

Perceived behavioral psychotherapy combined with community services on patients with stress disorder

Mi Li¹, Huixian Zhao^{1*} and Peipei Li²

¹Lyceum of the Philippines University, Manila 1002, Philippines and ²Hainan Medical University, Haikou 571101, China

*Corresponding author.

Background. Acute stress disorder (ASD) is a prevalent mental health issue that impairs an individual's ability to adapt to a traumatic event. This study aims to investigate the intervention effects of perceptual behavioral psychotherapy (PBP) combined with community quality services on patients with ASD.

Subjects and Methods. The study employed a randomized controlled trial design. A total of 100 participants diagnosed with ASD were randomly assigned to two groups: the intervention group and the control group. The intervention group received PBP and community quality services, while the control group received standard care. The Stanford Acute Stress Response Questionnaire (SASRQ) and the 3-min Confusion Assessment Scale (3D-CAM) were used to assess the participants' anxiety levels and cognitive functioning, respectively. Data analysis was performed using SPSS23.0 software.

Results. The results showed a significant reduction in anxiety levels in the intervention group compared to the control group ($P < 0.05$). Cognitive functioning, as measured by the 3D-CAM, significantly improved in the intervention group ($P < 0.05$). Moreover, the intervention group reported higher levels of satisfaction with the community quality services received.

Conclusions. Perceptual behavioral psychotherapy combined with community quality services demonstrated positive intervention effects on patients with ASD. The findings suggest that this integrated approach has the potential to improve anxiety levels and cognitive functioning in individuals with ASD. These results highlight the importance of incorporating comprehensive support systems into the treatment of ASD to facilitate recovery and enhance overall well-being. Further research is recommended to validate and generalize these findings.

Psychosocial therapy models in news media scenarios on adolescents with social anxiety disorders

Shu Fang^{1*} and Jia He²

¹Jiangsu Vocational Institute of Commerce, Nanjing 211168, China and ²Nanjing Xiaozhuang University, Nanjing 211171, China

*Corresponding author.

Background. Social anxiety disorder (SAD) among adolescents is a significant mental health concern that can hinder their social and emotional development. This study explores the positive effects of a psychosocial therapy model based on the news media context for treating social anxiety disorder in adolescents.

Subjects and Methods. A randomized controlled trial design was employed, involving 120 adolescents diagnosed with SAD. Participants were divided into two groups: the intervention group and the control group. The intervention group received the psychosocial therapy model based on the news media context, while the control group received standard treatment. The Stanford Acute Stress Response Questionnaire (SASRQ) and the 3-min Confusion Assessment Scale (3D-CAM) were utilized to assess anxiety levels and cognitive functioning, respectively. Data analysis was conducted using SPSS23.0 software.

Results. The results indicated significant reductions in anxiety levels within the intervention group compared to the control group ($P < 0.05$). Furthermore, cognitive functioning, as assessed by the 3D-CAM, showed significant improvement in the intervention group ($P < 0.05$). Participants in the intervention group reported increased self-confidence, improved social skills, and decreased social anxiety symptoms.

Conclusions. The psychosocial therapy model based on the news media context demonstrated positive effects in the treatment of social anxiety disorder among adolescents. The findings suggest that incorporating news media scenarios into therapy can enhance the overall treatment outcomes, including anxiety reduction and cognitive improvement. This integrated approach has the potential to positively impact adolescents' social functioning and emotional well-being. Further research is warranted to validate and expand upon these findings.