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1 **Toward bioenergy recovery from waste activated sludge: Improving**  
2 **bio-hydrogen production and sludge reduction by pretreatment**  
3 **coupled with anaerobic digestion-microbial electrolysis cells**

4

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32

### 33 **Abstract**

34 In this study, a novel technology named pretreatment coupled with anaerobic  
35 digestion-microbial electrolysis cells (AD-MECs) for waste activated sludge (WAS)  
36 reduction and renewable bioenergy recovery has been investigated. Results showed  
37 that, compared with the control pretreatment, the three pretreatment methods used had  
38 greatly enhanced the performance of AD-MECs process, and efficient sludge  
39 reduction was achieved, especially in heat-alkaline pretreatment, 36.9% and 46.7%  
40 for total suspended solid (TSS) and volatile suspended solid (VSS) removal in 6 days.  
41 MECs fed with fermented WAS, displayed positive potential for bioenergy recovery,  
42 and the highest bio-hydrogen yield was 20.30 mg H<sub>2</sub>/g VSS. Kinetic models indicated  
43 that with initial concentrations of soluble organic matters increasing, the bio-hydrogen  
44 yields of MECs increased linearly (  $R^2 = 0.8903 \sim 0.9742$  ). The results above  
45 suggested that the novel technology proposed in this work showed attractive potential  
46 for renewable bioenergy recovery and sludge reduction.

47 **Keywords:** Anaerobic digestion, Microbial electrolysis cells, Waste activated  
48 sludge, Sludge reduction, Bioenergy recovery.

49

## 50 1. Introduction

51 The industrialisation and current population growth have led to rapidly  
52 increasing energy consumption.<sup>1</sup> In 2008, 88% of world energy demand was supplied  
53 by fossil fuels, such as oil (35%), coal (29%) and natural gas (24%).<sup>2</sup> However, the  
54 depletion of coal supply is predicted by 2112, and depletion of oil and gas reserves by  
55 2042, thus, a rapid transition to renewable energy is needed in the near future.<sup>3</sup> Based  
56 on renewable energy production and emissions reduction of the greenhouse gas,  
57 energy dependency, associated with fossil fuels, has made anaerobic digestion (AD)  
58 of renewable biomass as an attractive option.<sup>4,5</sup> Thus, biogas, especially  
59 bio-hydrogen, produced from renewable biomass by the potential mean of AD process  
60 has received intense attention.<sup>6,7</sup>

61 Recently, waste activated sludge (WAS) as the operation by-product of  
62 wastewater treatment plants (WWTPs), its production has been increased significantly  
63 with the rapid development of population and urbanization.<sup>8,9</sup> At present, although  
64 some approaches (landfill, incineration, land-use, etc.) could effectively solve the  
65 WAS problems, the effects followed are not friendly to both environment and  
66 ecosystem.<sup>1,10,11</sup> Meanwhile, costs of treatment methods mentioned above are very  
67 high, accounting for approximately 40-60% operation cost of WWTPs.<sup>10</sup> Thus, it is  
68 particularly important to develop effective and environmental techniques for WAS  
69 treatment.

70 The WAS can be used as a source of valuable chemical productions, but the main

71 feature may be as promising feedstocks for renewable biofuels.<sup>1</sup> Currently, lots of  
72 researches have investigated the efficiencies of biogas and nutrients recoveries by AD  
73 process from WAS.<sup>1, 7-15</sup> However, it is well known that WAS hydrolysis is the  
74 rate-limiting step, resulting in low efficiency but high cost.<sup>8-15</sup> With the purpose to  
75 enhance the performance of AD process, a series of researches on WAS pretreatment  
76 have been done, aiming to improve WAS hydrolysis, such as biological, chemical,  
77 mechanical and co-digestion, etc.<sup>9, 12, 16-18</sup> In order to further improve WAS utilization,  
78 some previous studies have reported that it is possible to make the fermented liquid  
79 (mainly consisted of soluble protein, soluble carbohydrate, volatile fatty acids (VFAs),  
80 etc.) of WAS as the substrates for microbial electrolysis cells (MECs) to produce  
81 bio-hydrogen.<sup>19, 20</sup> However, one significant shortage of above researches is that the  
82 efficiency of sludge reduction has not been investigated. And another is that, though  
83 the positive effects of bioenergy recovery can be achieved, membrane filtration of  
84 fermented WAS is needed, while using the fermented liquid as the substrate for MECs,  
85 which leads to complicate bio-hydrogen production line and increase operation cost.  
86 Therefore, it is essential and meaningful to look for innovation and improved process.

87 Based on the knowledge obtained from previous investigations, making  
88 fermented WAS as the substrate of MECs directly for bio-hydrogen production, on  
89 one hand, could enhance the buffering capacity of the AD process, improve bioenergy  
90 production, and increase the positive synergisms established in the digesters, on the  
91 other hand, would improve the utilization efficiency of existing digesters at WWTPs  
92 and reduce the collection and transport cost of other decentralized organic matter.<sup>13, 21</sup>

93 However, little information is available regarding the pretreatment coupled with  
94 AD-MECs for bioenergy recovery and sludge reduction.

95 This work proposes to investigate the performances of pretreatment coupled with  
96 AD-MECs for sludge reduction and bioenergy recovery, while WAS is used as the  
97 substrate. The outcome of this study will establish some fundamentals that permit on  
98 the further exploration of novel bioenergy recovery and sludge reduction technique  
99 for the potential improvement of AD process.

100

## 101 **2. Materials and methods**

### 102 **2.1 WAS source and characteristics**

103 WAS used in this study was taken from the secondary sedimentation tank of  
104 Taiping Municipal Wastewater Treatment Plant running with anaerobic-anoxic-  
105 aerobic (A<sup>2</sup>/O) system, Harbin, China. The WAS firstly was thickened by  
106 gravitational sedimentation for 24 h at 4 °C, then screened with a 1 mm sieve to  
107 remove impurities, finally stored at 4 °C prior for later use and test. The main  
108 characteristics of WAS were: total suspended solids (TSS) 15.23 g/L, volatile  
109 suspended solids (VSS) 8.03 g/L, total chemical oxygen demand (TCOD) 13582  
110 mg/L, soluble chemical oxygen demand (SCOD) 267 mg/L, soluble protein 14 mg  
111 COD/L, soluble carbohydrate 13.53 mg COD/L, VFAs 210 mg COD/L and pH 6.92.

112

### 113 **2.2 Potential technique for waste activated sludge treatment**

114 In this study, in order to simplify the previously employed processes for WAS

115 reduction,<sup>19, 20</sup> the fermented WAS obtained after 3-day anaerobic fermentation was  
116 directly added to MECs to produce hydrogen. The detailed technological process was  
117 shown in Fig.1. Firstly, three typical pretreatment methods (heat-alkaline, freeze-thaw  
118 and ultrasonication) were used to pretreat WAS respectively to enhance WAS  
119 hydrolysis. Secondly, each pretreated WAS was fermented by a continuous stirred  
120 tank reactor (CSTR) under anaerobic condition to enhance concentrations of soluble  
121 organic matters (mainly soluble protein, soluble carbohydrate, and VFAs, especially  
122 VFAs). Thirdly, fermented WAS was directly added into MECs to produce hydrogen.  
123 The whole process was named pretreatment coupled with AD-MECs process, which  
124 might be a positively potential technique for sludge reduction and renewable energy  
125 recovery from WAS.

126

### 127 **2.2.1 Pretreatment methods**

128 The detailed conditions for WAS pretreatment methods were: (1) The control  
129 was operated simultaneously with no pretreatment to WAS. (2) The heat-alkaline  
130 pretreatment was carried out by firstly adding NaOH with dosage 0.105 g/g VSS, then  
131 keeping 81 °C for 20 minutes.<sup>23</sup> (3) The freeze-thaw pretreatment was carried out by  
132 firstly freezing at -18 °C for 72 h, then thawing at ambient temperature, 22±2 °C.<sup>24</sup> (4)  
133 The ultrasonication pretreatment was carried out with power density 0.5 W/mL for 10  
134 minutes.<sup>25</sup> All treatments above were carried out in triplicate.

135

### 136 **2.2.2 Anaerobic digestion set-up and operations**

137 The CSTR, whose maximum working volume was 2.0 L, was used as anaerobic  
138 fermentation reactor. And the working volume was 1.0 L in this work. The operation  
139 conditions were: temperature  $35 \pm 2$  °C, stirring rate 110-120 r/min, sludge retention  
140 time (SRT) 72 h.<sup>26</sup> Nitrogen gas was introduced to the reactors for 15 min to remove  
141 oxygen, and all tests were also carried out in triplicate.

142

### 143 **2.2.3 MECs set-up and operations**

144 MECs used in this study were set up on the basis of previous study.<sup>19</sup> And the  
145 working volume was 40 mL, including a 28 mL chamber (3 cm diameter  $\times$  4 cm  
146 length) and a 10 mL injection syringe (total volume 12 mL). The detailed parameters  
147 of anode and cathode can be found in the previous publication.<sup>20</sup> In this work, there  
148 were 12 single chamber MECs. The MECs were inoculated by WAS mentioned in  
149 Section 2.1 and were fed with acetate in start-up stage.<sup>28</sup> The detailed information on  
150 start-up of MECs could be found in the research of Liu et al.<sup>19</sup>. After the start-up of  
151 MECs, every 3 MECs were operated in parallel, resulting in four groups, named  
152 control, heat-alkaline, freeze-thaw and ultrasonication pretreatments, respectively.  
153 Then fermented WAS was used as carbon source for hydrogen production in 72-h  
154 batch operations. All MECs were synchronously operated for three cycles. And the  
155 operation temperature were  $22 \pm 2$  °C, ambient temperature.

156

### 157 **2.3 Analytical methods**

158 WAS samples were centrifuged at 10000 rpm for 10 minutes, then supernatant



159 samples were filtered by 0.45  $\mu\text{m}$  cellulose nitrate membrane filters and finally  
160 filtrated samples were stored at 4  $^{\circ}\text{C}$  prior to analysis, of which, the VFAs, soluble  
161 carbohydrate and protein were analyzed immediately. Measurement methods for TSS,  
162 VSS, SCOD, TCOD, VFAs, soluble carbohydrate, soluble protein and pH could be  
163 found in the previous publications.<sup>17, 20</sup> VFAs were recorded as the sum of acetic  
164 (HAc), propionic (HPr), n-butyric (n-HBu), iso-butyric (iso-HBu), n-valeric (n-HVa),  
165 and iso-valeric acids (iso-HVa). Soluble carbohydrate, soluble protein and VFAs  
166 concentrations were converted to chemical demand oxygen (COD) with unit of  
167 mgCOD/L. And details about COD conversion coefficients were the same as the  
168 previous publications.<sup>20</sup> Measurement methods of currents, and both volume and  
169 component of gas produced by MECs were consistent with the researches.<sup>19, 20</sup>

170

## 171 2.4 Calculation methods

172 Both energy and coulombic efficiencies were calculated to characterize the  
173 performance of MECs. Calculation methods of energy and coulombic efficiencies  
174 were consistent with the researches.<sup>19, 20</sup> Software SPSS 17.0 had been used to analyze  
175 experimental data.

176 The coulombic efficiency ( $CE$ ) was calculated by the following equation:

$$177 \quad CE = Q_C / Q_T \times 100\% \quad (1)$$

178 Where  $Q_C$  was current coulombs calculated by the equation  $Q = I \times t$ ,  $C$  and  $Q_T$   
179 was coulombs of acetate used,  $C$ .

180 Energy efficiency ( $\eta_E$ ) was calculated by the following equations:

$$181 \quad \eta_E = W_{H_2}/W_E \times 100\% \quad (2)$$

$$182 \quad W_{H_2} = n \times \Delta H \quad (3)$$

$$183 \quad W_E = Q \times E_{ap} \quad (4)$$

184 where  $W_{H_2}$  was the combustion heat of hydrogen produced, kJ,  $W_E$  was the  
 185 electricity input, kJ,  $n$  was the moles of hydrogen production under standard  
 186 conditions, mol,  $\Delta H$  was the combustion heat of 1 mol hydrogen, 285.83 kJ/mole  $H_2$ ,  
 187 and  $E_{ap}$  was the external voltage, 0.8V.

188 The removal efficiencies of both TSS and VSS, and average reduction rate of  
 189 both TSS and VSS were defined as the following equations:

$$190 \quad TSS \text{ removal} = (TSS_0 - TSS_t) / TSS_0 * 100\% \quad (5)$$

$$191 \quad VSS \text{ removal} = (VSS_0 - VSS_t) / VSS_0 * 100\% \quad (6)$$

$$192 \quad V_{TSS} = (TSS_0 - TSS_t) / t \quad (7)$$

$$193 \quad V_{VSS} = (VSS_0 - VSS_t) / t \quad (8)$$

194 Where  $TSS_0$  and  $VSS_0$  were the initial values, g/L, respectively,  $TSS_t$  and  $VSS_t$   
 195 were the end values, g/L, respectively, and  $t$  was the operating time of AD-MECs  
 196 process, 6 days.

197

### 198 **3. Results and discussion**

#### 199 **3.1 Performance of anaerobic fermentation and MECs start-up**

200 The characteristics of pretreated WAS after 3-day anaerobic fermentation were  
 201 shown in Table 1. As shown in Table 1, compared with control, SCOD concentrations  
 202 of other three pretreatments had been greatly enhanced, indicating these three

203 pretreatment methods could improve the WAS hydrolysis efficiently. It was consistent  
204 with the previous studies.<sup>22-27</sup> Also it could be concluded that heat-alkaline  
205 pretreatment could perform better than both freeze-thaw and ultrasonication  
206 pretreatments, while SCOD concentration obtained in heat-alkaline pretreatment were  
207 2.4 and 1.5 times more than freeze-thaw and ultrasonication pretreatment, respectively.  
208 The possible reason was that, compared with freeze-thaw and ultrasonication  
209 pretreatments, the release of intracellular and/or extracellular constituents from the  
210 cells and/or extracellular polymeric substances (EPSs) to suspension was more  
211 effective in heat-alkaline pretreatment, and then WAS hydrolysis/acidification was  
212 much improved.<sup>14-17, 23</sup> By analyzing the components of SCOD in Table 1, it was  
213 obvious that VFAs was the highest soluble component in the fermented WAS, 67.9%  
214 for control, 40.6% for heat-alkaline pretreatment, 56.1% for freeze-thaw pretreatment  
215 and 50.1% for ultrasonication pretreatment. As exhibits in Fig. 2(a), except for control  
216 pretreatment, the percentages of HAc were relatively higher than other five  
217 components of VFAs mentioned in Section 2.3, especially heat-alkaline and  
218 ultrasonication pretreatments, accounted for 44.4% and 45.9%, respectively. Wang et  
219 al. had reported that VFAs were easy to be utilized by MECs to produce hydrogen.<sup>19,</sup>  
220 <sup>20</sup> Thus, compared with control, the pretreatment methods had positively enhanced  
221 efficiencies of anaerobic fermentation processes of WAS, and suggested the feasible  
222 potential using fermented WAS in MECs.

223 Liu et al. had reported that it could obtain positive effects, while acetate was used  
224 as the carbon source for MECs start-up.<sup>28</sup> The 12 MECs were performed as replicates

225 using acetate for anodic biofilm enrichment. Fig. 2(b) depicts SCOD removal,  
226 coulombic efficiencies, energy efficiencies and hydrogen production rate of MECs at  
227 start-up stage. As shown in Fig.2(b), coulombic efficiencies of all MECs were  
228 stabilized at  $108.3 \pm 5.2\%$ , the corresponding SCOD removal and energy efficiencies  
229 were  $86.1 \pm 2.1\%$  and  $121.3 \pm 9.9\%$  with current peak ( $4.12 \pm 0.33$ ) mA, respectively. All  
230 MECs had similar abilities to convert acetate to hydrogen,  $0.91 \pm 0.08 \text{ m}^3/(\text{m}^3 \text{ d})$  at  
231 24-h retention time. Results above indicated that MECs had been started up  
232 successfully. <sup>19</sup> After MECs start-up, these 12 MECs were divided into four groups,  
233 three MECs of each group operated in parallel for hydrogen production by feeding  
234 with fermented WAS, named G1 (control pretreatment), G2 (heat-alkaline  
235 pretreatment), G3 (freeze-thaw pretreatment) and G4 (ultrasonication pretreatment),  
236 respectively.

237

### 238 **3.2 Performance of AD-MECs on sludge reduction**

239 Currently, biological methods, especially anaerobic fermentation, are given  
240 priority to achieve sludge reduction. <sup>1, 10, 11</sup> In this paper, effects of a novel technology,  
241 named pretreatment coupled with AD-MECs, had been investigated for sludge  
242 reduction (Fig.3). As shown in Fig. 3(a), compared with raw WAS, TSS and VSS of  
243 experiment pretreatments were all reduced significantly, especially heat-alkaline  
244 pretreatment, the corresponding removal efficiencies were 36.9% and 46.7%,  
245 respectively. Ordering the TSS and VSS reductions were heat-alkaline >  
246 ultrasonication > freeze-thaw > control pretreatments. This was consistent with results

247 of anaerobic fermentation, indicating that WAS pretreatment had enhanced sludge  
248 reduction of AD-MECs process. The possible reason was that WAS  
249 hydrolysis/acidification greatly strengthened by pretreatment, then bio-hydrogen  
250 production and sludge reduction by AD-MECs process was positively enhanced.<sup>1, 29, 30</sup>

251 United States Environmental Protection Agency (USEPA) had reported that,  
252 when VSS removal efficiency was more than 38%, sludge reduction could be  
253 achieved.<sup>31, 32</sup> As shown in Fig. 3(b), both heat-alkaline and ultrasonication  
254 pretreatments coupled with AD-MECs for sludge reduction all met the USEPA  
255 standard, 46.7% and 43.9% for VSS removal, which were 2.56 and 2.40 times more  
256 than control pretreatment, respectively. Also, sludge reductions observed in  
257 heat-alkaline and ultrasonication pretreatments were higher than 38.7% for VSS  
258 reduction observed by Xiao et al.<sup>33</sup>, who had used microbial fuel cells (MFCs) to  
259 achieve sludge reduction. So just taking sludge reduction into consideration, both  
260 processes above were better choices.

261

### 262 **3.3 Bio-hydrogen production and energy recovery**

263 In recent years, many researchers have reported biogas production from WAS by  
264 AD process.<sup>1, 10-12, 15, 34-36</sup> A potential technique, AD-MECs process, were used to  
265 enhance bio-hydrogen production by feeding pretreated WAS in this work. Fig.4  
266 shows the bio-hydrogen production and energy efficiency. As shown in Fig. 4(a), in  
267 72-h retention time, the highest bio-hydrogen production rate was obtained in  
268 heat-alkaline pretreatment,  $0.67 \text{ m}^3 (\text{m}^3 \text{ d})^{-1}$ , then followed by ultrasonication and

269 freeze-thaw pretreatments. The possible reasons might be that, heat-alkaline  
270 pretreatment had enhanced WAS hydrolysis/acidification more effectively than the  
271 other two pretreatments, which provided the preferred substrate for MECs to produce  
272 bio-hydrogen<sup>19</sup>, and the different initial pH of different fermented WAS (Table 1),  
273 might also influence the performance of MECs.<sup>36-38</sup> Ruizv et al. had reported the  
274 effects of pH on hydrogen production of MECs fed with acetate, and results showed  
275 that pH control was beneficial for the MEC performance.<sup>37</sup> By contrast, Kyazze et al.  
276 have reported that at an applied voltage of 850 mV, the difference in hydrogen  
277 production rates at pHs 5, 7 and 9 was however not statistically significant at the  $P <$   
278 0.05 level.<sup>39</sup> Moreover, the microbial communities in different pretreatments might be  
279 not consistent, which might further influence the performances of MECs. Sun et al.  
280 had reported difference of the microbial communities of MECs directly fed with  
281 alkaline-pretreated WAS and raw WAS, and pretreatment method had caused positive  
282 effects on microbial communities to produce hydrogen.<sup>40</sup> Compared with the  
283 experimental pretreatments, the control pretreatment had the lowest hydrogen  
284 production rate, this may be caused by the following two reasons, on one hand,  
285 soluble organic matters, especially VFAs of control pretreatment were the lowest,  
286 leading to poorest activities of hydrogenogens in MECs, on the other hand, during the  
287 operation process, the hydrogen produced would be consumed by other  
288 microorganisms in MECs because of substrate deficiency.<sup>19, 41</sup>

289 The highest hydrogen yield was also obtained in heat-alkaline pretreatment,  
290 20.30 mg H<sub>2</sub>/g VSS (Fig. 4a), which was 2.38 and 1.84 times more than that obtained

291 in the previous researches reported by Liu et al.<sup>19</sup> and Wang et al.<sup>20</sup>. Meanwhile, the  
292 bio-hydrogen yield obtained in ultrasonication pretreatment was 1.82 and 1.40 times  
293 more than that obtained in the above studies, respectively<sup>19, 20</sup>. These attractive results  
294 might be attributed to the fact, compared with fermented liquid of WAS, microbial  
295 species contained in fermented WAS were much more abundant, some fermentative  
296 bacteria first utilized various sugars and amines to produce organic acids (e.g. acetate,  
297 propionate, and butyrate), which are subsequently metabolized by exoelectrogens for  
298 electricity generation.<sup>41, 42</sup> In the researches of both Lu et al. and Sun et al.,<sup>22, 40</sup>  
299 fermented WAS after alkaline pretreatment was used as substrate of MECs to produce  
300 bio-hydrogen. The bio-hydrogen yields were 15.08 mg H<sub>2</sub>/g VSS and 14.2 ± 0.4  
301 mg-H<sub>2</sub>/g VSS, respectively, which were equivalent with ultrasonication pretreatment  
302 (15.48 mg H<sub>2</sub>/g VSS) of this study, but lower than that in heat-alkaline pretreatment  
303 (20.30 mg H<sub>2</sub>/g VSS). This phenomenon might be attributed to the followings reasons.  
304 On one hand, compared with alkaline pretreatment, more positive effects of  
305 heat-alkaline pretreatment and equivalent effects of ultrasonication pretreatment on  
306 WAS hydrolysis/acidification achieved. On the other hand, the changes of microbial  
307 communities in MECs, which were caused by fermented WAS after heat-alkaline or  
308 ultrasonication pretreatments, might be more beneficial than that of alkaline  
309 pretreatment.<sup>43, 44</sup> Therefore, heat-alkaline and ultrasonication pretreatments coupled  
310 with AD-MECs performed well for bio-hydrogen production from WAS.

311 As shown in Fig. 4(b), it was obvious that energy efficiencies of other three  
312 pretreatments were higher than 100%, 129.8%, 107.9% and 117.7% for heat-alkaline,

313 freeze-thaw and ultrasonication pretreatments, respectively. Similar conclusions could  
 314 be found in previous publications,<sup>9, 20, 22</sup> positive energy recovery could be realized,  
 315 while using pretreated WAS as the substrate for MECs to produce bio-hydrogen. It  
 316 suggested that three pretreatment methods used in this study coupled with AD-MECs  
 317 for WAS treatment could achieve net energy recovery.

318

### 319 **3.4 Kinetic models**

320 In order to evaluate influences of initial concentrations of soluble protein, soluble  
 321 carbohydrate, and VFAs on bio-hydrogen yield of MECs, and the possible  
 322 relationships between TSS and VSS reduction and bio-hydrogen yields, software  
 323 SPSS17.0 was used to build mathematical statistical models. As shown in Fig. 5(a),  
 324 bio-hydrogen yield increased linearly with initial concentrations of soluble organic  
 325 matters increased, indicating that performance of AD stage was positive for enhancing  
 326 bio-hydrogen production in the MECs process. Relationships between initial  
 327 concentrations of soluble organic matters and bio-hydrogen yields can be expressed as  
 328 Eq. (9) by linear regression analysis.

$$\begin{cases}
 329 \quad Y_{IVFAsC} = 68.17X_{\text{hydrogen yield}} + 473.53, R^2 = 0.9742; \\
 330 \quad Y_{ISPC} = 64.75X_{\text{hydrogen yield}} + 27.14, R^2 = 0.9194; \\
 331 \quad Y_{ISCC} = 22.20X_{\text{hydrogen yield}} - 45.63, R^2 = 0.8903.
 \end{cases} \quad (9)$$

332 Where  $Y_{IVFAsC}$ ,  $Y_{ISPC}$  and  $Y_{ISCC}$  are initial VFAs, soluble protein, soluble  
 333 carbohydrate concentrations, respectively, mg/L. And  $X_{\text{hydrogen yield}}$  is bio-hydrogen  
 334 yield, mg H<sub>2</sub>/g VSS.



335 According to the kinetic slopes from Eq. (9), it was obvious that initial  
336 concentrations of VFAs presented more significant effect on bio-hydrogen production,  
337 then followed by soluble protein and soluble carbohydrate. This might be due to two  
338 reasons. Firstly, VFAs were the most suitable substrate for MECs to produce  
339 hydrogen in a WAS recycling system.<sup>19, 20, 40, 42</sup> Secondly, VFAs could be formed  
340 from protein and carbohydrate. Chen et al. had reported that HAc, n-HBu and HPr  
341 were formed directly from the fermentation of protein and carbohydrate, and the  
342 higher molecular weight SCFA such as n-HVa, were largely relevant to the  
343 fermentation of protein.<sup>15, 45</sup> Meanwhile, n-HBu, HPr and n-HVa were easily  
344 biodegraded to HAc in the anaerobic fermentation system.<sup>45, 46</sup> Thus, the kinetic  
345 models above indicated that the more concentrations of soluble organic matters in  
346 influent of MECs, the more bio-hydrogen produced.

347 Fig. 5(b) exhibits linear relationships between TSS and VSS removal efficiencies  
348 and bio-hydrogen yields. It can be observed that, VSS had higher removal efficiencies  
349 than that of TSS with same bio-hydrogen yields, meanwhile, TSS and VSS had higher  
350 removal efficiencies with higher bio-hydrogen yields. It was indicated that the organic  
351 matters of TSS and VSS were further converted to bio-hydrogen by the functional  
352 microorganisms in the MECs, resulting in an increased hydrogen production, as well  
353 as increased TSS and VSS removal efficiencies. Sun et al. had reported that the MECs  
354 fed with alkaline-pretreated WAS, had higher both hydrogen production and removal  
355 efficiencies of total solid (TS) and VSS than that fed with raw sludge.<sup>40</sup> The  
356 relationships between TSS and VSS removal efficiencies and bio-hydrogen yields can

357 be expressed as Eq. (10) by linear regression analysis.

$$\begin{cases} Y_{\text{VSS removal}} = 1.44X_{\text{hydrogen yield}} + 19.68, R^2 = 0.9621; \\ Y_{\text{TSS removal}} = 1.12X_{\text{hydrogen yield}} + 14.11, R^2 = 0.9179. \end{cases} \quad (10)$$

360 Where  $Y_{\text{TSS removal}}$  and  $Y_{\text{VSS removal}}$  are TSS and VSS removal efficiencies,

361 respectively, %. And  $X_{\text{hydrogen yield}}$  is hydrogen yield, mg  $\text{H}_2/\text{g}$  VSS.

362

### 363 **3.5 Outlook of this work**

364 A positively potential technique named pretreatment coupled with AD-MECs for  
365 renewable bio-hydrogen production and WAS reduction had been proposed in this  
366 work. Results showed that the process performed good efficiencies on both sludge  
367 reduction and bio-hydrogen production. The pretreatment methods were important to  
368 WAS utilization, however, few reports mentioned the subsequent effects to cascade  
369 utilization of WAS, which might be caused by initial treatment. Hereby, this study was  
370 designed to disclose the effects from WAS pretreatment to AD-MEC coupling system.

371 In our previous study, we had made the fermented liquid of WAS as the substrate  
372 of MECs for hydrogen production successfully,<sup>19,20</sup> and in the research of Sun et al.,  
373 alkaline pretreated WAS was directly used as substrate for MECs to improve  
374 hydrogen recovery from WAS.<sup>40</sup> In the study of Lu et al., alkaline pretreated WAS  
375 after 8-day fermentation had been used as the substrate for MECs to produce  
376 hydrogen from WAS.<sup>41</sup> Based on the previous studies, we proposed the process,  
377 named pretreatment coupled with AD-MECs, might be possible to enhance the  
378 bio-hydrogen production from WAS, and fortunately, satisfactory results (hydrogen

379 production and sludge reduction) had been achieved from this work. Compared with  
380 our previous works, MECs directly fed with fermented sludge, was simplified,  
381 cost-effective, and efficient.<sup>19, 20</sup> Compared with the research of Sun et al.,<sup>40</sup> we had  
382 separated soluble organic matters (soluble protein, soluble carbohydrate and VFAs,  
383 especially VFAs) accumulation stage (AD process) from hydrogen production stage  
384 (MECs), the former, hydrolysis and acidification stage, could provide the primary  
385 substrate for MECs to produce hydrogen. Meanwhile, in MECs, could achieve the  
386 syntrophic interactions obtained in the research of Sun et al..<sup>40</sup> And better  
387 performance achieved in our work had verified the positive effects of separated  
388 process. Compared with the research of Lu et al.,<sup>41</sup> we had investigated the  
389 possibility of high-solid WAS as the substrate for AD-MECs process. And according  
390 to our previous study,<sup>19, 20</sup> the operation time of AD-MECs process had been  
391 shortened, but better performances had been achieved, in addition, the sludge  
392 reduction had been investigated.

393 The better performances of the process proposed in this work might be that, on  
394 one hand, the pretreatment methods used were more effective for WAS hydrolysis and  
395 acidification, and then the hydrogen production of MECs was enhanced, on the other  
396 hand, the fermented WAS in MECs could further extend the anaerobic fermentation,  
397 which might form synergy effects between fermentation bacteria and bio-hydrogen  
398 bacteria, as the latter could easily use metabolites from the former to produce  
399 bio-hydrogen, then the bio-hydrogen production was improved. Thus, the proposed  
400 process in this work for bioenergy recovery and sludge reduction was of great

401 significance, and had application potential. However, this study just researched effects  
402 of AD-MECs process on performances of WAS reduction and bioenergy recovery. In  
403 the future, further study should be conducted to better understand the microbial  
404 response mechanisms of AD-MECs, while feeding with pretreated sludge, which was  
405 of great significance to gain insight into the proposed technology.

406

#### 407 **4. Conclusions**

408 In this work, the pretreatment coupled with AD-MECs were set up for bioenergy  
409 recovery and sludge reduction. Several interesting conclusions can be achieved as  
410 follows: (1) The maximum sludge reduction achieved in heat-alkaline pretreatment,  
411 36.9% and 46.7% for TSS and VSS removal, respectively. Sludge reduction of both  
412 heat-alkaline and ultrasonication pretreatments all met the USEPA standard. (2) MECs  
413 fed with fermented WAS, displayed positive potential for energy recovery, and the  
414 highest hydrogen yield and energy efficiency were 20.30 mgH<sub>2</sub>/g VSS and 129.8%,  
415 respectively, obtained in heat-alkaline pretreatment. (3) Kinetic models, built on linear  
416 regression techniques, indicated that with initial concentrations of soluble organic  
417 matters increased, the bio-hydrogen yields of MECs increased linearly (  $R^2 = 0.8903$   
418  $\sim 0.9742$  ). (4) The pretreatment coupled with AD-MECs process can not only  
419 enhance sludge reduction, but also improve bio-hydrogen production, suggesting a  
420 promising technology for WAS treatment.

421

#### 422 **Acknowledgements**

423 This research was supported by National Science Foundation for Distinguished  
424 Young Scholars (Grant No. 51225802), by Science Fund for Creative Research  
425 Groups (Grant No. 51121062), by National Natural Science Foundation of China  
426 (Grant No. 51208496), by “Hundred Talents Program” of the Chinese Academy of  
427 Sciences, and by Chinese Academy of Sciences (135 Project, Grant No.  
428 YSW2013B06), International S&T cooperation program (S2015GR1012).

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**Table 1. Characteristics of pretreated WAS after 3-day anaerobic digestion**

	pH	VFAs (mg COD/L)	Carbohydrate (mg COD/L)	Protein (mg COD/L)	SCOD (mg COD/L)
	Ave. $\pm$ St. Dev.	Ave. $\pm$ St. Dev.	Ave. $\pm$ St. Dev.	Ave. $\pm$ St. Dev.	Ave. $\pm$ St. Dev.
Control	6.86 $\pm$ 0.05	416.60 $\pm$ 45.65	13.66 $\pm$ 1.23	105.45 $\pm$ 34.22	613 $\pm$ 67
Heat-alkaline	7.93 $\pm$ 0.17	1833.31 $\pm$ 180.87	474.37 $\pm$ 45.33	1514.57 $\pm$ 143.22	4514 $\pm$ 123
Freeze-thaw	6.76 $\pm$ 0.15	1039.36 $\pm$ 54.33	52.93 $\pm$ 10.32	453.44 $\pm$ 86.03	1854 $\pm$ 56
Ultrasonication	6.47 $\pm$ 0.23	1507.74 $\pm$ 98.23	221.96 $\pm$ 14.67	794.32 $\pm$ 56.00	3012 $\pm$ 150

Note\*: St. Dev. is standard deviation. And ave. is average.



1 **Figure captions**

2

3 **Fig.1** Potential technique for waste activated sludge treatment

4 **Fig.2** Performance of anaerobic fermentation and MECs start-up. (a) Percentage

5 distribution of VFAs of pretreated WAS after anaerobic fermentation, (b) Performance  
6 of MECs start-up fed with acetate.

7 **Fig.3** Performance of AD-MECs on sludge reduction. (a) TSS and VSS changes after

8 AD-MECs process, (b) removal efficiencies and reduction rates of TSS and VSS.

9 **Fig.4** Biohydrogen production and energy recovery by AD-MECs process fed with

10 fermented WAS (a) Biohydrogen production, (b) energy efficiency.

11 **Fig.5** Mathematical models. (a) Relationships between initial concentrations of

12 soluble organic matters (soluble protein, carbohydrate and VFAs) and biohydrogen

13 yields, (b) Relationships between TSS and VSS reduction rates and biohydrogen

14 yields.

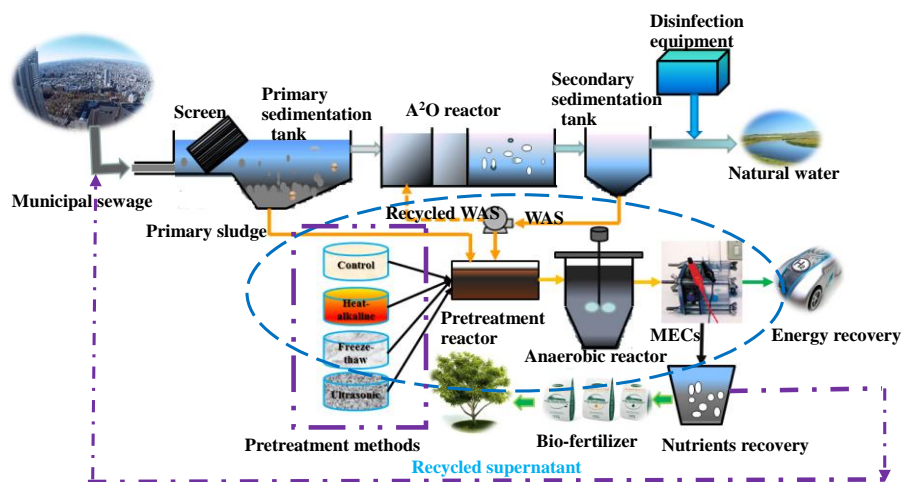
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18 **Fig.1**

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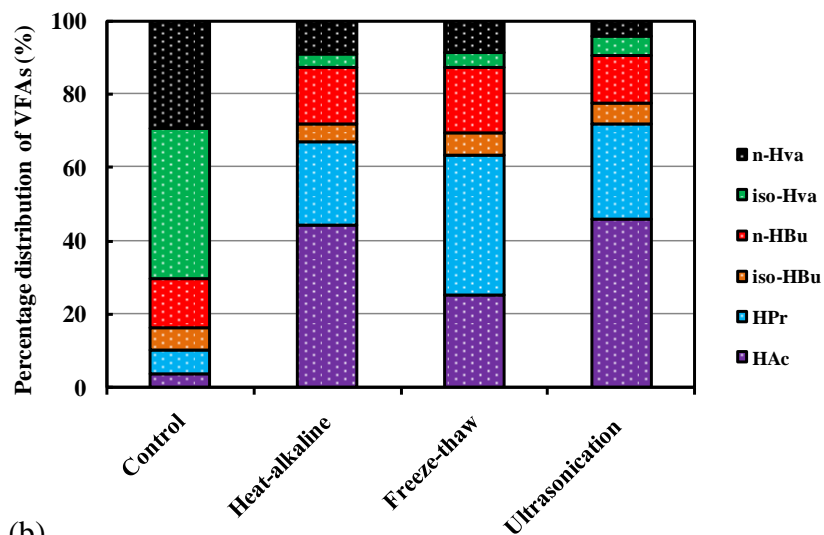
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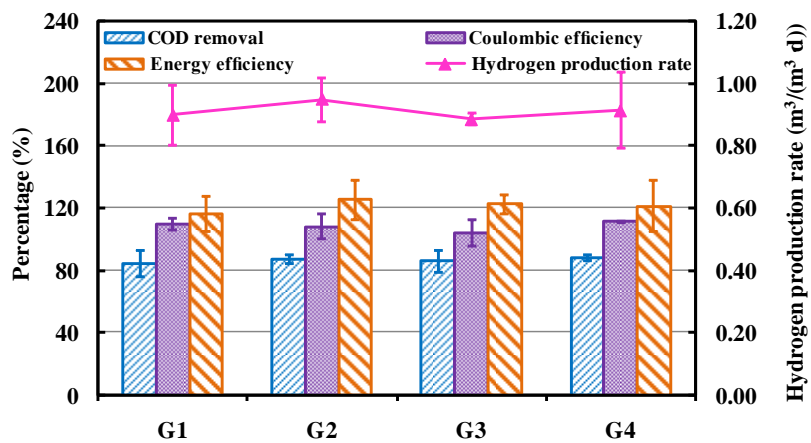
26 Fig.2

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28 (a)



29 (b)



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31

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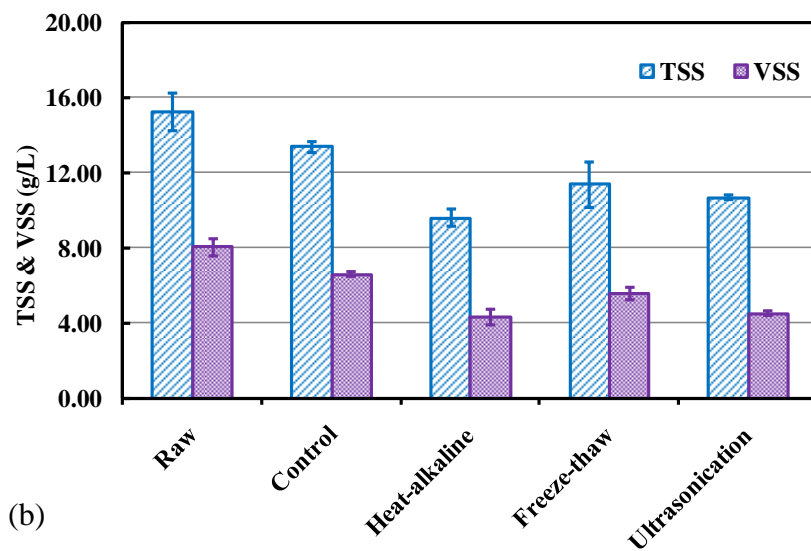
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34 Fig.3

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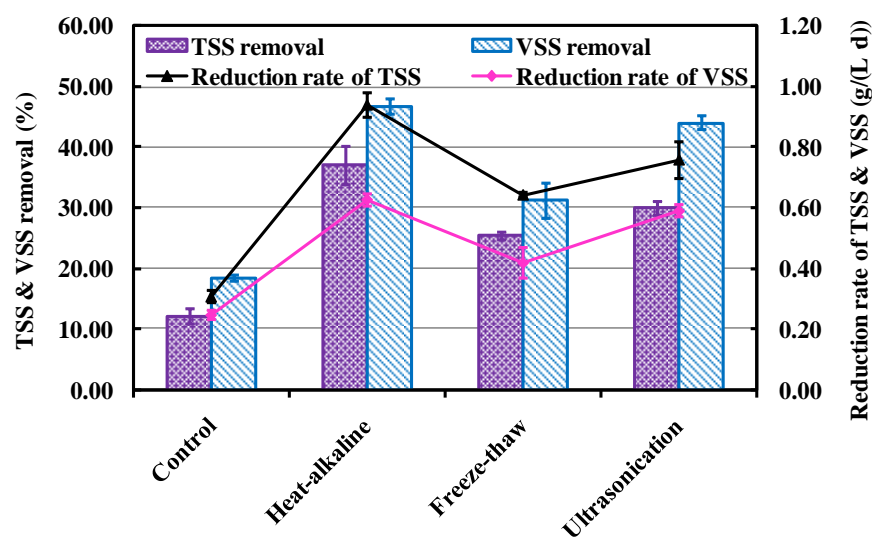
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(a)



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(b)

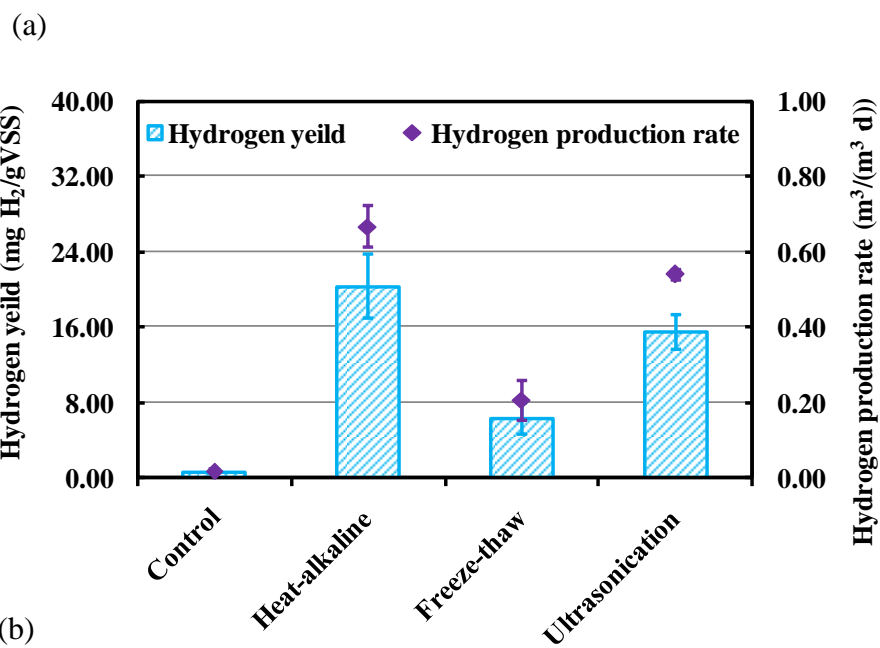


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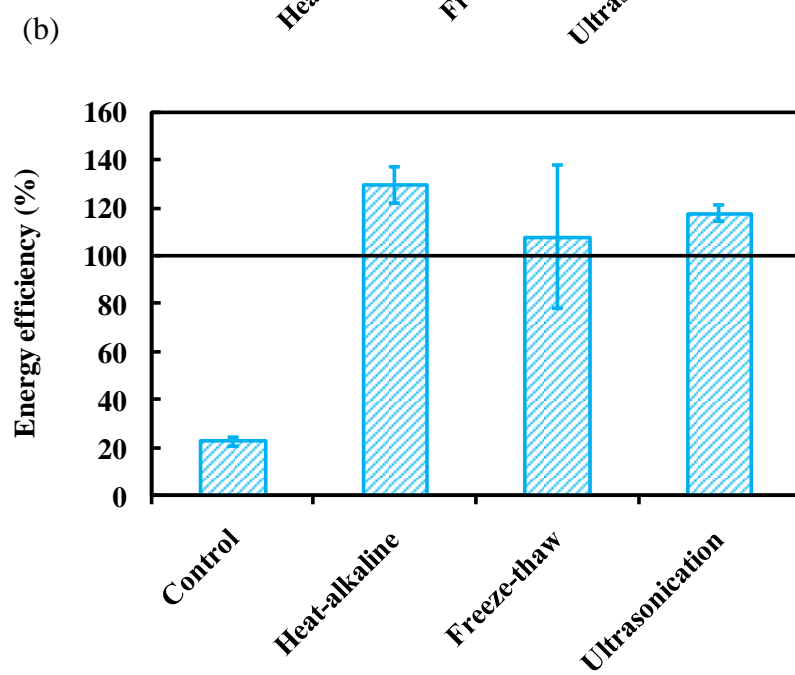
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40 Fig.4

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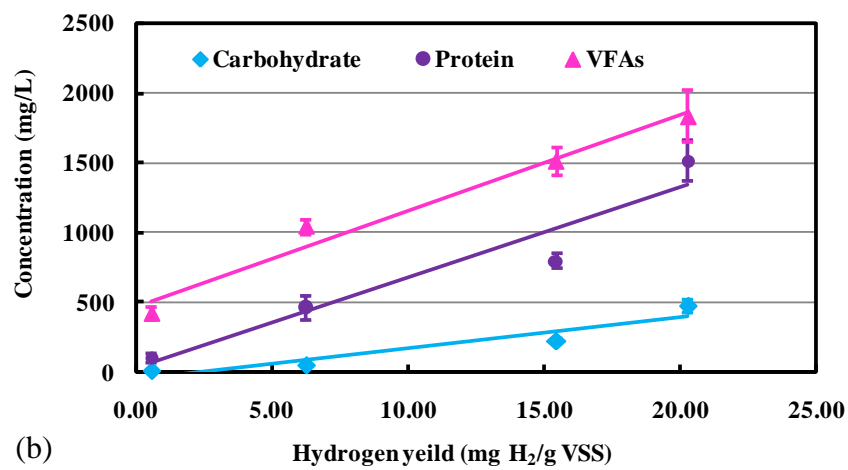
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47 Fig.5

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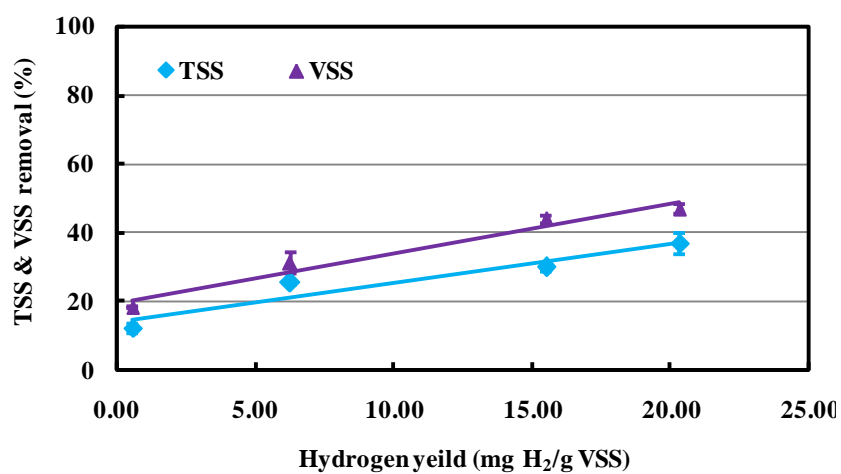
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(a)



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(b)



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54 **Highlights:**

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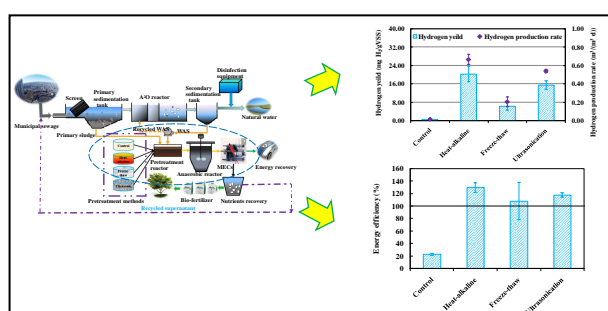
56 A novel and attractive technology for renewable bioenergy recovery from WAS and  
 57 sludge reduction has been investigated.

58

59 **Color Graphic:**

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61



## Highlights:

A novel and attractive technology for renewable bioenergy recovery from WAS and sludge reduction has been investigated.

## Color Graphic:

