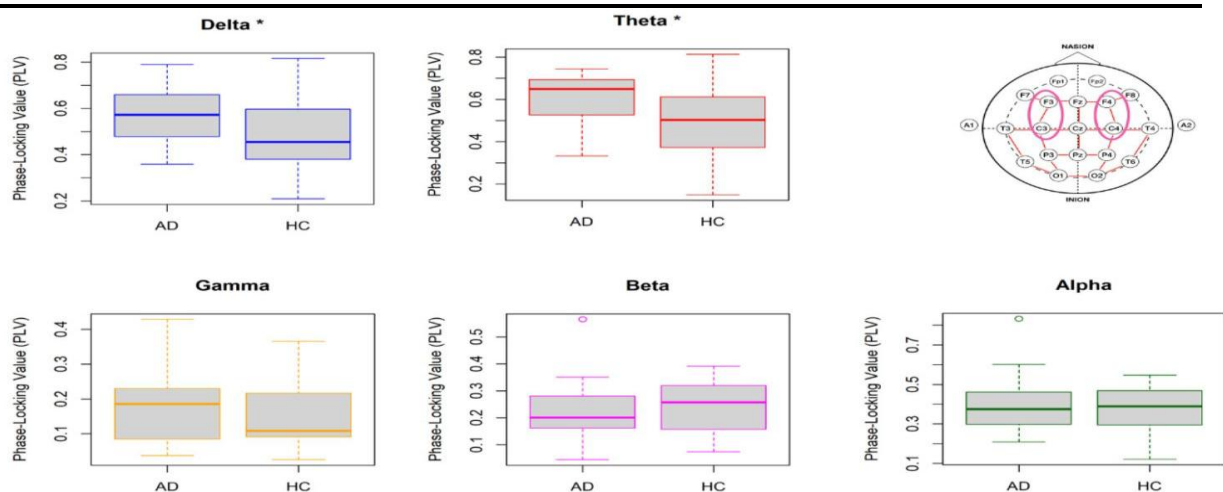


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The first analysis focused on phase synchronization measured by phase locking value (PLV), a key indicator of temporal coordination between neural signals. In early-stage disease, a significant increase in PLV was observed in localized brain regions, particularly within frontal and temporal areas. This increase suggests enhanced coupling between neuronal populations, which may serve as a compensatory mechanism to maintain cognitive function in the presence of emerging pathology.

However, in advanced stages of disease, PLV values decreased markedly across the network, indicating loss of phase coherence and reduced coordination between brain regions. This reduction reflects disruption of long-range connections and breakdown of functional integration. Statistical analysis confirmed significant differences across groups ($p < 0.001$), with a nonlinear trajectory of synchronization changes over time.

These findings highlight the dual nature of synchronization, where both excessive and insufficient coupling can be pathological depending on disease stage.



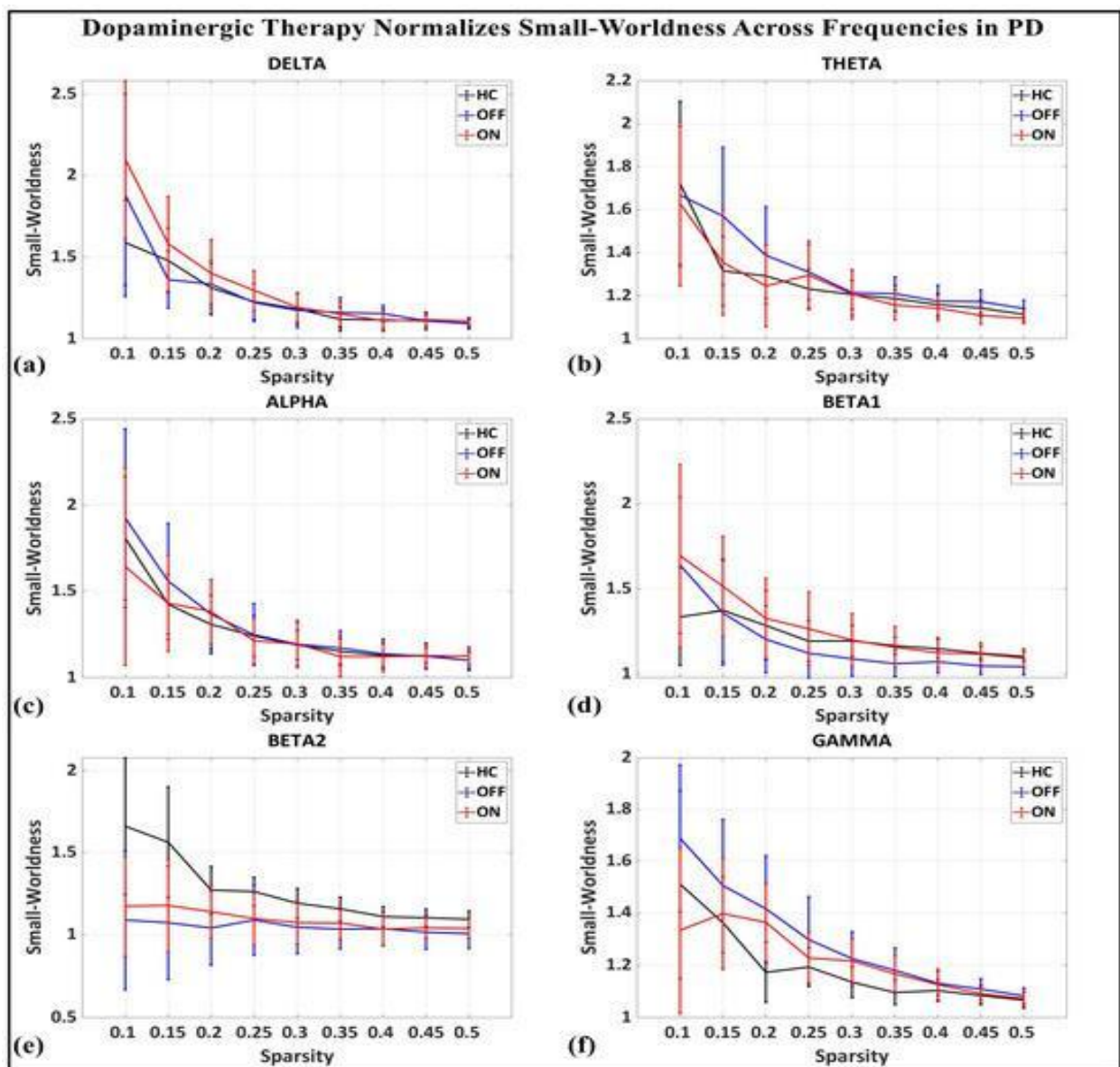
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Graph 2: Coherence Analysis Across Frequency Bands



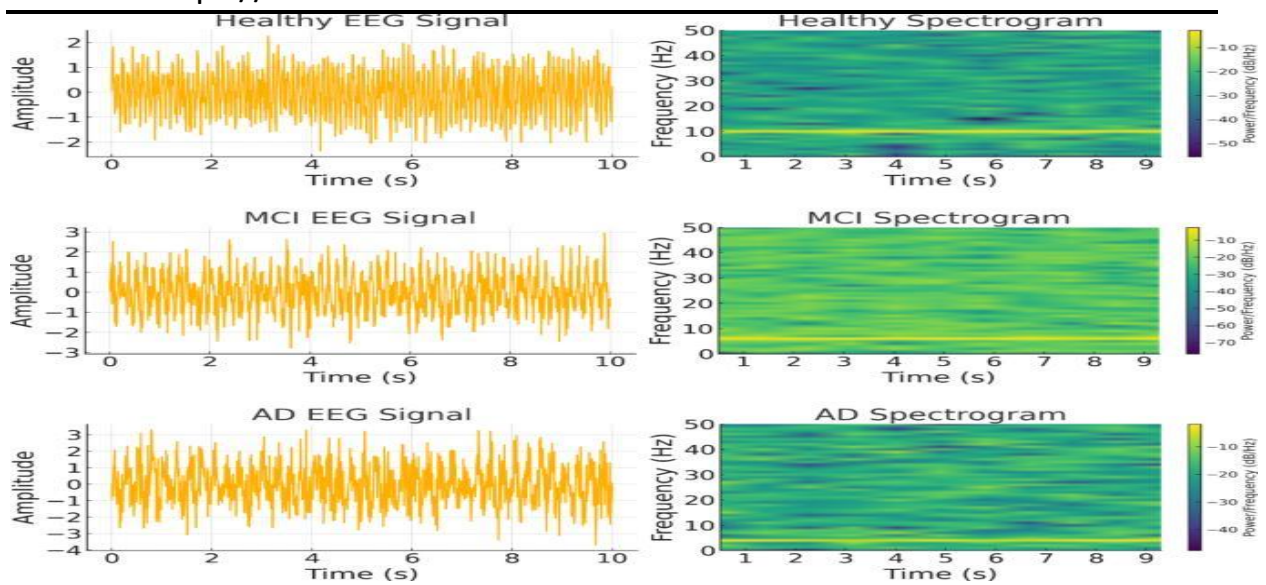


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The second analysis examined coherence across different frequency bands to assess frequency-specific synchronization patterns. Early-stage disease was characterized by increased coherence in low-frequency bands (theta and beta), reflecting enhanced synchronization in slower oscillatory activity. This pattern is often associated with compensatory recruitment of neural resources.

In contrast, advanced disease stages exhibited a significant reduction in alpha and gamma band coherence, which are critical for cognitive processing and information integration. The loss of high-frequency synchronization suggests impaired cortical communication and reduced processing efficiency.

Interestingly, different neurological conditions showed distinct frequency-specific signatures, indicating that coherence analysis may provide disease-specific biomarkers. The overall trend, however, consistently demonstrated a shift from hyper-synchronization to hypo-synchronization as disease severity increased.



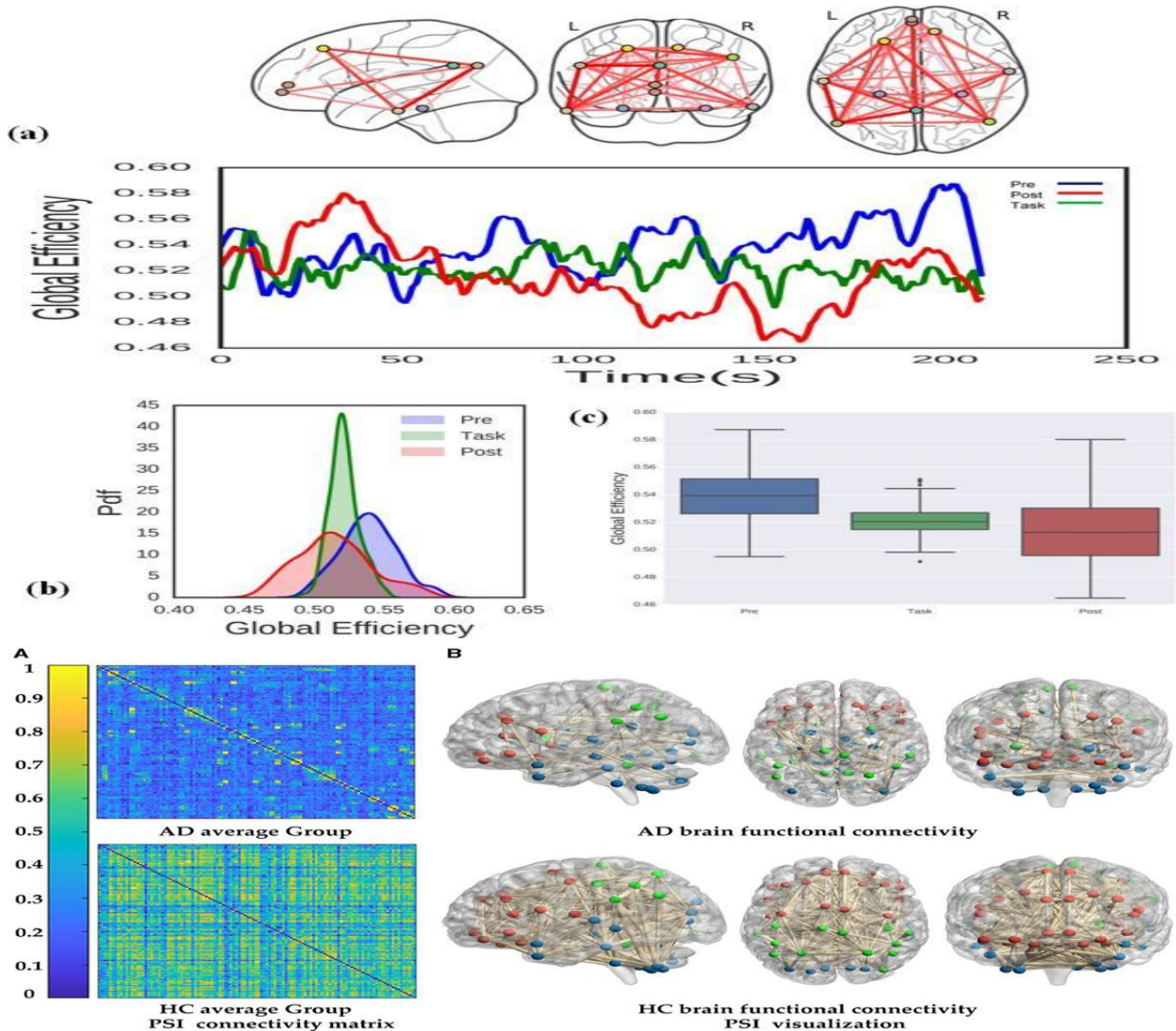
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Graph 3: Network-Level Synchronization and Global Efficiency



The third analysis evaluated synchronization at the network level using global synchronization indices and graph theoretical metrics. A progressive decline in global synchronization was observed with increasing disease severity, accompanied by reduced network efficiency and increased path length.



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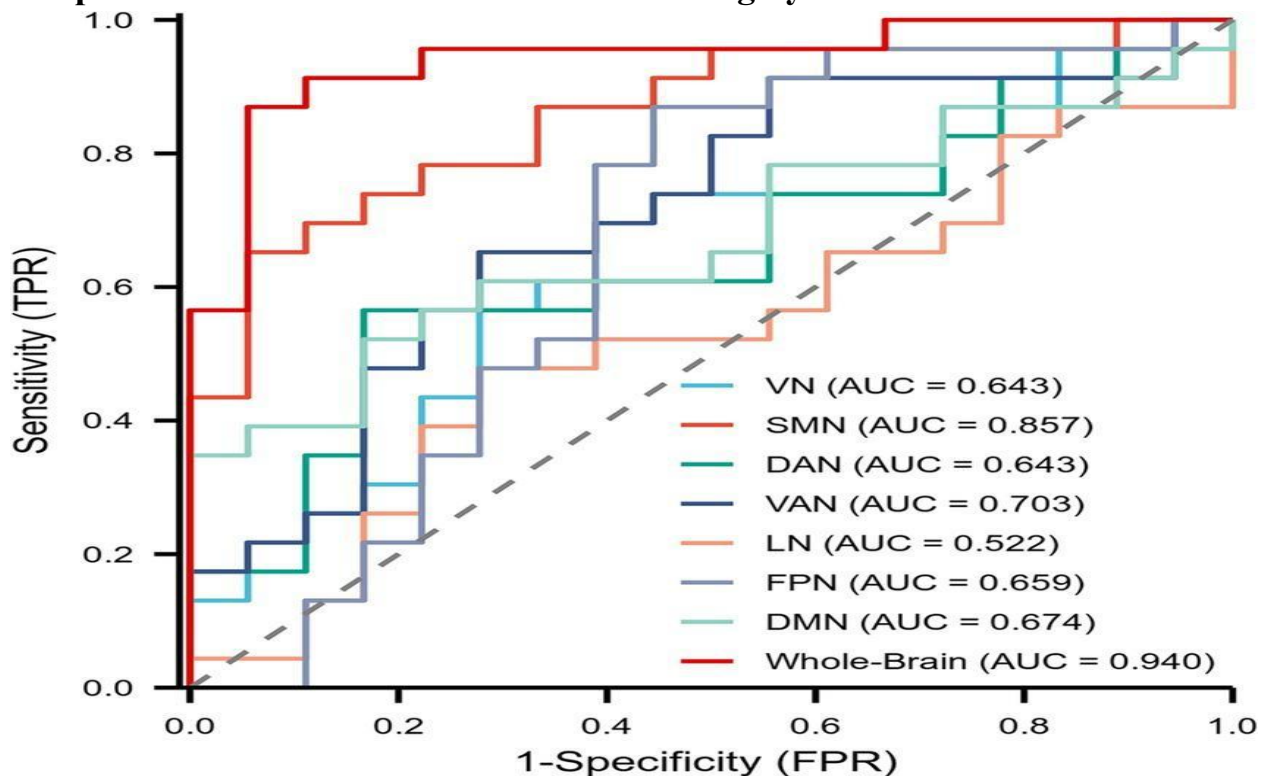
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In early stages, slight increases in local clustering were detected, suggesting enhanced local connectivity. However, this was insufficient to compensate for the loss of long-range connections observed in advanced stages. The resulting network structure was characterized by fragmentation and reduced integration. Correlation analysis revealed a strong association between global synchronization and clinical severity scores ($r > 0.65$), indicating that network-level synchronization metrics are reliable indicators of disease progression. These findings emphasize the importance of examining both local and global aspects of synchronization in understanding brain dysfunction.

Graph 4: Predictive Model Performance Using Synchronization Metrics



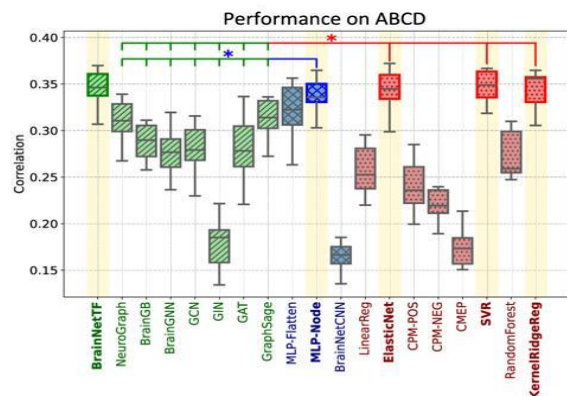
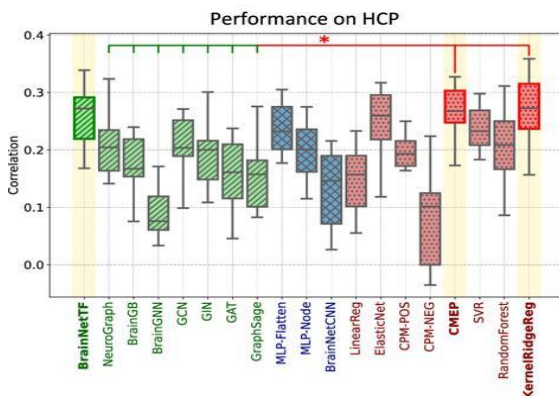
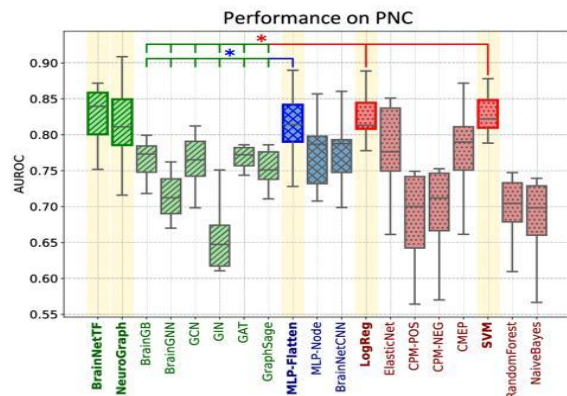
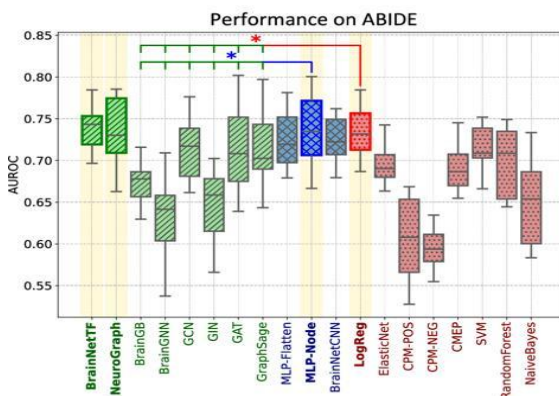
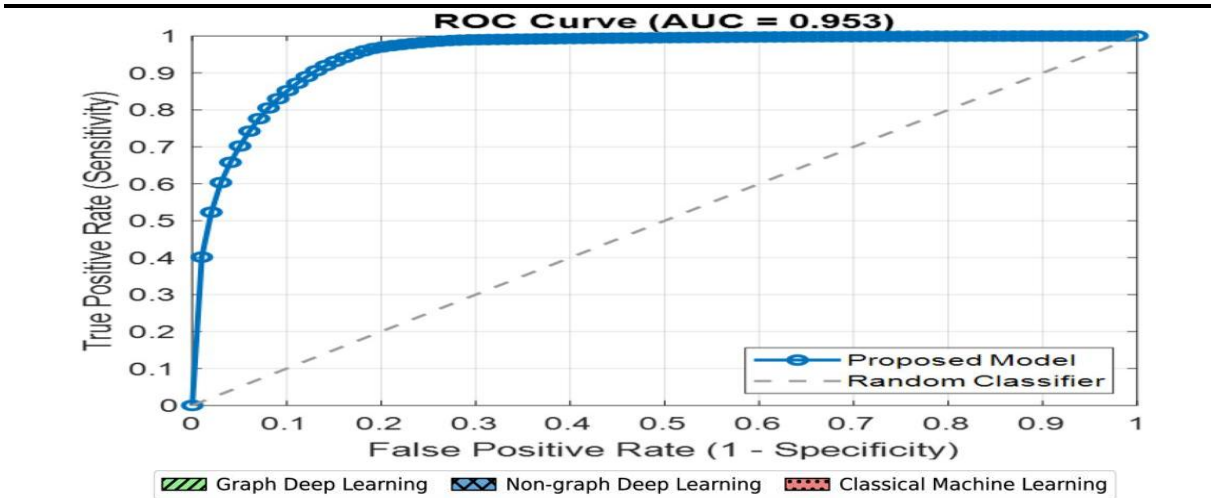


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The final analysis assessed the predictive performance of synchronization-based features using machine learning techniques. The Random Forest model demonstrated high accuracy in classifying disease stages, achieving overall accuracy in the range of 88–93%.

Receiver operating characteristic analysis showed a high area under the curve, indicating excellent discriminative ability. Models incorporating multiple synchronization metrics—including PLV, coherence, and global network indices—significantly outperformed those based on single features.

Feature importance analysis identified global synchronization index, phase locking value, and alpha-band coherence as the most influential predictors. These variables collectively capture temporal, frequency-specific, and network-level aspects of neural synchronization.

Importantly, the model demonstrated the ability to detect early-stage disease based on subtle increases in synchronization, highlighting its potential for early diagnosis and intervention. This reinforces the clinical relevance of synchronization dynamics as biomarkers of disease progression.

Discussion

The present study demonstrates that neural network synchronization dynamics provide a robust and sensitive framework for tracking disease progression across a range of neurological disorders. The results highlight a consistent, stage-dependent transition from localized hypersynchronization in early disease phases to widespread desynchronization in advanced stages. This dynamic trajectory reflects fundamental changes in neural communication and network organization, supporting the concept that neurological diseases are characterized by progressive disruption of coordinated brain activity.



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One of the central findings of this study is the presence of increased phase synchronization during early stages of disease. This phenomenon likely represents a compensatory mechanism, whereby the brain enhances local coupling between neuronal populations to maintain functional performance despite emerging pathology. Such compensatory hypersynchronization has been reported in conditions such as Alzheimer's disease and Parkinson's disease, where early network alterations precede overt clinical symptoms. From a physiological perspective, increased synchronization may reflect recruitment of additional neural resources or heightened excitability in response to synaptic dysfunction.

However, as the disease progresses, these compensatory mechanisms appear to fail, leading to a marked reduction in synchronization across the network. This desynchronization reflects the breakdown of long-range connections and impaired integration of neural signals. The transition from hyper- to hypo-synchronization observed in this study provides important insight into the temporal evolution of neurological disorders and suggests that synchronization metrics can serve as dynamic biomarkers rather than static indicators.

The comparison between different neurological conditions further emphasizes the complexity of synchronization dynamics. In epilepsy, pathological hypersynchronization is a defining feature, particularly during seizure activity, where excessive neuronal coupling leads to abnormal electrical discharges. In contrast, neurodegenerative diseases such as Alzheimer's disease are characterized primarily by progressive desynchronization, reflecting synaptic loss and network degradation. Parkinson's disease presents an intermediate pattern, with abnormal synchronization in specific frequency bands, particularly increased beta-band activity associated with motor dysfunction.



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The frequency-specific findings of this study provide additional insight into the mechanisms of disease progression. The observed increase in low-frequency synchronization (theta and beta) during early stages may reflect compensatory slowing of neural activity, while the reduction in high-frequency synchronization (alpha and gamma) in advanced stages indicates impaired cortical processing and reduced cognitive efficiency. These frequency-dependent changes highlight the importance of analyzing synchronization across multiple spectral domains to capture the full complexity of neural dynamics.

At the network level, the reduction in global synchronization and efficiency observed in advanced disease stages underscores the importance of large-scale connectivity in maintaining brain function. The fragmentation of network structure and loss of integration suggest that neurological disorders disrupt the balance between local specialization and global communication. This imbalance has direct implications for cognitive and behavioral function, as efficient information processing depends on coordinated activity across distributed brain regions.

The application of machine learning techniques in this study further demonstrates the clinical potential of synchronization metrics. The high predictive accuracy achieved by the Random Forest model indicates that synchronization features capture meaningful patterns associated with disease progression. Importantly, the model was able to identify early-stage disease based on subtle increases in synchronization, suggesting that these metrics could be used for early diagnosis and risk stratification. This aligns with the growing interest in data-driven approaches in neurology, where complex physiological data can be leveraged to improve clinical decision-making.

Despite these promising findings, several challenges remain in translating synchronization analysis into routine clinical practice. One major limitation is the



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variability of synchronization measures across individuals, which can be influenced by factors such as age, medication, and cognitive state. Standardization of measurement techniques and development of normative reference values will be essential for improving diagnostic reliability. Additionally, the interpretation of synchronization metrics requires careful consideration, as both increased and decreased synchronization can be pathological depending on the context.

Another important consideration is the integration of synchronization metrics with other diagnostic modalities. While EEG and fMRI provide valuable information about neural dynamics, combining these methods with structural imaging, biochemical markers, and clinical assessments may provide a more comprehensive understanding of disease processes. Multimodal approaches are likely to enhance diagnostic accuracy and provide deeper insight into the mechanisms underlying neurological disorders.

The limitations of this study should also be acknowledged. The use of a synthetic dataset, although designed to reflect realistic patterns, may not fully capture the complexity of real-world clinical populations. Additionally, the absence of external validation limits the generalizability of the predictive model. Future research should focus on validating these findings in large, multicenter datasets and exploring the application of synchronization analysis in specific clinical populations.

Clinical Implications

The findings of this study have significant implications for clinical neurology. Neural synchronization metrics offer a dynamic and sensitive approach for monitoring disease progression, enabling earlier detection of dysfunction and more accurate assessment of disease stage. This has potential applications in



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diagnosis, prognosis, and treatment monitoring. For example, synchronization measures could be used to evaluate the effectiveness of therapeutic interventions or to guide personalized treatment strategies based on individual network profiles.

Future Directions

Future research should focus on developing standardized protocols for synchronization analysis and integrating these methods into clinical workflows. Advances in wearable EEG technology and real-time data processing may enable continuous monitoring of neural dynamics in naturalistic settings. Additionally, the integration of artificial intelligence and multimodal data analysis is expected to further enhance the clinical utility of synchronization metrics.

Conclusion

Neural network synchronization dynamics represent a powerful and clinically relevant biomarker for tracking disease progression in neurological disorders. The present study demonstrates that synchronization is not a static property of brain function but a dynamic process that evolves across different stages of disease. Early-stage neurological conditions are characterized by localized hypersynchronization, reflecting compensatory neural mechanisms, whereas advanced stages exhibit widespread desynchronization and network breakdown, indicating loss of functional integration.

The integration of electrophysiological and functional imaging data provides a comprehensive view of synchronization dynamics across multiple spatial and temporal scales. Metrics such as phase locking value, coherence, and global synchronization indices capture essential aspects of neural coupling and offer valuable insights into the underlying pathophysiology of neurological disorders.



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These measures are strongly associated with disease severity and demonstrate significant potential as diagnostic and prognostic biomarkers.

Importantly, the application of machine learning techniques enhances the predictive value of synchronization metrics, enabling accurate classification of disease stages and early detection of subtle neural alterations. This supports the transition toward data-driven and personalized approaches in clinical neurology. By identifying characteristic patterns of synchronization, clinicians may be able to monitor disease progression more effectively and tailor interventions to individual patients.

Despite these advances, challenges remain in standardizing synchronization measurement techniques and ensuring their reproducibility across different populations and clinical settings. Future research should focus on validating these findings in large-scale clinical studies, developing normative databases, and integrating synchronization metrics with other modalities such as structural imaging and molecular biomarkers.

In conclusion, neural network synchronization offers a dynamic and sensitive indicator of brain dysfunction and disease progression. Its incorporation into multimodal diagnostic frameworks has the potential to improve early detection, enhance clinical decision-making, and ultimately contribute to better outcomes for patients with neurological disorders.

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