- Reviewer 1Reviewer 2Reviewer 3Reviewer 4Coloured TextOther corrections1Optimizing the impact of temperature on bio-hydrogen production from food waste and
- 2 its derivatives under no pH control using statistical modelling
- 3 Asma Sattar^{1,¶}, Chaudhry Arslan^{1,2,¶}, Ji Changying,^{1,*}, Saba Sattar³, Khurram Yousaf¹,

4 Sarfraz Hashim⁴

- 5 ¹College of Engineering, Nanjing Agricultural University, Nanjing, China
- 6 ² Department of Structures and Environmental Engineering, University of Agriculture, Faisalabad, Pakistan
- ³ Environmental Sciences and Engineering, GC University Faisalabad, Pakistan
- 8 ⁴Department of Hydrology and Water Resources, Hohai University, Nanjing, China
- 9 [¶]Equal contribution
- *For Correspondence: Professor Ji Changying, Department of Agricultural Mechanization, Engineering
 College, Nanjing Agricultural University, Nanjing, China, Email: <u>chyji@njau.edu.cn.</u>
 <u>arslanakrampk@hotmail.com</u>, Ph:0086-25-5860657
- 12 <u>arslanakrampk@hotmail.com</u>, Ph:0086-23
 13 Abstract:

14 The effect of temperature on bio-hydrogen production by co-digestion of sewerage sludge with food waste and its two derivatives, i.e. noodle waste and rice waste, was investigated by 15 statistical modelling. Experimental results showed that increasing temperature from 16 mesophilic (37°C) to thermophilic (55°C) was an effective mean for increasing bio-hydrogen 17 production from food waste and noodle waste, but it caused a negative impact on bio-18 hydrogen production from rice waste. The maximum cumulative bio-hydrogen production of 19 20 650 mL was obtained from noodle waste under thermophilic temperature condition. Most of 21 the production was observed during first 48 hours of incubation, that continued till 72 hours of incubation and decline in pH during this interval was 4.3 and 4.4 from a starting value of 7 22 under mesophilic and thermophilic conditions, respectively. Most of glucose consumption 23 24 was also observed during 72 hours of incubation and the maximum consumption was 25 observed during the first 24 hours, which was the same duration where the maximum pH drop occurred. The maximum hydrogen yields of 82.47 mL/VS, 131.38 mL/COD, and 44.90 26 27 mL/glucose were obtained from thermophilic food waste, thermophilic noodle waste and mesophilic rice waste, respectively. The production of volatile fatty acids increased with an 28 29 increase in time and temperature in food waste and noodle waste reactors whereas they decreased with temperature in rice waste reactors. The statistical modelling returned good 30 results with high values of coefficient of determination (R^2) for each waste type and 3-D 31 response surface plots developed by using models developed. These plots developed better 32 understanding regarding the impact of temperature and incubation time on bio-hydrogen 33 production trend, glucose consumption during incubation and Volatile fatty acids production. 34

35 **1** Introduction

Anaerobic digestion, as a waste management approach, has been in practice for more than a 36 century (McCarty, 1981). It is widely used to treat a variety of solid wastes and wastewater 37 on a small scale as well as on an industrial scale. It has multiple advantages like 30-50 % 38 reduction in waste volume as well as production of valuable by products such as methane and 39 40 hydrogen (Lin et al., 2011). A large amount of organic fraction of municipal solid waste or food waste is produced every year in the world. During 2010, production of food waste in 41 China reached to 352 Mt and the major contributor was canteens and restaurants (Tai et al., 42 2011; Wang Lingen et al., 2013). The food waste contains more than 80% volatile solids 43 (VS) that are biodegradable solids and can be converted into hydrogen or methane easily 44 (Shin et al., 2004;Zhang et al., 2007;Zhu et al., 2008). Several studies represent an increase in 45 bio-hydrogen production from food waste due to addition of buffers and minerals. Although 46 such addition can maintain a specific pH and nutrimental required for optimum bio-hydrogen 47 production, but it also increases the cost of production (Nielsen AT, 2001;Han HK, 2004). 48 The cost of production can be reduced by adding sewage sludge as a source of *Clostridium* 49 mix culture (Fang et al., 2006). Nutritional deficiency in food waste was also balanced by 50 adding sewage sludge that made food waste more suitable for bio-hydrogen production (Shin 51 52 et al., 2004). It means that integrated waste management can be done at wastewater treatment plant by co-digestion of sewage sludge and food waste. Although sewerage sludge is a good 53 54 source of *Clostridium* mix culture, but at the same time, it contains hydrogen consumers like methanogens. Heat treatment is mostly opted to deactivate hydrogen consumers. The 55 56 traditional method of placing sewage sludge in boiling water is now no longer in practice and replaced by microwave heating that provide more uniform heating as compared to the boiling 57 58 water method (Luo et al., 2010; Wang et al., 2011; Duangmanee et al., 2007). The temperature and time for heat treatment varied from 75°C to 121°C for 15 minutes to 2 hours, 59 but 100°C for 15 minutes was mostly reported (Li and Fang, 2007; Fang et al., 2006). 60

61 Carbohydrate-rich wastes like food waste are suitable for *Clostridium* species as 62 stoichiometrically it can produce two mole of hydrogen from one mole of hexose (Payot R, 63 1998). Theoretically, 553 mL hydrogen can be produced by one gram of polysaccharides if it 64 is totally converted into acetate. The highest practical yield of 346 mL /g-carbohydrate was 65 achieved by Fang (2006) by using rice as a source of carbohydrate (78%), pre-treated sewage 66 sludge as a source of *Clostridium* and adding a variety of nutrients. Rice waste and noodle 67 waste has 40% share in the total food waste produced in China (Shiwei, 2005). The noodle waste is also rich in carbohydrates, but still there is no research reported on bio-hydrogenproduction from noodle waste.

Temperature and pH have great impact on the smooth running of AD (Saraphirom 70 and Reungsang, 2010). Most of the studies reported bio-hydrogen production under 71 72 mesophilic as well as thermophilic conditions and few were reported under psychrophilic 73 conditions. Lu et al. (2011) developed a microbial electrolysis cells (MECs) that could be operated at 9°C by using Geobacter psychrophilus as dominating population and achieved 74 hydrogen yield of 0.62m³H₂m⁻³d⁻¹. Heidrich et al. (2013) further modified MECs to a pilot-75 scale MEC and achieved bio-hydrogen production of 0.015 $LH_2L^{-1}d^{-1}$ at 25°C. On the other 76 end, under mesophilic and thermophilic conditions, there is no need of such sophisticated 77 technology and a better bio-hydrogen yield can be achieved by simple reactors or by lab scale 78 batch experiments. The temperature shift from mesophilic to thermophilic conditions can 79 change the rate of hydrogen production during anaerobic digestion (Li and Liu, 2012; Saripan 80 and Reungsang, 2014). Whereas, hyper-thermophilic provide better pathogenic destruction 81 but it also decreased the bio-hydrogen production (Sahlström, 2003; Yokoyama et al., 2007). 82 83 Keeping the same temperature but changing the initial pH from 7 to 8, the bio-hydrogen yield was changed from 64.48 mL/VS to 55 ml/VS under no pH control conditions (Lin et al., 84 2013b;Nathao et al., 2013). The same yield was increased to 70 mL/VS when pH was 85 manually controlled for food waste under thermophilic conditions, which represents the 86 impact of pH management (Shin et al., 2004). The hydrogen production by anaerobic 87 digestion will be further improved if pH lies in the range of 5 to 6 (Radjaram and Saravanane, 88 89 2011). The pH of food waste lies in the range of 4-5, which further decreases by the production of volatile fatty acids (VFA) to such a level that can inhibit the bacterial growth. 90 The pH can be controlled by automatic pH controllers, addition of nutrients and buffers, 91 manual monitoring and control (Yasin et al., 2011;Zhu et al., 2008;Kim et al., 2004). But all 92 93 these methods increased the cost of operation. Along with cost, maintaining pH at specific point is not suitable especially when mix culture is used as the response of different microbial 94 stream could be different to same pH level. So, by co-digestion, the pH of the anaerobic 95 digestion process can be improved and it can be further adjusted to a desired initial value by 96 adding HCl or NaOH. After adjusting the desired initial pH under co-digested conditions, 97 the bio-hydrogen production can be achieved under no pH control conditions, which can 98 99 reduce the cost of operation (Fang et al., 2006).

100 The yield of bio-hydrogen is calculated by dividing the cumulative hydrogen 101 produced by VS, chemical oxygen demand (COD) or glucose (Chen et al., 2006;Dong et al., 2009;Fang et al., 2006). The yields are misleading if calculated in term of added or start up
values of VS, COD and glucose as it seems quite impossible that the whole of added material
is converted into hydrogen. In this regard the removal quantities of such parameters are the
best option to calculate the yield.

The optimization played an important role in bio-hydrogen production and its application with respect to incubation time in combination with temperature is an important factor to get the maximum output with minimum intake of energy. In order to achieve this purpose, statistical modelling is an important tool to study the impact within the experimental range and can be further used for the development of response surface plots (Jo et al., 2008).

111 This study was designed to investigate the impact of temperature on bio-hydrogen 112 production from co-digestion of sewerage sludge with food waste and its carbohydrate-rich 113 derivatives i.e. rice waste and noodle waste with the help of statistical modelling. The 114 response surface methodology was employed to study the impact of time and temperature on 115 bio-hydrogen production, glucose consumption and VFA production. The pH during 116 incubation was not controlled and the drop of pH during anaerobic digestion was also studied 117 to find an optimum pH range of bio-hydrogen production from food waste derivatives.

118 2 Material and methods

119 2.1 Batch Experiment for Bio-hydrogen Production

The waste was collected from student dining at the Nanjing Agricultural University. It 120 121 was the food left in the plates after lunch/dinner consisted of rice, noodles, meat, bones, potato and other vegetables. At first, bones and other foreign material were removed and left 122 123 over waste was treated as food waste. The food waste was then grounded in a meat grinder with equal amount of water and resultant slurry was used for bio-hydrogen production 124 125 (Reungsang et al., 2013). Rice and noodles were removed from collected waste and converted into slurry in the same way opted for food waste. The sludge was obtained from a settling 126 channel and it was washed with tap water and sieved to remove foreign materials (Nathao et 127 al., 2013). The sludge was placed in preheated oven at 100°C for 15 minutes, so that 128 hydrogenotropic methanogens could be deactivated (Li and Fang, 2007). Some important 129 properties of feed stock and sewerage sludge are enlisted in Table 1. 130

Two series of experiments were conducted in duplicate in 550 mL digesters with working volume of 400 mL (Hu et al., 2014). In order to achieve 10% initial TS concentration, water was added along with feedstock and sewerage sludge in the digesters. The feedstock and sewerage sludge were added in equal proportion. As the pH of food waste was not so high and even after co-digestion with sewage sludge, the initial pH within reactor was less than 7 that was carefully raised to 7 with the help of 3M NaOH solution (Zhu et al., 2008). Series I was to observe the bio-hydrogen production under mesophilic temperature (37°C) and series II was to investigate the impact of thermophilic temperature (55°C) on biohydrogen production potential of feed stock in comparison with that produced under mesophilic conditions.

141 2.2 Chemical Analysis

The volume of bio-hydrogen produced was measured by displacement of 3% NaOH
solution. This concentration of NaOH can remove other gases and water vapours (Fang et al.,
2006;Lin et al., 2013a;Saraphirom and Reungsang, 2010). Other parameters like TS, VS,
COD, VFA and alkalinity were measured according to standard methods (APHA, 2005). For
glucose detection, phenol sulphuric acid method was used (Lay and Fan, 2003).

147 2.3 Assay Methods

Modelling of hydrogen production was done by Modified Gompertz equation (MGE),
which was used for cumulative bio-hydrogen measurement (Ramos et al., 2012)

150

$$H = Pexp\left\{-exp\left[\frac{R_m e}{P} \left(\lambda - t\right) + 1\right]\right\}$$
(1)

151 Where H, t, P, R_m , λ and e represent cumulative bio-hydrogen production (mL), 152 incubation time (h), bio-hydrogen production potential, maximum bio-hydrogen production 153 rate (mL/h), lag phase duration (h) and 2.71828 respectively. The values of H, t, P, R_m were 154 solved by using curve fitting tool in Matlab (2010 a).

In this study, the effects of different types of food waste, temperature and incubation time on bio-hydrogen and VFA production as well as on glucose consumption, were analysed by full quadratic model as shown below (Kim et al., 2008;Jo et al., 2008)

158

$$Y = a_0 + \sum_{i=1}^n a_i X_i + \sum_{i=1}^n a_{ii} X_i^2 + \sum_{i=1}^n \sum_{i(2)$$

159 Where X_i and X_j are the controlled parameters, which influence Y and a_0 , a_{ii} , a_{ij} , are 160 the offset term, linear and quadratic coefficients respectively. As the waste types are 161 different, so the above model is used, including waste type (n=3) and excluding waste type 162 (n=2).

163 **3** Results and Discussion

164 3.1 Effect of Temperature and time on Bio-hydrogen Production

A comparison of actual and MGE modelled bio-hydrogen production under mesophilic and thermophilic conditions is shown in Fig.1, which shows an early start of biohydrogen production in food waste and noodle waste as compared to rice waste. This early

production was quantified with the help of MGE as λ shown in Table 2, which clearly shows 168 that the highest lag phase belongs to rice waste under both temperatures. The bio-hydrogen 169 production in food waste continued till 72 hours of incubation and this time period for food 170 waste was higher than that observed for noodle waste, but still the cumulative bio-hydrogen 171 production of food waste was the lowest as compared to other two waste types. Looking at 172 the R_m values, it is clear that food waste has the lowest mesophilic R_m value of 6.688 mL/h 173 among all three wastes that ultimately caused the cumulative bio-hydrogen production to 174 decrease. Only the R_m value is not responsible for higher yield as the highest mesophilic R_m 175 176 of 21.05 mL/h belongs to noodle waste, but the cumulative bio-hydrogen production of noodle waste was found smaller than rice waste having R_m value of 16.52 mL/h. The rice 177 waste has higher production because it produced bio-hydrogen for 96 hours as compared to 178 179 noodle waste that produced till 60 hours. In fact, mesophilic bio-hydrogen production in noodle waste decreased considerably after 24 hours of incubation as compared to 180 181 thermophilic bio-hydrogen production where the decrease was observed after 36 hours of incubation. That's 12 hours active duration increased the cumulative bio-hydrogen production 182 183 from noodle waste under thermophilic temperature even after observing the fact that the R_m values are very close to each other. It can be seen in Fig. 2 that the difference in active 184 185 duration was due to pH as it was dropped from 7 to 4.6 in the noodle waste reactor during the 186 first 12 hours under mesophilic temperature and it was further dropped to 4.4 whereas a pH drop in thermophilic reactor was 5.3 to 4.9 in the same duration. On the other end, pH drop in 187 rice waste reactor under thermophilic conditions was higher as compared to mesophilic 188 temperature, which ultimately reduced the cumulative bio-hydrogen production that was 189 found in agreement with the finding of Fang et al.(2006). The reduction in bio-hydrogen 190 production with low pH is due to homoacetogenic bacteria, which are more active at low pH 191 (Ramos et al., 2012;Schiel-Bengelsdorf and Dürre, 2012). The trend for pH drop with 192 temperature in food waste reactors was opposite to other reactors and R_m increased to a value 193 of 26.42 mL/h when temperature was shifted from mesophilic to thermophilic. This increase 194 195 is due to Thermoanaerobacterium thermosaccharolyticum that grow at higher temperature in food waste and produced more hydrogen (Shin et al., 2004). As a whole, R_m values found in 196 present study were higher than those reported in previous studies (Fang et al., 2006;Ramos et 197 al., 2012). 198

199 The volume of bio-hydrogen production with time was used to fit in a quadratic model200 by using solver function MS Excel and the resultant equation obtained was;

201
$$Y = 202.83 + 56.86x_1 + 73.38x_2 + 8.5x_3 - 22.5x_1^2 + 243.25x_2^2 - 113.8x_3^2 - 56.86x_1 + 73.38x_2 + 8.5x_3 - 22.5x_1^2 + 243.25x_2^2 - 113.8x_3^2 - 56.86x_1 + 73.38x_2 + 8.5x_3 - 22.5x_1^2 + 243.25x_2^2 - 56.86x_1 + 73.38x_2 + 8.5x_3 + 56.86x_1 + 75.86x_1 + 75.86x$$

(3)

$$23.75x_1x_2 - 1.86x_1x_3 - 30.38a_9x_2x_3$$

202 203

$$(R^2 = 0.5576, F=19.921)$$

Where Y is the predicted bio-hydrogen production; x_1, x_2 and x_3 are the coded 204 values of incubation time, waste type and temperature respectively. There is a poor 205 relationship between actual and predicted value as the coefficient of determination (R^2) was 206 calculated to be 0.5576, which can explain only 55.76% variability of the response. The 207 208 diversity among waste type is the main reason for such a low value and this value could be at a higher level if the same waste was used in different proportions as reported in other studies 209 (Kim et al., 2008; Jo et al., 2008). To overcome this problem, quadratic model was again 210 developed for each waste type and following equations were obtained; 211

212 Food waste: $Y = 281.75 + 57.25x_1 + 62.25x_2 - 22x_1^2 - 25.25x_1x_2$ (4a) 213 (R² = 0.9858 F = 278.06) 214 Noodle waste: $Y = 472.5 + 97.5x_1 + 42.5x_2 - 25x_1^2 + 62.5x_1x_2$ (4b)

214 Noodle waste:
$$Y = 472.5 + 97.5x_1 + 42.5x_2 - 25x_1^2 + 62.5x_1x_2$$

215 216

217

(R² = 0.9011 F = 36.44)
Rice waste:
$$Y = 167.5 + 71.5x_1 - 49.5x_2 - 43x_1^2 - 16.5x_1x_2$$
 (4c)
(R² = 0.7922 F = 15.26)

218 Where x_1 and x_2 are the coded values of time and temperature. All F values 219 represented that the regression model obtained are statistically significant. The F value of 220 food waste is much higher as compared to other values; it is because of the coefficient of 221 determination that explained 98.58% variability. The quadratic model obtained from rice 222 waste was not perfectly fit, but it can explain better results as compared to the model 223 developed for all waste types as a whole.

The three dimensional (3-D) response surfaces and two dimensional (2-D) contours 224 were developed within the experimental range for each waste type by taking bio-hydrogen 225 production as a response by using above mentioned equations. The 3-D and 2-D curves of the 226 calculated response showed the interaction of incubation time and temperature in figure 3a-c. 227 For food waste, it is clear that the gas production increases with time and temperature from 228 115 mL at the starting end to 354 mL at the extreme modelled conditions. During 0-24 hours 229 230 of incubation, bio-hydrogen production increased with increase in temperature for food waste, i.e. 115 mL of bio-hydrogen was produced at 37°C that increased 76.09 % and 231 152.17% at 46°C and 55°C, respectively. During next 24 hours of incubation, bio-hydrogen 232 production reduced with the increase in temperature, i.e. 114.5 ml bio-hydrogen was 233

produced at 37°C and 30.78% and 91.22% reduction was observed at 46°C and 55°C, 234 respectively. Even after reduction in bio-hydrogen production during 24-48 hours of 235 incubation, the cumulative bio-hydrogen production increased with an increase in 236 temperature from food waste. The impact of temperature and time can be bettered viewed in 237 2-D contour (Fig. 3a), which shows that the increase in temperature increases bio-hydrogen 238 production more at 24h as compared to 72h of incubation. It also revealed the fact that first 239 24 hours are important for bio-hydrogen production from food waste under thermophilic 240 241 temperatures and next 24 are important for production under mesophilic temperature, which is in agreement with findings of Shin et al (2004). Although noodle waste also produced more 242 bio-hydrogen at elevated temperature, but the time effect was opposite to that observed for 243 food waste. The bio-hydrogen production in noodle waste during 0-24 hours was 350mL at 244 37°C that was 5.4% and 10.81% decreased at 46°C and 55°C, respectively. But in next 24-72 245 hours, 178.57% and 357.14% increase at 46°C at 55°C, respectively. 246

So far rice waste was concerned; temperature has a negative impact on bio-hydrogen production. The bio-hydrogen production in rice waste during 24-48h was 131 mL, 114.5 mL and 98 mL, which was 65.65%, 75.11% and 87.76% reduced during 48-72h under 37°C, 46°C and 55°C, respectively. The reduction in bio-hydrogen production for rice waste was in agreement with previous findings (Fang et al., 2006). The 2-D contours in fig. 3b and 3c differentiate the impact of temperature with time on bio-hydrogen production for noodle waste and rice waste as the contour patterns are quite opposite to each other.

254 **3.2** Effect of temperature on Bio-hydrogen Yield

The bio-hydrogen yield was calculated by dividing the P value on table 2 with VS_{fed}, 255 VS_{removed}, COD_{removed} and glucose_{removed}. The bio-hydrogen yield calculated on the basis of 256 VS_{fed} lay in the range achieved by Lin et al. (2013b) and temperature impact on yield was 257 same as observed for P. The yield on the basis of VS_{consumed} represented uptake efficiency of 258 VS during anaerobic digestion. The increase in P with temperature for food waste was 259 260 23.41% whereas the yield increased by 2.86% only that indicated the efficient removal of VS at higher temperature. The bio-hydrogen yield calculated for FW on the basis of VS_{removed} lay 261 in the range used by Kim et al. (2004). Using the same scale of VS_{removed}, bio-hydrogen yield 262 for rice waste decreased 47.37% with an increase in temperature, whereas the decrease in P 263 was 78.81% that represented a decrease in removal of VS at elevated temperature which was 264 265 in agreement with the findings of Fang et al. (2006). As compared to food waste and noodle waste, the increase in P and yield calculated by $VS_{removed}$ was close, but it revealed the fact that VS removal efficiency slightly decreased at elevated temperature.

When the yield measuring scale was shifted from VS_{removed} to COD_{removed}, the results 268 represent quite different picture of temperature impact. The increase in temperature from 269 37°C to 55°C increased 42.41% bio-hydrogen yield calculated on the basis of COD_{removed} for 270 food waste. The increase in bio-hydrogen production due to same increase in temperature 271 from 37°C to 55°C was 23.37%. Such difference in yield and production increment 272 represented decrease in COD removal efficiency at elevated temperature for food waste. For 273 rice waste, the decrease in yield was 61%, which was close to 78% decrease in P. Increasing 274 275 temperature also increased the yield for noodle waste to 20 %, which was smaller than the increase in P, representing a higher rate of COD removal at elevated temperature. All the bio-276 hydrogen yields calculated on the basis of COD_{removed} lay in the range calculated by Tawfik 277 278 and El-Qelish (2014).

Glucose removal efficiency for food waste decreased with an increase in temperature 279 as the increase in P was 23.41% against 42.19% when bio-hydrogen yield was calculated on 280 the basis of glucose_{removed}. Whereas the change in yield for noodle waste and rice waste was 281 close to the change observed for P. The decrease in glucose concentration was close to that 282 observed in previous studies (Abdeshahian et al., 2014;Kapdan and Kargi, 2006). The yield 283 calculated on glucose basis was further studied on daily basis and it was observed that the 284 highest yield of 33 mL/ glucose_{removed} for 0-24h duration belonged to noodle waste under 285 mesophilic condition. During the next 24h duration, the highest yield 400 mL/ glucose_{removed} 286 was achieved by noodle waste under thermophilic temperature, which was close to the 287 finding of Fang et al. (2006) but still smaller than the theoretical yield of 553 mL/g-288 carbohydrate. The yield for rice waste also increased under both temperatures but it was 289 much higher at mesophilic as 184.37 mL/ glucose_{removed} against 24.99 mL/ glucose_{removed} at 290 291 thermophilic temperature. During 24 to 72 hours of incubation, the yield in all reactors reduced except noodle waste under mesophilic conditions. As a whole, 24-48h duration of 292 incubation was found more important for bio-hydrogen production from glucose. The 293 production of glucose modelled by quadratic equation using previously defined notation as 294

295
$$Y = 13.504 - 0.604x_1 + 0.095x_2 - 0.831x_3 + 0.066x_1^2 - 5.469x_2^2 + 0.066x_1^2 + 0.066x_1^2 - 5.469x_2^2 + 0.066x_1^2 - 5.468x_2^2 + 0.068x_2^2 + 0.068$$

 x_3

(5)

296
$$0.609x_1x_2 + 0.238x_1x_3 - 1.131x_2$$

297 $(R^2 = 0.6959 \ F = 64.07)$

As the coefficient of determination is not so high so quadratic modelling was done for each waste type as

300	Food waste:	$Y = 7.820 - 3.561x_1 + 0.412x_2 + 1.554x_1^2 + 1.094x_1x_2 $ (6a)
301		$(R^2 = 0.9713 \qquad F = 270.81)$
302	Noodle waste:	$Y = 8.697 - 1.601x_1 + 0.055x_2 + 0.439x_1^2 - 0.307x_1x_2 $ (6b)
303		$(R^2 = 0.7994 F = 31.89)$
304	Rice Waste:	$Y = 21.817 - 3.1x_1 - 0.938x_2 - 0.323x_1^2 - 0.354x_1x_2 (6c)$
305		$(R^2 = 0.715 F = 20.07)$

The three dimensional response plots and contours for glucose removal were developed by 306 307 the above models (Figure 5). It was observed that in the first 24 hours of incubation, the rate of utilization of glucose was increased with an increase in temperature up to 55°C for food waste, 308 309 decreased for noodle waste, and remained almost unaffected for rice waste. The sequence for glucose utilization rate was in the rank of NW>FW>RW. During 24-48h, glucose utilization rate decreased for 310 311 food waste and increased for noodle and rice waste under mesophilic and thermophilic conditions. During 48-72h, rate of utilization remained same as previous one but rank was slightly 312 313 changed as FW>RW>NW. With an increase in temperature, during 24-72h, the rate of glucose utilization decreased for food waste but increased for noodle and rice waste. As a 314 315 whole, the glucose consumption at the end of incubation was higher at 37°C as compared to 55°C for food waste. At the end of incubation, noodle waste and rice waste represented quite opposite picture 316 of glucose consumption with temperature as observed for food waste. The contours represented better 317 understanding for glucose consumption and the contour varied in different manners for each waste 318 319 type as shown in figure 5.

320 3.3 Effect of temperature on VFA production

321 The VFA revealed an increase with time as also reported by Lin et al. (2013b), which is shown in figure 6. In the present study, it is observed that VFA in food waste and noodle waste 322 323 increased with an increase in temperature from 37°C to 55°C but decreased for rice waste that lay in 324 the range calculated by Shin et al. (2004). It can be seen in figure 6 that during 24-48h, increase in VFA was much higher in food waste under thermophilic conditions as compared to 325 mesophilic conditions. During the same interval, bio-hydrogen production was almost ceased 326 in thermophilic food waste reactor whereas it was continuously producing in mesophilic food 327 waste reactor. One of the possible reasons for this reduction is the conversion of glucose to VFA at 328 329 this stage by homoacetogenic bacteria that reached up to such level where bio-hydrogen production was not feasible under thermophilic conditions, whereas the VFA production in 330 the mesophilic FW reactor was much smaller than that observed under thermophilic reactor, 331 332 because of which production continued in the mesophilic reactor (Zhang et al., 2014). The

higher concentration of VFA together with low pH can be inhibitory to bacteria that can 333 cause unfavourable physical changes in the cell. By such physical changes, excessive energy 334 is required to pump ions and that energy can be available at higher temperature. So it 335 increased the yield at elevated temperatures, as observed in case of food waste and noodle 336 337 waste (Gottschalk, 1986;Zoetemeyer RJ, 1982;Switzenbaum MS, 1990). The higher concentration of VFA can also be used as an indicator for higher production of bio-hydrogen 338 as observed by Dong et al. (2009). In the present study, the order to VFA production and 339 cumulative bio-hydrogen production was same i.e. NW_{55°C}>RW_{37°C} >FW_{55°C} 340 341 >FW_{37°C} >RW_{37°C}.

The quadratic model was tried to fit for VFA production data in the same way as opted for glucose and the resultant equation was as follows;

344
$$Y = 1795.82 + 686.16x_1 - 300.51x_2 + 641.13x_3 + 4.94x_1^2 + 658.51x_2^2 + 345 \qquad 127.30x_1x_2 + 33.26x_1x_3 - 319.25x_2x_3$$
(7)

346
$$(R^2 = 0.5975 F = 41.56)$$

347 Here, again the coefficient of determination is not so high due to the variability of348 waste type, so the model was repeated for each waste as;

349Food waste:
$$Y = 2362.67 + 458.15x_1 + 545.05x_2 - 12.88x_1^2 + 2.76x_2^2 - 22.42x_1x_2$$
350 $(\mathbb{R}^2 = 0.8654 \quad \mathbb{F} = 51.44)$ (8a)351Noodle waste: $Y = 4196.48 + 1464.56x_1 + 772.876x_2 - 163.19x_1^2 + 224.98x_1x_2$ 352 $(\mathbb{R}^2 = 0.8415 \ \mathbb{F} = 42.48)$ (8b)353Rice Waste: $Y = 3258.94 + 756.62x_1 - 1147.22x_2 - 303.1x_1^2 - 390.28x_1x_2$ 354 $(\mathbb{R}^2 = 0.9430 \quad \mathbb{F} = 132.37).$ (8c)

The three dimensional response plots and contours for VFA production on the basis of above 355 models are shown in figure 7. The 3-D contours for food waste and noodle waste seems almost same 356 but the contour lines for both varied in different manner. Although the production of VFA increased 357 with time and temperature in all reactors but the intensity of change is different for each waste type as 358 observed in figure 7. It can be observed from figure 7 that the production of VFA has 359 increased for food waste and noodle waste when temperature was increased from 37°C to 360 55°C. Although with time, the VFA concentration has increased, but the rate by which VFAs 361 362 produced was decreased with time, i.e. VFA production during 24-48h was greater than that produced 363 during 48-72h and this trend continued till 120h for food waste and noodle waste. As a whole, more VFA was produced during 24-120h under mesophilic temperature as compared to thermophilic 364 temperature in food waste reactor, but as a whole, mesophilic VFA production was found less than 365 366 that of thermophilic as reported by Gadow et al. (2012). It is because of the fact that during 0-24h 367 duration, thermophilic VFA production was much higher than that produced under mesophilic conditions in food waste. By controlling the VFA production during this interval, the yield of bio-368 369 hydrogen can be increased for FW as it stopped too early in thermophilic food waste reactor as 370 compared to mesophilic food waste reactor. Thermophilic VFA production was higher than mesophilic VFA production in noodle waste reactor. On the other end, mesophilic VFA production 371 was higher than that produced under thermophilic conditions for RW and VFA increased with time in 372 the same manner as observed for food waste under 37°C to 40°C. Above 40°C to 55°C, the VFA trend 373 for rice waste remained the same as of food waste till 96h after which it started to decrease till 120h. 374

375 4 Conclusion:

Food waste and its two major derivatives, i.e. noodle waste and rice waste, were co-376 digested with sewerage sludge to produce bio-hydrogen with an initial pH of 7 under 377 mesophilic and thermophilic conditions. The pH was not controlled throughout the 378 incubation. The most effective VS removal was observed in noodle waste reactor that 379 produced the highest experimental cumulative bio-hydrogen of 656.5 mL under thermophilic 380 381 conditions. The food waste possessed the highest bio-hydrogen yield calculated on the basis of VS_{removed} that represents an efficient conversion of VS into bio-hydrogen. The increase in 382 temperature within the studied range increased the bio-hydrogen production in food waste 383 and noodle waste reactors. The rice waste reactor represented the negative impact of 384 385 increasing temperature on bio-hydrogen and VFA production. Thermophilic conditions should be preferred for bio-hydrogen production as most of the time food waste is used as 386 feed stock. The quadratic modelling returned good results that were close to experimental 387 ones, when it was done for each waste type of bio-hydrogen, VFA production and glucose 388 removal. The response surface plots and contour plots within the experimental range 389 adequately explained the effect of temperature and time on studying parameters and helped to 390 develop better understanding regarding the variation among the studied parameters especially 391 392 when the different treatments represented similar trends. VFA production in rice waste reactor changes the trend after 40°C that was identified only due to quadratic modelling. The 393 394 lowest limit of pH for bio-hydrogen production was identified as 4.3 and 4.4 for mesophilic and thermophilic temperatures respectively. 395

Author contributions. A. Sattar and C. Arslan designed the research and performed all the lab works. C. Ji provided the financial and technical support for designing and conducting research as well as supervised the whole research process. S. Sattar developed and customized 3-D surface plots and assisted in manuscript preparation. K. Yousaf assisted the lab works and analysis. S. Hashim performed the statistical analysis. C. Arslan wrote the

- 401 manuscript with comments from all authors and A. Sattar finalized the manuscript under the
- 402 supervision and guidelines of C. Ji.
- 403 Acknowledgements. We thank K. Chen for providing lab facilities; H. Fang, Y. P. Huang and
- 404 J. B. Kang for their help during lab work; I. A. Mari for field work and technical assistance;
- 405 F. A. Chandio and F. Ahmad for helpful discussion and critical review. We extend our thank
- 406 to Higher Education Commission, Pakistan, Chines Scholarship council and the College of
- 407 Engineering, Nanjing Agricultural University, Nanjing for supporting and providing research408 facilities for this study.
- 409

412 **References**

- 413 Abdeshahian, P., Al-Shorgani, N. K. N., Salih, N. K., Shukor, H., Kadier, A., Hamid, A. A.,
- and Kalil, M. S.: The production of biohydrogen by a novel strain Clostridium sp. YM1 in
- dark fermentation process, International Journal of Hydrogen Energy, 39, 12524-12531,
- 416 2014.
- 417 APHA: Standard Methods for the Examination of Water and Wastewater., 25 ed., American
- 418 Public Health Association, Washington, DC, 94-100 pp., 2005.
- 419 Chen, W.-H., Chen, S.-Y., Kumar Khanal, S., and Sung, S.: Kinetic study of biological
- 420 hydrogen production by anaerobic fermentation, International Journal of Hydrogen Energy,421 31, 2170-2178, 2006.
- 422 Chu, C.-F., Li, Y.-Y., Xu, K.-Q., Ebie, Y., Inamori, Y., and Kong, H.-N.: A pH-and 423 temperature-phased two-stage process for hydrogen and methane production from food
- 424 waste, international journal of hydrogen energy, 33, 4739-4746, 2008.
- Dong, L., Zhenhong, Y., Yongming, S., Xiaoying, K., and Yu, Z.: Hydrogen production
 characteristics of the organic fraction of municipal solid wastes by anaerobic mixed culture
 fermentation, International Journal of Hydrogen Energy, 34, 812-820, 2009.
- Duangmanee, T., Padmasiri, S., Simmons, J., Raskin, L., and Sung, S.: Hydrogen production
 by anaerobic microbial communities exposed to repeated heat treatments, Water Environ.
 Res., 79, 975-983, 2007.
- Fang, H. H., Li, C., and Zhang, T.: Acidophilic biohydrogen production from rice slurry,
 International Journal of Hydrogen Energy, 31, 683-692, 2006.
- 433 Gadow, S., Li, Y.-Y., and Liu, Y.: Effect of temperature on continuous hydrogen production
- 434 of cellulose, International Journal of Hydrogen Energy, 37, 15465-15472, 2012.
- 435 Gottschalk, G.: Bacterial metabolism, 2nd ed., Springer, New York, 1986.
- 436 Han HK, S. H.: Performance of an innovative two-stage process converting food waste to
- 437 hydrogen and methane, J. Air Waste Manage. Assoc., 54, 242–249, 2004.
- 438 Heidrich, E., Dolfing, J., Scott, K., Edwards, S., Jones, C., and Curtis, T.: Production of
- 439 hydrogen from domestic wastewater in a pilot-scale microbial electrolysis cell, Applied
- 440 microbiology and biotechnology, 97, 6979-6989, 2013.
- 441 Hu, C. C., Giannis, A., Chen, C.-L., and Wang, J.-Y.: Evaluation of hydrogen producing
- 442 cultures using pretreated food waste, International Journal of Hydrogen Energy, 39, 19337-
- 443 19342, 2014.

- Jo, J. H., Lee, D. S., Park, D., Choe, W.-S., and Park, J. M.: Optimization of key process
 variables for enhanced hydrogen production by Enterobacter aerogenes using statistical
 methods, Bioresource technology, 99, 2061-2066, 2008.
- Kapdan, I. K., and Kargi, F.: Bio-hydrogen production from waste materials, Enzyme and
 microbial technology, 38, 569-582, 2006.
- 449 Kim, S.-H., Han, S.-K., and Shin, H.-S.: Feasibility of biohydrogen production by anaerobic
- 450 co-digestion of food waste and sewage sludge, International Journal of Hydrogen Energy, 29,
 451 1607-1616, 2004.
- 452 Kim, S.-H., Han, S.-K., and Shin, H.-S.: Optimization of continuous hydrogen fermentation
- 453 of food waste as a function of solids retention time independent of hydraulic retention time,
- 454 Process Biochem., 43, 213-218, 2008.
- 455 Lay, J.-J., and Fan, K.-S.: Influence of chemical nature of organic wastes on their conversion
- to hydrogen by heat-shock digested sludge, International Journal of Hydrogen Energy, 28,1361-1367, 2003.
- Li, C., and Fang, H. H.: Fermentative hydrogen production from wastewater and solid wastes
 by mixed cultures, Critical Reviews in Environmental Science and Technology, 37, 1-39,
 2007.
- Li, Q., and Liu, C.-Z.: Co-culture of Clostridium thermocellum and Clostridium
 thermosaccharolyticum for enhancing hydrogen production via thermophilic fermentation of
 cornstalk waste, International Journal of Hydrogen Energy, 37, 10648-10654, 2012.
- Lin, Y., Wang, D., Li, Q., and Xiao, M.: Mesophilic batch anaerobic co-digestion of pulp and paper sludge and monosodium glutamate waste liquor for methane production in a benchscale digester, Bioresource technology, 102, 3673-3678, 2011.
- Lin, Y., Liang, J., Wu, S., and Wang, B.: Was pretreatment beneficial for more biogas in any
 process? Chemical pretreatment effect on hydrogen–methane co-production in a two-stage
 process, Journal of Industrial and Engineering Chemistry, 19, 316-321, 2013a.
- 470 Lin, Y., Wu, S., and Wang, D.: Hydrogen-methane production from pulp & paper sludge and
- 471 food waste by mesophilic-thermophilic anaerobic co-digestion, International Journal of
- 472 Hydrogen Energy, 38, 15055-15062, 2013b.
- 473 Lu, L., Ren, N., Zhao, X., Wang, H., Wu, D., and Xing, D.: Hydrogen production,
- 474 methanogen inhibition and microbial community structures in psychrophilic single-chamber
- 475 microbial electrolysis cells, Energy & Environmental Science, 4, 1329-1336, 2011.
- 476 Luo, G., Xie, L., Zou, Z., Wang, W., Zhou, Q., and Shim, H.: Anaerobic treatment of cassava
- 477 stillage for hydrogen and methane production in continuously stirred tank reactor (CSTR)

- under high organic loading rate (OLR), International Journal of Hydrogen Energy, 35, 11733-
- 479 11737, 2010.
- 480 McCarty, P. L.: One hundred years of anaerobic treatment, Anaerobic digestion, 1981.
- 481 Mizuno O, S. M., Suzuki K, Yaguchi J, Noike T. E: Effect of pH on Hydrogen Production
- 482 from Noodle Manufacturing Wastewater, Environ Eng Res (in Japanese), 37, 97-106, 2000.
- 483 Nathao, C., Sirisukpoka, U., and Pisutpaisal, N.: Production of hydrogen and methane by one
- 484 and two stage fermentation of food waste, International Journal of Hydrogen Energy, 38,
 485 15764-15769, 2013.
- 486 Nielsen AT, A. H., Bjorklund R, Dannetun H, Ejlertsson J, Ekedahl LG: Hydrogen
 487 production from organic waste, Int. J. Hydrogen Energy, 26, 547–550, 2001.
- 488 Okamoto, M., Miyahara, T., Mizuno, O., and Noike, T.: Biological hydrogen potential of
- 489 materials characteristic of the organic fraction of municipal solid wastes, Water Science and
- 490 Technology, 41, 25-32, 2000.
- 491 Payot R, G. E., Cailliez C, Gelhage E, Petitdemange H: Metabolism of cellobiose by
 492 Clostridium cellulolyticum growing in continuous culture: evidence for decreased NADH
 493 reoxidation as a factor limiting growth, Microbiology, 144, 375–384, 1998.
- Radjaram, B., and Saravanane, R.: Assessment of optimum dilution ratio for biohydrogen
 production by anaerobic co-digestion of press mud with sewage and water, Bioresource
 technology, 102, 2773-2780, 2011.
- Ramos, C., Buitrón, G., Moreno-Andrade, I., and Chamy, R.: Effect of the initial total solids
 concentration and initial pH on the bio-hydrogen production from cafeteria food waste,
 International Journal of Hydrogen Energy, 37, 13288-13295, 2012.
- 500 Reungsang, A., Sreela-or, C., and Plangklang, P.: Non-sterile bio-hydrogen fermentation
- 501 from food waste in a continuous stirred tank reactor (CSTR): Performance and population
- analysis, International Journal of Hydrogen Energy, 38, 15630-15637, 2013.
- Sahlström, L.: A review of survival of pathogenic bacteria in organic waste used in biogas
 plants, Bioresource technology, 87, 161-166, 2003.
- Saraphirom, P., and Reungsang, A.: Optimization of biohydrogen production from sweet
 sorghum syrup using statistical methods, International Journal of Hydrogen Energy, 35,
 13435-13444, 2010.
- Saripan, A. F., and Reungsang, A.: Simultaneous saccharification and fermentation of
 cellulose for bio-hydrogen production by anaerobic mixed cultures in elephant dung,
 International Journal of Hydrogen Energy, 39, 9028-9035, 2014.

- Schiel-Bengelsdorf, B., and Dürre, P.: Pathway engineering and synthetic biology using
 acetogens, FEBS Lett., 586, 2191-2198, 2012.
- 513 Shin, H.-S., Youn, J.-H., and Kim, S.-H.: Hydrogen production from food waste in anaerobic
- mesophilic and thermophilic acidogenesis, International Journal of Hydrogen Energy, 29,
- 515 1355-1363, 2004.
- Shiwei, X.: Analysis of China food consumption and waste, food and nutrition in China 11,4-8, 2005.
- 518 Switzenbaum MS, G.-G. E., Hickey RF: Monitoring of the anaerobic methane fermentation
- 519 process. Enzyme Microbial Technology, Enzyme Microbial Technology 12, 722–730, 1990.
- Tai, J., Zhang, W., Che, Y., and Feng, D.: Municipal solid waste source-separated collection
 in China: A comparative analysis, Waste management, 31, 1673-1682, 2011.
- 522 Tawfik, A., Salem, A., and El-Qelish, M.: Two stage anaerobic baffled reactors for bio-
- 523 hydrogen production from municipal food waste, Bioresource technology, 102, 8723-8726,
- **524** 2011.
- 525 Tawfik, A., and El-Qelish, M.: Key factors affecting on bio-hydrogen production from co-
- 526 digestion of organic fraction of municipal solid waste and kitchen wastewater, Bioresource527 technology, 2014.
- 528 Wang Lingen , Cheng Shengkui , LI Qunji , and Zengrang, X.: Tourist Dining Behavior in
- 529 Lhasa City, Resources Science, 35, 848-857, 2013.
- 530 Wang, Y.-Y., Ai, P., Hu, C.-X., and Zhang, Y.-L.: Effects of various pretreatment methods of
- 531 anaerobic mixed microflora on biohydrogen production and the fermentation pathway of
- 532 glucose, International Journal of Hydrogen Energy, 36, 390-396, 2011.
- Wongthanate, J., and Chinnacotpong, K.: Optimal Conditons for Biological Hydrogen
 Production from Food Waste, Environ. Eng. Res, 2015.
- Yasin, N. H. M., Man, H. C., Yusoff, M. Z. M., and Hassan, M. A.: Microbial
 characterization of hydrogen-producing bacteria in fermented food waste at different pH
 values, international journal of hydrogen energy, 36, 9571-9580, 2011.
- Yokoyama, H., Waki, M., Moriya, N., Yasuda, T., Tanaka, Y., and Haga, K.: Effect of
 fermentation temperature on hydrogen production from cow waste slurry by using anaerobic
 microflora within the slurry, Applied microbiology and biotechnology, 74, 474-483, 2007.
- 541 Zhang, L., Ban, Q., Li, J., and Xu, Y.: Assessment of Effects of Yeast Extract on Bio-
- 542 hydrogen Production from Anaerobic Activated Sludge, Int. J. Agric. Biol, 16, 1189-1193,
- 543 2014.

- 544 Zhang, R., El-Mashad, H. M., Hartman, K., Wang, F., Liu, G., Choate, C., and Gamble, P.:
- 545 Characterization of food waste as feedstock for anaerobic digestion, Bioresource technology,546 98, 929-935, 2007.
- 547 Zhu, H., Parker, W., Basnar, R., Proracki, A., Falletta, P., Béland, M., and Seto, P.:
- 548 Biohydrogen production by anaerobic co-digestion of municipal food waste and sewage
- sludges, International Journal of Hydrogen Energy, 33, 3651-3659, 2008.
- 550 Zoetemeyer RJ, M. A., Cohen A, Boelhouwer C: Product inhibition in the acid forming stage
- of the anaerobic digestion process, Water Research 16, 633-639, 1982.
- 552



*M stands for modelled bio-hydrogen production on the basis of Modified Gompertz Equation
Figure 1. Mesophilic and thermophilic Bio-Hydrogen Production with time



Figure 2. Effect of temperature on pH drop during incumation





598 Figure 4. Glucose consumption during incubation under mesophilic and thermophilic599 temperature





Figure 6. Increase in VFA concentration with time under mesophilic and thermophilic

⁶³⁴ temperatures



TABLE CONTENT

669670 Table 1. Properties of test materials

Table 1. Properties of test material

Parameter	Unit	Sludge	Food waste	Rice Waste	Noodles Waste	
TS	%	58.59	30.32	39.88	31.54	
VS	%	2.87	26.9	39.30	28.51	
Glucose	g/L	2.49	65.77	79.65	63.73	
COD	g/L	50	147.5	105	132	
Total Alkalinity	mg/L	3700	550	500	450	
VFA (mg/L)	mg/L	13950	2475	9000	1500	
pH		7.1	4.5	5.3	4.3	

						Hydrogen Yield			
Waste Type	Temperature	P (mL)	R _m (mL/h)	λ (h)	\mathbb{R}^2	mL/g VS Fed	mL/g VS Removed	mL/g COD Removed	mL/g glucose Removed
FW	37 °C	283.7	6.688	6.949	0.9971	17.59	<mark>80.11</mark>	47.28	18.02
	55 °C	350.1	26.42	11.39	0.9965	21.57	82.47	67.33	25.63
RW	37 °C	614.3	16.52	31.29	0.9819	32.76	56.36	66.77	44.90
	55 °C	130.2	6.325	21.1	0.9997	6.94	29.66	26.04	8.68
NW	37 °C	437.9	21.05	3.047	0.9987	15.26	23.40	109.48	27.65
	55 °C	656.9	20.41	5.935	0.9955	22.89	38.15	131.38	40.33

Table 2. Kinetic parameters and bio-hydrogen yield

Table 3. Comparison of Bio-hydrogen yield

Feed stock	Inoculum	Yield	Initial pH	Optimum pH	pH Management	Temperature (°C)	References
Food waste	Sludge	64.48 mL H ₂ / VS _{fed}	7	4.8-6.4	Not controlled	37	(Lin et al., 2013b)
Food waste	Sludge	$250 \ ml \ H_2 / VS_{removed}$	6.5	6.5-5.2	Not controlled	26	(Tawfik et al., 2011)
Food waste	Kitchen wastewater	$\begin{array}{l} 148 \pm 42 \ ml \\ H_2/COD_{removed} \end{array}$	5±03	5±0.3	Manually Controlled	40	(Tawfik and El- Qelish, 2014)
Food waste	Sludge	70 mL H ₂ /VS	5.5	5.5	Manually Controlled	55	(Shin et al., 2004)
Rice waste	Sludge	71mL H ₂ /VS	7	7	Not controlled	37	(Okamoto et al., 2000)
Rice waste	Sludge	134 mL H ₂ /VS	5.5	5.5	Manually Controlled	37	(Dong et al., 2009)
Food waste	Sludge	55 mL H ₂ /VS	7	6	Not controlled	55	(Nathao et al., 2013)
Rice waste	Sludge	346 mL H ₂ /g carbohydrates	4.5	4.5	Manually Controlled	37	(Fang et al., 2006)
Noodle Industry wastewater	Anaerobic microflora	1.47 mol H ₂ /mol hexose	4.5-8.5	5.2	Controlled	35	(Mizuno O, 2000)
Food waste	Sludge	44.83 mL H ₂ /g COD	8	8-4.5	Not Controlled	55	(Wongthanate and Chinnacotpong, 2015)
OFMSW	Sludge	$205 \text{ ml H}_2/\text{g VS}$ added	5.5	5.5	Automatic pH controller	55	(Chu et al., 2008)
Food waste	Sludge	82.47 mL/g VS Removed	7	7-4.4	Not Controlled	55	This study
Noodle waste	Sludge	131.38 mL/g COD Removed	7	7-4.4	Not Controlled	55	This study
Rice waste	Sludge	44.90 mL/g glucose Removed	7	7-4.3	Not Controlled	37	This study