

Improving effect of historical and cultural tourism on mixed depression of tourists

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Background. Mixed depression is a common mental health problem that causes great distress to the patient's life and social functioning. Due to historical and cultural tourism having communicative characteristics, it may have a positive effect on improving the symptoms of depression and is considered to affect improving mixed depression.

Subjects and Methods. A randomized controlled trial design was used in this study, which included 100 patients with mixed depression. The intervention group received an 8-week historical and cultural tourism intervention, while the control group continued to receive conventional psychotherapy. The analysis tool uses SPSS23.0.

Results. At the end of the study, patients in the intervention group showed significant improvement in depressive symptoms as measured by the Hamilton Depression Scale and Quality of Life questionnaire. Depression symptoms were reduced by 30 % in the intervention group compared to the control group. In addition, life quality in the intervention group also improved significantly, by 20% compared to the control group.

Conclusions. Historical and cultural tourism has a positive effect on improving the symptoms and life quality of patients with mixed depression. By providing new sensory and cognitive experiences, historical and cultural tourism can divert patients' attention and emotions, and alleviate their depressive symptoms. The combination of historical and cultural tourism with drug and psychotherapy can become an effective and feasible treatment method, which provides a new choice and treatment means for patients with mixed depression.

Ethnic instrumental ensemble teaching on social anxiety disorder in colleges and universities

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Background. In today's society, social anxiety disorder has become a major psychological problem affecting People's Daily life quality in recent years, especially among college students. Because of its collective and communicative characteristics, the collegiate instrumental ensemble is considered to be effective in alleviating social anxiety.

Subjects and Methods. This study adopted a randomized controlled experiment design and selected 200 freshmen from a university as the research objects. According to the principle of voluntary, the students with social anxiety characteristics were randomly divided into two groups to be included in the study. The control group received routine psychological counseling, while the intervention group participated in the study and research of ethnic instrumental ensemble. The activity cycle was one semester, and ensemble training was conducted 3 times a week for 2 hours each time. In this study, two groups of students were measured before and after using the social anxiety scale. The analysis tool is SPSS23.0.

Results. After one semester of study, it was found that the anxiety of students in the intervention group was significantly reduced, and the anxiety degree was more significantly decreased than that of the control group ($P < 0.01$). The social anxiety level of the students in the intervention group remained relatively low during the three-month follow-up interview after the teaching.

Conclusions. The teaching of ethnic instrumental ensemble in colleges and universities can help alleviate the social anxiety of college students, improve their social ability and optimize the environment of campus mental health education.

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Implementation of ideological political education concepts on PTSD students: based on educational psychology

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Background. Psychological trauma refers to the level of exposure during catastrophic events, including wars, sexual assault, earthquakes, etc. After experiencing, witnessing, or encountering these catastrophic events, we will experience varying degrees of emotional reactions such as fear, helplessness, or shock. This study will start with the post-traumatic stress disorder (PTSD) of college students and analyze the positive impact of ideological and political education concepts on students' psychological resilience.

Subjects and Methods. This study divided 120 PTSD college students who were affected by earthquake disasters into two groups, each consisting of 60 people. The experimental group received traditional psychological resilience positive emotion regulation therapy, while the control group received life cognitive therapy in ideological and political education based on traditional psychological resilience positive emotion regulation therapy. The study was measured using the Connor Davidson resilience scale (CD RISC).

Results. The experimental results showed that the experimental group of college students experienced fewer PTSD symptoms and

more positive emotions than the control group of college students.

Conclusions. In summary, the experimental group of college students showed a weakened tendency towards automatic processing of earthquake-related words (earthquake disaster words, earthquake rescue words), while experiencing more positive emotions and implicit biases; In the process of cognitive and emotional regulation, the experimental group of college students more effectively used cognitive reappraisal strategies to regulate their cognition and emotional processing of earthquake trauma.

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Intervention effect of combining psychological intervention with vocal music on social anxiety disorders in students

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Background. The clinical treatment method for social anxiety disorder is mainly psychological counseling combined with drug treatment, but it has been found in practice that drug treatment has obvious side effects. Psychological counseling intervention can be carried out for a long time and help prevent recurrence. At the same time, this study used interactive music therapy as a new treatment method to participate in psychological intervention for college students.

Subjects and Methods. The study focused on 140 students with social anxiety disorder in universities and randomly divided them into two groups: an experimental group and a control group, with 70 students in each group. The control group received routine treatment, including health education, cognitive therapy, and behavioral therapy. Based on routine treatment, the experimental group received interactive music therapy to observe changes in quality of life and anxiety levels after treatment. Research on the Method of Evaluating Anxiety Level Using the Hamilton Anxiety Scale.

Results. The comparison of anxiety levels between the experimental group and the control group before and after treatment is as follows: After treatment, 140 students showed improvement among chronic anxiety disorder, panic disorder, and total anxiety scores compared to before treatment; However, after interactive music therapy, the scores of the experimental group were significantly reduced compared to the control group.

Conclusions. In summary, interactive music therapy combined with psychological intervention methods can significantly improve the clinical symptoms, life quality, and social function of college students with social anxiety disorder.

Intervention of mindfulness meditation on self loss and OCD of personnel in service industry of foreign trade

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Background. Obsessive Compulsive Disorder (OCD) is a unique anxiety disorder characterized by repetitive or constantly invading thoughts, viewpoints, or images, as well as ritualized behaviors aimed at alleviating the anxiety caused by these thoughts and images. OCD may affect an individual's life and social functions. This study started with the self-depletion and obsessive-compulsive disorder of personnel in the comprehensive service industry of foreign trade and analyzed the intervention effect of mindfulness meditation on patients.

Subjects and Methods. This study selected 164 individuals from the OCD foreign trade comprehensive service industry as the research subjects. The subjects were divided into two groups, with 84 in the loss group receiving traditional intervention and 84 in the control group receiving mindfulness meditation intervention. The experiment adopts a dual-task paradigm. Task 1 uses the Chinese version of the E-crossing task as the self-control task, and Task 2 uses the Stroop task as the detection task. Subjective questionnaires and Stroop scores are used to examine whether E-crossing can effectively trigger self-loss.

Results. Research has shown that completing a 6-minute Chinese version of an E-crossing task can effectively induce loss; Subjectively, the subjects in the loss group believe that the task is more difficult than the control group, and their scores in objective tests are significantly lower than those in the control group.

Conclusions. In summary, the compensation effect of mindfulness audio intervention on loss is better than that of relaxation training and other rest interventions at the same time. It is a universal, economical and convenient method for compensating loss and treating OCD among personnel in the foreign trade comprehensive service industry.

Combining motivation theory & positive psychology in English teaching on schizophrenic college students

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Background. The integration of ideological and political courses into college student management has achieved positive results.