

The improvement effect of food additive analysis in patients with anorexia nervosa

Xiaoping Yan

Zhejiang Shuren University, Hangzhou 310015, China

Abstracts

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Background. Anorexia nervosa is a severe psychological disorder, and current treatment of anorexia nervosa relies on psychotherapy and medical nutritional support. The study applied food additives to the relevant treatment, aiming to help improve the patients' diet.

Subjects and Methods. Patients who met the diagnostic criteria of anorexia nervosa were randomly selected and divided into experimental and control groups, with 25 patients in each group. The experimental group received food additive-assisted treatment, while the control group received only conventional treatment. Before and after treatment, the patients' body mass index (BMI) and height were measured, and eating disorders were assessed using the EDE-Q. The resultant data were analyzed using SPSS22.0.

Results. After treatment, the BMI of the experimental group was significantly higher than that before treatment ($F=18.42$, $P<0.05$), while the BMI of the control group did not change significantly ($F=9.71$, $P>0.05$). In the EDE-Q scale assessment, the experimental group scored lower than the control group in terms of frequency of binge eating, frequency of emesis, and restriction of eating factor, and the difference was statistically significant ($P<0.05$).

Conclusions. After treatment, patients in the experimental group showed a significant increase in BMI, and the frequency of binge eating, frequency of emetic, and restriction of eating factor scores were lower than those of the control group. This suggests that food additives may have potential efficacy in alleviating the symptoms of anorexia nervosa.

The therapeutic effect of Mongolian medicine based on Qiwei Guangzao pill on depression

Yuanyuan Wu¹, Lan Du¹, Anggelima¹, Ling Ling¹, Shan Tong² and Huan Wang^{1,3*}

¹Inner Mongolia Minzu University, Tongliao 028000, China, ²Affiliated Hospital of Inner Mongolia Minzu University, Tongliao 028007, China and ³National Medical Products Administration Key Laboratory of Quality Control of Traditional Chinese Medicine (Mongolian Medicine), Tongliao 028000, China

*Corresponding author.

Background. The fast pace of modern life and work competition has led to an increase in the incidence rate of depression year by year. In recent years, Mongolian medicine has achieved good results in the treatment of depression. Research on the production of Mongolian medicine group based on Qiwei Guangzao pill to explore its therapeutic effect on moderate depression.

Subjects and Methods. The study selected 70 patients with moderate depression and randomly divided them into an experimental group and a control group. The experimental group received Mongolian medicine based on Qiwei Guangzao pills in the morning, middle, and evening, supplemented by droperidol and melitracen tablets; The control group only received oral administration of flupentixol and melitracin tablets. The treatment course was 4 weeks, and the patient's status was evaluated by Hamilton Depression Scale (HAMD) score. SPSS25.0 software was used for statistical analysis of the data obtained.

Results. Compared to the control group, the rehabilitation rate of patients in the experimental group was 14.3%, and the proportion of patients with significant treatment effects was 45.8%. The total effective rate was about 91.4%, indicating that the improvement of HAMD scores in the experimental group was higher than that in the control group.

Conclusions. The experimental results show that the Mongolian medicine group based on Qiwei Guangzao pill has a significant therapeutic effect on moderate depression, and can effectively improve patients' sleep status and gastrointestinal symptoms.

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