

## Intervention effect analysis of alprazolam combined with biofeedback therapy on travel anxiety disorder in college students

Ruochen Zhao<sup>1\*</sup> and Ruoxiu Zhao<sup>2</sup>

<sup>1</sup>Chongqing Electric Power College, Chongqing 400053 China and <sup>2</sup>Central China Normal University, Wuhan 430000, China

\*Corresponding author.

**Background.** Due to economic pressure and environmental impact, college students often hesitate when planning their travels, resulting in anxiety to some extent. The conventional treatment method has relatively little effect on the treatment of college students' travel anxiety disorder, so the study will use alprazolam combined with biofeedback therapy to intervene and treat college students' travel anxiety disorder.

**Subjects and Methods.** 72 college students with travel anxiety disorder from a certain university were selected as the research subjects and divided into Group C and Group D according to the driver allocation method. Group C received traditional medication or psychological intervention, while Group D received a combination of alprazolam and biofeedback therapy. After the experiment, the data was processed using SPSS 20.0 statistical software.

**Results.** The number of effective cases in Group D reached 30, with an effective rate of 95.38%, while Group C only had 81.54%, significantly lower than Group D; After treatment, the anxiety score of Group D was  $29.1 \pm 3.6$ , lower than Group C's  $39.0 \pm 3.8$ , and significantly lower than the  $41.7 \pm 3.9$  before the experiment; After treatment, the number of nausea and vomiting in Group D was 1, appetite loss was 3, and hair loss was 2 points, both lower than those in Group C. The incidence of adverse reactions after treatment was relatively low.

**Conclusions.** The combination of alprazolam and biofeedback therapy is effective in the intervention and treatment of travel anxiety disorder in college students.

## Effect of illustration art combined with Compound sea snake capsule on Alzheimer

Jiumei Shen<sup>1</sup>, Ren Zhou<sup>2\*</sup>, Xiang Zhang<sup>3</sup> and Cheng Qiu<sup>4</sup>

<sup>1</sup>Nantong Institute of Technology, Nantong 226002, China, <sup>2</sup>Shanghai Normal University, Shanghai 200234, China, <sup>3</sup>Jiangsu Open University, Nanjing 210036, China and <sup>4</sup>Nanjing University of Information Science & Technology, Nanjing 211800, China

\*Corresponding author.

**Background.** Alzheimer is a progressive neurodegenerative disease with a variety of symptoms. Illustrative art teaching and

Compound sea snake capsule are considered as potential therapeutic methods, but there is a lack of research on the therapeutic effect of the combination of the two.

**Subjects and Methods.** 50 patients with Alzheimer's disease were randomly divided into experimental group and control group. The experimental group received illustration art teaching and Compound sea snake capsule treatment, and the control group received conventional treatment. The treatment period was 12 weeks. Cognitive function was assessed by the Alzheimer's Disease Assessment Scale - Cognitive Subscale (ADAS-Cog) and Mini-Mental State Examination (MMSE), and statistical analysis was carried out with SPSS23.0.

**Results.** In the experimental group, ADAS-Cog scores were  $34.2 \pm 3.6$  and  $28.5 \pm 4.1$ , and MMSE scores were  $19.8 \pm 2.1$  and  $22.4 \pm 2.4$ . In the control group, the ADAS-Cog scores were  $34.5 \pm 3.9$  and  $33.8 \pm 4.2$ , and the MMSE scores were  $19.5 \pm 2.3$  and  $19.7 \pm 2.6$ . T-test of independent sample showed that the scores of the experimental group after treatment were significantly lower than those before treatment ( $P < 0.05$ ), while the scores of the control group were not significantly different before and after treatment ( $P > 0.05$ ).

**Conclusions.** Illustration art teaching combined with compound Hai snake capsule is significant in the treatment of Alzheimer's disease. The cognitive and mental functions of the experimental group improved significantly, while the control group did not change. Therefore, the combination therapy can be used as an effective adjunctive therapy to manage Alzheimer's disease.

**Acknowledgement.** National Social Science Fund Arts Projects (No.20ZD28); Research Topic of Modern Education Technology of Jiangsu Province (Key Subject), Based on the interaction between teachers and students study of modern information technology (No.2019-R-79374); The Ministry of Education Cooperative Education Project (No.202102300015).

## The role of digital art in treating students with functional cognitive disorders

Yi Zou<sup>1\*</sup> and Wenjing Wang<sup>2</sup>

<sup>1</sup>Zhengzhou Vocational College of Finance and Taxation, Zhengzhou 450048, China and <sup>2</sup>Zhengzhou College of Finance and Economics, Zhengzhou 450000, China

\*Corresponding author.

**Background.** Functional Cognitive disorders are a common neurodevelopmental disorder that negatively affects students' learning and social skills. Digital art as an innovative therapeutic approach has aroused wide interest in the field of psychology, but its therapeutic effect in identifying functional cognitive disorders is still unclear.

**Subjects and Methods.** The subjects of this study were 60 middle school students diagnosed with functional cognitive disorders. They were randomly divided into two groups. One group received digital art communication therapy, and the other group received regular rehabilitation training as a control group. The treatment period was 12 weeks, three times a week. SPSS23.0 was used for

data analysis, including descriptive statistics and correlation analysis before and after treatment.

**Results.** Results showed that students in the Digital Arts Communication group showed significant improvement in identifying functional cognitive disorders. After treatment, the average recognition accuracy of the digital art group increased from 60% before treatment to 80% after treatment. Correlation analysis results showed that there was a significant positive correlation between digital art communication and cognitive ability ( $r = 0.70$ ,  $P < 0.05$ ).

**Conclusions.** Through statistical analysis with SPSS23.0, this study identified the effectiveness of digital art communication as a therapeutic tool for improving students' identification of functional cognitive disorders. Digital art communication therapy can enhance students' cognitive ability and have a positive impact on the development of emotional regulation and social skills. Therefore, digital art communication has potential in the treatment of identifying functional cognitive disorders.

## Inheritance and innovation of intangible cultural heritage on patients with schizophrenia

Qifan Zheng

Dalian Art College, Dalian 116600, China

**Background.** Schizophrenia is a serious mental illness that negatively affects cognitive, emotional, and social functioning. As a resource with cultural inheritance and innovation value, intangible cultural heritage is considered to have a positive impact on the rehabilitation of patients with schizophrenia.

**Subjects and Methods.** 30 patients with schizophrenia were selected as research subjects and randomly divided into experimental group and control group, with 15 in each group. The experimental group received rehabilitation therapy with digital display of inheritance and innovation, while the control group received conventional treatment. After the treatment, SPSS 23.0 was used for statistical analysis to compare the recovery of the two groups.

**Results.** Specific data showed that the experimental group's cognitive function scores increased by an average of 25%, emotional state scores increased by an average of 18%, and social function scores increased by an average of 20%. The improvement in the control group was 13%, 10% and 12%, respectively. There were significant differences in cognitive, emotional, and social functions between the experimental group and the control group.

**Conclusions.** The study results show that the integration of digital display heritage and innovation of intangible cultural heritage rehabilitation therapy can significantly improve the cognitive, emotional, and social functions of schizophrenia patients. This therapy not only provides cultural inheritance and innovative experience, but also provides an effective means of rehabilitation for patients with mental illness. However, further research

is needed to validate the results of this study and to explore more details and mechanisms.

**Acknowledgement.** Scientific Research Project of the Educational Department of Liaoning Province (No.LJKMR20221971); The Novel Think Tank for the Study of Intangible Cultural Heritage Protection Project; Digital display of intangible cultural heritage preservation and innovation (No.FY2022002).

## Rural tourism combined with psychological intervention on functional cognitive disorders

Meishan Shi

Qingdao Vocational and Technical College of Hotel Management, Qingdao 266100, China

**Background.** Functional cognitive impairment, also known as cognitive impairment, can lead to severe loss of daily or social communication abilities and diagnosis of dementia. The treatment methods for functional cognitive impairment include medication, psychological training, and so on.

**Subjects and Methods.** The study conducted an experiment on 88 patients with functional cognitive impairment, dividing them into a control group, a psychological group, and an experimental group. The control group only received prescription medication provided by the doctor, the psychological group received social psychological intervention treatment on the basis of the control group, and the experimental group received comprehensive treatment of rural tourism projects on the basis of the psychological group. The study used the MATRICS Consensus Cognitive Battery (MCCB) and Positive and Negative Symptom Scale (PANSS) to evaluate the condition of three groups of patients after treatment, in order to analyze the therapeutic effects of different treatment plans on the patient's condition.

**Results.** As the treatment duration increases, the patient's MCCB score gradually increases and the PANSS score gradually decreases, indicating that all three treatment regimens can improve the patient's cognitive impairment. The MCCB and PANSS scores of the experimental group were better than those of the control group and the psychological group.

**Conclusions.** The effect of simple drug therapy is unclear and the treatment course is long. Combining medication with social psychology intervention training can improve the treatment effect of patients. Rural tourism projects combined with social psychological intervention present the best treatment effect.

**Acknowledgement.** The Year of 2021 Vocational Education Teaching Reform Research Project of Shandong Province (No.2021120).