

more and more talents in universities, and the number of jobs and standards are constantly increasing. All of these problems put a lot of mental pressure on university students, making them prone to depression due to anxiety and low self-esteem, which affects their mental health.

Secondly, there are emotional and interpersonal problems. Most university students are young, lack social experience, and are simple-minded, so they are not mature enough to deal with emotional problems. During the survey, some students mentioned that many of their relationships during university were unstable and that they had experienced some emotional crises, which is one of the major causes of depression. On the other hand, there are also some students who do not adapt to independent living and do not know how to quickly integrate into a new group environment. They adopt an avoidant attitude towards their new class and dormitory, which in time leads to interpersonal tension. This phenomenon is also directly related to students' imperfect self-awareness and self-centeredness.

In addition to the several factors mentioned earlier, they include the emotional problems of students and the psychological aspects of poverty. Although the number of people choosing these two areas is a small percentage of the overall population, they cannot be ignored. Emotional problems at the university level are mainly reflected in the discrepancy between the ideal university life and the reality and in the high expectations students have of themselves. When the reality does not meet their expectations, they tend to develop self-denial and thus depressive tendencies. In addition to this there are some students who are plagued by a poverty mentality. The main manifestation of this is a sense of inferiority in interpersonal relationships and a sense of embarrassment in life. These students are not only under pressure to study but also to live, and these pressures cause them great psychological distress.

Conclusions: In this study, a survey of 50 university students found that the prevalence of depressive tendencies is not low in contemporary universities and that students' emotional state is easily influenced by various factors in their lives and studies. There are many more reasons for this than those mentioned in the text that are waiting to be studied. As a special group of students who are just entering adulthood but are not mature, university students need effective mental health guidance from schools and teachers. For some students who are deeply depressed, timely diagnosis, treatment and intervention are needed to prevent further overreaction.

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EFFECT OF ELECTROACUPUNCTURE ON PEPTIDE HORMONES IN BRAIN AND INTESTINES OF CHRONIC STRESS DEPRESSION MICE

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Background: With the increasing incidence and morbidity of depression, more and more attention has been paid to the study of depression, and it is expected to open up a new way for clinical treatment. Depression is a kind of syndrome characterized by significant and lasting depression. Digestive dysfunction, as the main physical symptoms during the depression episode, seriously damages the quality of life of patients. Some studies have found that chronic stress can lead to abnormal release of peptide hormones such as gastrin and somatostatin, thus affecting gastrointestinal motility and digestive function. Acupuncture treatment of depression has been achieved a certain effect, and the side effects of small, safe, economic, easy to operate, worthy of in-depth study. There are significant neuroendocrine changes in patients with depression, manifested as hyperactivity of the hypothalamus-pituitary- adrenal axis (HPA axis), that is, excessive hormone secretion on the HPA axis. Adrenal corticosteroids (GC) play a key role in the development of depression. in the hippocampus, hypothalamus and pituitary, GC combines with glucocorticosteroid receptors (GR) to achieve negative feedback to HPA, reducing stress-induced hormonal overproduction. But the excessive secretion of GC makes the HPA axis in a high GC state for a long time, and the desensitization of GR occurs, which results in feedback dysregulation of HPA axis.

Objective: Hypochondria is one of the most common mental diseases, with continuous, long-term and lasting bad mood as the main clinical characteristics, is the main type of mental illness. Clinically, the mood is bad and the reality is not happy, depression for a long time, from the beginning to the end of depression, inferiority, depression, pessimism, even despair, misanthropy, and finally suicide attempts and behavior. Suffering from physical pain, chest shortness of breath, all day long just want to lie in bed, nothing to do. There is obvious anxiety. More serious cases of hallucinations, delusions, double personality and other

schizophrenia symptoms. Each outbreak of depression, lasting at least 2 weeks, a year, or even a few years, most cases have a tendency to attack repeatedly. Electroacupuncture has a good clinical effect on depression and digestive dysfunction, and has the advantages of quick onset and less adverse reactions. The aim of this study was to investigate the effect of electroacupuncture on the effects of somatostatin (SS) and gastrin (GAS) in chronic stress depression rats and the mechanism of improving the digestive dysfunction in depression rats.

Subjects and methods: (1) Animal grouping and model replication: 30 healthy male SD rats (provided by Weitong Lihua Laboratory Animal Technology Co., Ltd., clean grade) with body mass of 160-180 g. Each cage 5, free diet, natural light, adaptive feeding 1 week. Then randomly divided into 3 groups: normal group, model group, electro-acupuncture group, each group 10. Except the normal feeding group, the other rats were reproduced by chronic stress combined with solitary feeding after adaptive feeding. A variety of chronic stress programs are randomly arranged as follows every day: Fasting for 24 hours, water deprivation for 24 hours, day and night reversing for 24 hours, tail clipping for 3 minutes, restraint for 3 hours, cold water swimming for 10°C for 5 minutes, electric shock on the sole (voltage is 30 V, electric shock for 5 S, intermittent 5 S for 300 S), each stimulation for 3 times, total 21 days. (2) Electroacupuncture method: select “Yintang” point and “Baihui” point, and use HANS LH202 electroacupuncture instrument (Beijing Huawei Industrial Development Company) to conduct electroacupuncture 1 hour before stress stimulation every day. Needle insertion direction two relative, flat needle insertion, needle insertion depth of 0.5-1 cm, electroacupuncture frequency of 2 Hz, current intensity of 0.6 mA, 20 minutes each time, once a day, a total of 21 d electroacupuncture. Because the points of “Baihui” and “Yintang” are close to each other, we should pay attention to avoid short-circuit in electro-acupuncture. (3) Determination of peptide hormones in cerebrotectal tract: After the end of the experiment, the blood of rats was collected quickly by cutting off the head and injected into the test tube. After coagulation, 4°C, 4000 L/min was centrifuged for 10 minutes, the serum was isolated and -70°C was preserved. At the same time, the brain was quickly stripped off in the ice bath, and the hypothalamus was immediately weighed, then boiled in the boiled 9.0 mL/L sodium chloride solution 1-2 mL for 3 minutes, then cooled and homogenized in a homogenizer with 1 mol/L acetic acid 0.5 mL, neutralized with 1 mol/L NaOH 0.5 mL, and 4°C centrifuged with 3 500 L/min. The supernatant was taken in 20 mins and stored under -70°C. The contents of hypothalamus SS and serum GAS were determined by radioimmunoassay according to the directions of kit. (4) Statistical methods: All experimental data shall be represented by the mean ± standard deviation ($\bar{x} \pm s$) and shall be processed by SAS statistical software. In the significance test, the analysis of factorial design analysis of variance, one-way analysis of variance and Duncan test were used to compare the mean between groups, $P < 0.05$ was statistically significant.

Results: The experimental results obtained for group 3 hypothalamic SS and serum GAS are shown in Table 1.

Table 1. Statistical results (pg/mL, $\bar{x} \pm s$)

Group	Hypothalamic ss	Serum gas
Normal group	95.15±27.56	79.43±9.58
Model group	46.37±9.85	168.05±21.94
Electro pin group	80.65±20.40	85.32±13.08

Chronic stress can lead to the abnormal release of cerebral and intestinal peptide hormones, thus affecting gastrointestinal power, so patients with depression are usually manifested as loss of appetite, the body physiological metabolism disorders, resulting in a decline in body quality and malnutrition.

Conclusions: This study found that chronic stress caused a significant decrease in rat hypothalamic SS and significantly higher serum GAS, while electro needle treatment effectively elevated hypothalamic SS and reduced serum GAS content, correcting this abnormal secretion. This regulation of the release of the brain gut peptides, SS and GAS, may be one of the pathways for the electric needle to improve digestive function in a depressed state of rats.

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THE EFFECT OF DISTANCE INTERACTIVE EDUCATION SYSTEM ON STUDENTS