NOTE: Please save this file locally before filling in the table, DO NOT work on the file within your internet browser as changes will not be saved. Adobe Acrobat Reader (available free here) is recommended for completion.

The ARRIVE guidelines 2.0: author checklist

The ARRIVE Essential 10

These items are the basic minimum to include in a manuscript. Without this information, readers and reviewers cannot assess the reliability of the findings.

Item		Recommendation	Section/line number, or reason for not reporting
Study design	1	For each experiment, provide brief details of study design including: a. The groups being compared, including control groups. If no control group has been used, the rationale should be stated. b. The experimental unit (e.g. a single animal, litter, or cage of animals).	Chronic unpredictable mild stress protocol and experimental designs/Line 157-158 Chronic unpredictable mild stress protocol and experimental designs/Line155-156
Sample size	2	a. Specify the exact number of experimental units allocated to each group, and the total number in each experiment. Also indicate the total number of animals used. b. Explain how the sample size was decided. Provide details of any *a priori* sample size calculation, if done.	Chronic unpredictable mild stress protocol and experimental designs/Line158 According to the pilot data, mean&SD：343.8±155.5（T2DM group);121.8±44.55（T2DM+CUMS group). To achieve power=0.9 and alpha =0.05 to detect this
Inclusion and exclusion criteria	3	a. Describe any criteria used for including and excluding animals (or experimental units) during the experiment, and data points during the analysis. Specify if these criteria were established *a priori.* If no criteria were set, state this explicitly. b. For each experimental group, report any animals, experimental units or data points not included in the analysis and explain why. If there were no exclusions, state so. c. For each analysis, report the exact value of *n* in each experimental group.	Chronic unpredictable mild stress protocol and experimental designs/Line142-143 Chronic unpredictable mild stress protocol and experimental designs/Line158-160 Validation of CUMS mice model/Line 164,172,180,190;Western blotting/Line 221; Total RNA extraction and quantification by qPCR/Line 238;Histopathological
Randomisation	4	a. State whether randomisation was used to allocate experimental units to control and treatment groups. If done, provide the method used to generate the randomisation sequence. b. Describe the strategy used to minimise potential confounders such as the order of treatments and measurements, or animal/cage location. If confounders were not controlled, state this explicitly.	The high fed streptozotocin mice model/Line 130-131 The high fed streptozotocin mice model/Line 137-138; Chronic unpredictable mild stress protocol and experimental designs/Line 153-154; Open field test/Line 168-169
Blinding	5	Describe who was aware of the group allocation at the different stages of the experiment (during the allocation, the conduct of the experiment, the outcome assessment, and the data analysis).	N/A
Outcome measures	6	a. Clearly define all outcome measures assessed (e.g. cell death, molecular markers, or behavioural changes). b. For hypothesis-testing studies, specify the primary outcome measure, i.e. the outcome measure that was used to determine the sample size.	Western blotting/Line 225-234 N/A
Statistical methods	7	a. Provide details of the statistical methods used for each analysis, including software used. b. Describe any methods used to assess whether the data met the assumptions of the statistical approach, and what was done if the assumptions were not met.	Statistical analysis/Line260-264 Statistical analysis/Line260-264
Experimental animals	8	a. Provide species-appropriate details of the animals used, including species, strain and substrain, sex, age or developmental stage, and, if relevant, weight. b. Provide further relevant information on the provenance of animals, health/immune status, genetic modification status, genotype, and any previous procedures.	Animals/Line124-127 Animals/Line124-127
Experimental procedures	9	For each experimental group, including controls, describe the procedures in enough detail to allow others to replicate them, including: a. What was done, how it was done and what was used. b. When and how often. c. Where (including detail of any acclimatisation periods). d. Why (provide rationale for procedures).	The high fed streptozotocin mice model/Line 130-144；Chronic unpredictable mild stress protocol and experimental designs/Line 147-160 The high fed streptozotocin mice model/Line 130-144；Chronic unpredictable mild stress protocol and experimental designs/Line 147-160 The high fed streptozotocin mice model/Line 130-144；Chronic unpredictable mild stress protocol and experimental designs/Line 147-160 The high fed streptozotocin mice model/Line 130-144；Chronic unpredictable mild stress protocol and experimental designs/Line 147-160
Results	10	For each experiment conducted, including independent replications, report: a. Summary/descriptive statistics for each experimental group, with a measure of variability where applicable (e.g. mean and SD, or median and range). b. If applicable, the effect size with a confidence interval.	Results/Line267-367 Results/Line267-367

The Recommended Set

These items complement the Essential 10 and add important context to the study. Reporting the items in both sets represents best practice.

Item		Recommendation	Section/line number, or reason for not reporting
Abstract	11	Provide an accurate summary of the research objectives, animal species, strain and sex, key methods, principal findings, and study conclusions.	Line26-48
Background	12	a. Include sufficient scientific background to understand the rationale and context for the study, and explain the experimental approach. b. Explain how the animal species and model used address the scientific objectives and, where appropriate, the relevance to human biology.	Line51-120 Line51-120
Objectives	13	Clearly describe the research question, research objectives and, where appropriate, specific hypotheses being tested.	Line117-120
Ethical statement	14	Provide the name of the ethical review committee or equivalent that has approved the use of animals in this study, and any relevant licence or protocol numbers (if applicable). If ethical approval was not sought or granted, provide a justification.	The animal study was reviewed and approved by The Animal Care and Use Committee in Shanghai Sixth People's Hospital.
Housing and husbandry	15	Provide details of housing and husbandry conditions, including any environmental enrichment.	Line125-127
Animal care and monitoring	16	a. Describe any interventions or steps taken in the experimental protocols to reduce pain, suffering and distress. b. Report any expected or unexpected adverse events. c. Describe the humane endpoints established for the study, the signs that were monitored and the frequency of monitoring. If the study did not have humane endpoints, state this.	Mice tolerate streptozotocin differently due to individual differences, and some mice may suffer or even die when a diabetes model is constructed, and the blood glucose may be too high, so the dose of streptozotocin needs Excessive doses of streptozotocin may induce the development of T1DM and cause death in mice After the injection of streptozotocin, if the mice are found to have a hunched posture and vertical hair, they need to be given an intraperitoneal injection of 10% glucose immediately to prevent them from dying due
Interpretation/ scientific implications	17	a. Interpret the results, taking into account the study objectives and hypotheses, current theory and other relevant studies in the literature. b. Comment on the study limitations including potential sources of bias, limitations of the animal model, and imprecision associated with the results.	Discussion/Line370-509 Mice tolerate streptozotocin differently due to individual differences, and some mice may suffer or even die when a diabetes model is constructed, and the blood glucose may be too high, so the dose of streptozotocin needs
Generalisability/ translation	18	Comment on whether, and how, the findings of this study are likely to generalise to other species or experimental conditions, including any relevance to human biology (where appropriate).	The UCMS model was developed to study the multiple disturbances caused by long-term exposure to stress. Thus, the aim of this model is to replicate a depression-like state that develops gradually with chronic stress, which is thought to be a major factor in the development of clinical depression. Thus, the UCMS model has structural validity
Protocol registration	19	Provide a statement indicating whether a protocol (including the research question, key design features, and analysis plan) was prepared before the study, and if and where this protocol was registered.	N/A
Data access	20	Provide a statement describing if and where study data are available.	N/A
Declaration of interests	21	a. Declare any potential conflicts of interest, including financial and non-financial. If none exist, this should be stated. b. List all funding sources (including grant identifier) and the role of the funder(s) in the design, analysis and reporting of the study.	No conflicts This work was supported by the Shanghai Municipal Science Commission [grant number 19411971700].