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CONTACT INFORMATION

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ACADEMIC QUALIFICATION

2006/9-2011/7 Bachelor Degree, Major-Public Health, Minor-Acupuncture and
Moxibustion, Beijing University of Chinese Medicine
2011/9-2014/7 Master of Chinese Medicine, Beijing University of Chinese Medicine
2015/9-2018/7 Doctor of Philosophy in Chinese Medicine, Beijing University of
Chinese Medicine

PROFESSIONAL QUALIFICATIONS

2014/12 Licensed and registered traditional Chinese medicine doctor, Ministry of
Health, China

POSITIONS HELD

2018/10 - Present Post-doctoral Fellow, School of Chinese Medicine, The University
of Hong Kong

RESEARCH INTEREST

Clinical and mechanism study of acupuncture for depression

Epidemiological study of TCM for mental disorders

PUBLICATIONS (* *corresponding author*)

Journal Papers:

(1) **Yang XJ**, Gong WJ, Ma XH, Wang SH, WangXQ, Guo TW, Guo Z, Sun Y, Li J, Zhao BC, Tu Y*. Factor analysis of electroacupuncture and selective serotonin reuptake inhibitors for major depressive disorder: an 8-week controlled clinical trial. *Acupuncture in medicine*. doi:10.1136/acupmed-2017-011412.

(2) **Yang XJ**, Guo Z, Lu J, Zhao BC, Fei YT, Li J, Jiang HL, Sun L, Wang Y, Sun Y, BaoTY*. The Role of MAPK and Dopaminergic Synapse Signaling Pathways in Antidepressant Effect of Electroacupuncture Pretreatment in Chronic Restraint Stress Rats[J]. *Evidence-based Complementary and Alternative Medicine : eCAM*, 2017, 2017(4):1-9.

(3) Li J, Wang ZJ, Hwang JW, Zhao BC, **Yang XJ**, Xin SC, Wang Y, Jiang HL, Shi P, Zhang Y, Wang X, Lang C, Park J, Bao TY*, Kong J**. Anatomical brain difference of subthreshold depression in young and middle-aged individuals[J]. *Neuroimage Clinical*, 2017, 14(C):546-551.

(4) Jiang HL, Zhang XH, Wang Y, Zhang HM, Li J, **Yang XJ**, Zhao BC, Zhang CT, Yu M, Xu MM, Yu QY, Liang XC, Li X, Shi P, Bao TY*. Mechanisms Underlying the Antidepressant Response of Acupuncture via PKA/CREB Signaling Pathway.[J]. *Neural Plasticity*,2017,(2017-4-16), 2017, 2017(1):1-11.

(5) Wang Y, Jiang HL, Meng H, Li J, **Yang XJ**, Zhao BC, Sun Y, Bao TY*. Antidepressant Mechanism Research of Acupuncture: Insights from a Genome-Wide Transcriptome Analysis of Frontal Cortex in Rats with Chronic Restraint Stress[J]. *Evid Based Complement Alternat Med*, 2017, 2017(1):1676808.

(6) Wang Y, Jiang HL, Meng H, Lu J, Li J, Zhang XH, **Yang XJ**, Zhao BC, Sun Y, Bao TY*. Genome-wide transcriptome analysis of hippocampus in rats indicated that TLR/NLR signaling pathway was involved in the pathogenesis of depressive disorder induced by chronic restraint stress.[J]. *Brain Research Bulletin*, 2017, 134:195.

(7) Guo TW, Guo Z, Zhang WY, Ma WH, **Yang XJ**, Yang XQ, Hwang JW, He XT, Chen XY, Tu Y*. Electroacupuncture and cognitive behavioural therapy for sub-syndromal depression among undergraduates: a controlled clinical trial:[J]. *Acupuncture in Medicine*, 2016, 34(5):356-363.

(8) Hwang JW, Xin SC, Ou YM, Zhang WY, Liang YL, Chen J, Yang XQ, Chen XY, Guo TW, **Yang XJ**, Ma WH, Li J, Zhao BC, Tu Y *, Kong J **. Enhanced default mode network connectivity with ventral striatum in subthreshold depression individuals.[J]. *Journal of Psychiatric Research*, 2016, 76:111-120.

(9) Guo Z, Tu Y*, Guo TW, Wu YC, Yang XQ, Sun L, **Yang XJ**, Zhang WY, Wang Y, Zhang XH. Electroacupuncture pretreatment exhibits anti-depressive effects by regulating hippocampal proteomics in rats with chronic restraint stress[J]. *Neural Regeneration Research*, 2015, 10(8):1298-1304.

(10) Guo TW, Guo Z, **Yang XJ**, Sun L, Wang SH, A.YG, He XT, Tu Y*. The Alterations of IL-1Beta, IL-6, and TGF-Beta Levels in Hippocampal CA3 Region of Chronic Restraint Stress Rats after Electroacupuncture (EA) Pretreatment[J]. *Evidence-Based Complementray and Alternative Medicine*, 2014,(2014-3-25), 2014, 2014(2014):369158.

(11)**Yang XJ**, Yang XQ, Chen J, Zhang WY, Ma XH, Wang SH, Guo Z, Guo TW, MaWH, Sun L, WuQ, TuY*. Study on the Correlation between Life Events and Depressive Status of Community Residents in Beijing, *Chinese Journal of Behavioral Medicine and Brain Science*. 2013, 22(11):1017-1019. (In Chinese)

Conference Abstract

(1) **Yang XJ**, Sun LL, Guo Z, Wang SH, Ma HF, Meng FX, He XT, Liu C, LEE YS, Bao WY, Tu Y*. The Anti-depressive Mechanism of Electroacupuncture (EA) on The RAS-MEK-ERK Signal Pathway. *The Journal of Alternative and Complementary Medicine*, Volume 19, Number 7, 2013, pp. A1-A50.

(2) **Yang XJ**, Yang XQ, Guo Z, Sun LL, Wang SH, Liu Y, Tu Y*. Effectiveness of an electroacupuncture early intervention in community residents in depressive state: Results from an eight weeks PRCT study. *Research in Complementary Medicine*. 2013.20(p1).

(3) **Yang XJ**, Ma XH, Guo Z, Wang SH, Zhang WY, Guo TW, Chen J, Sun L, WangY, Zhang XH, Zhang CT, Sun LL, Tu Y*. Effects of Eletroacupuncture (EA) Combined with Antidepressants on Depression: A Randomized Controlled Trial. *Journal of Alternative and Complementary Medicine*, 2014, 20(6)pp.A1-A149. DOI: 10.1089/acm.2014.5000. abstracts.

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聯絡方法

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學歷

2006/9-2011/7 本科 主修: 公共衛生 輔修: 針灸學 北京中醫藥大學

2011/9-2014/7 醫學碩士 中醫針灸推拿學 北京中醫藥大學

2015/9-2018/7 醫學博士 中醫針灸推拿學 北京中醫藥大學

專業資格

2014/12 中華人民共和國衛生部執業中醫師、註冊中醫師

職務

2018/10-現在 香港大學中醫藥學院博士後研究員

研究領域

針刺抗抑鬱的臨床和作用機理研究

中醫藥治療精神疾患的流行病學研究

發表著作

期刊發表

(1) **Yang XJ**, Gong WJ, Ma XH, Wang SH, WangXQ, Guo TW, Guo Z, Sun Y, Li J, Zhao BC, Tu Y*. Factor analysis of electroacupuncture and selective serotonin reuptake inhibitors for major depressive disorder: an 8-week controlled clinical trial. Acupuncture in medicine. doi:10.1136/acupmed-2017-011412.

(2) **Yang XJ**, Guo Z, Lu J, Zhao BC, Fei YT, Li J, Jiang HL, Sun L, Wang Y, Sun Y, BaoTY*. The Role of MAPK and Dopaminergic Synapse Signaling Pathways in Antidepressant Effect of Electroacupuncture Pretreatment in Chronic Restraint Stress

Rats[J]. Evidence-based Complementary and Alternative Medicine : eCAM, 2017, 2017(4):1-9.

(3) Li J, Wang ZJ, Hwang JW, Zhao BC, **Yang XJ**, Xin SC, Wang Y, Jiang HL, Shi P, Zhang Y, Wang X, Lang C, Park J, Bao TY*, Kong J**. Anatomical brain difference of subthreshold depression in young and middle-aged individuals[J]. Neuroimage Clinical, 2017, 14(C):546-551.

(4) Jiang HL, Zhang XH, Wang Y, Zhang HM, Li J, **Yang XJ**, Zhao BC, Zhang CT, Yu M, Xu MM, Yu QY, Liang XC, Li X, Shi P, Bao TY*. Mechanisms Underlying the Antidepressant Response of Acupuncture via PKA/CREB Signaling Pathway.[J]. Neural Plasticity,2017,(2017-4-16), 2017, 2017(1):1-11.

(5) Wang Y, Jiang HL, Meng H, Li J, **Yang XJ**, Zhao BC, Sun Y, Bao TY*. Antidepressant Mechanism Research of Acupuncture: Insights from a Genome-Wide Transcriptome Analysis of Frontal Cortex in Rats with Chronic Restraint Stress[J]. Evid Based Complement Alternat Med, 2017, 2017(1):1676808.

(6) Wang Y, Jiang HL, Meng H, Lu J, Li J, Zhang XH, **Yang XJ**, Zhao BC, Sun Y, Bao TY*. Genome-wide transcriptome analysis of hippocampus in rats indicated that TLR/NLR signaling pathway was involved in the pathogenesis of depressive disorder induced by chronic restraint stress.[J]. Brain Research Bulletin, 2017, 134:195.

(7) Guo TW, Guo Z, Zhang WY, Ma WH, **Yang XJ**, Yang XQ, Hwang JW, He XT, Chen XY, Tu Y*. Electroacupuncture and cognitive behavioural therapy for sub-syndromal depression among undergraduates: a controlled clinical trial:[J]. Acupuncture in Medicine, 2016, 34(5):356-363.

(8) Hwang JW, Xin SC, Ou YM, Zhang WY, Liang YL, Chen J, Yang XQ, Chen XY, Guo TW, **Yang XJ**, Ma WH, Li J, Zhao BC, Tu Y *, Kong J **. Enhanced default mode network connectivity with ventral striatum in subthreshold depression individuals.[J]. Journal of Psychiatric Research, 2016, 76:111-120.

(9) Guo Z, Tu Y*, Guo TW, Wu YC, Yang XQ, Sun L, **Yang XJ**, Zhang WY, Wang Y, Zhang XH. Electroacupuncture pretreatment exhibits anti-depressive effects by regulating hippocampal proteomics in rats with chronic restraint stress[J]. Neural Regeneration Research, 2015, 10(8):1298-1304.

(10) Guo TW, Guo Z, **Yang XJ**, Sun L, Wang SH, A.YG, He XT, Tu Y*. The Alterations of IL-1Beta, IL-6, and TGF-Beta Levels in Hippocampal CA3 Region of Chronic Restraint Stress Rats after Electroacupuncture (EA) Pretreatment[J]. Evidence-Based

Complementary and Alternative Medicine,2014,(2014-3-25),2014,
2014(2014):369158.

(11) 楊昕婧,楊學琴,陳捷,張文悅,馬學紅,王思涵,郭卓,郭天蔚,馬文昊,孫嵐,吳遷,圖
姪*.北京市社區居民生活事件與抑鬱狀態的相關性研究[J].中華行為醫學與腦科
學.2013,22(11):1017-1019.

會議發表

(1) **Yang XJ**, Sun LL, Guo Z, Wang SH, Ma HF, Meng FX, He XT, Liu C, LEE YS, Bao WY, Tu Y*.The Anti-depressive Mechanism of Electroacupuncture (EA) on The RAS-MEK-ERK Signal Pathway. The Journal of Alternative and Complementary Medicine, Volume 19, Number 7, 2013, pp. A1-A50 .

(2) **Yang XJ**, Yang XQ, Guo Z, Sun LL, Wang SH, Liu Y, Tu Y*. Effectiveness of an electroacupuncture early intervention in community residents in depressive state: Results from an eight weeks PRCT study. Research in Complementary Medicine.2013.20(p1).

(3) **Yang XJ**, Ma XH, Guo Z, Wang SH, Zhang WY, Guo TW, Chen J, Sun L, WangY, Zhang XH, Zhang CT, Sun LL, Tu Y*. Effects of Electroacupuncture (EA) Combined with Antidepressants on Depression: A Randomized Controlled Trial. Journal of Alternative and Complementary Medicine,2014,20(6)pp.A1-A149. DOI: 10.1089/acm.2014.5000. abstracts.