

## Enhancing deficit schizophrenia treatment in college students through the integration of paliperidone and reformed civic education in higher education

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**Background.** College students face challenges in communication, employment, learning, and emotional interaction, contributing to a range of psychological issues. Deficit schizophrenia, though uncommon among college students, can exhibit symptoms of delayed thinking and cognitive impairment. Prolonged use of traditional medications can lead to tolerance. This study investigates the synergy of reformed ideological and political education in higher education with Paliperidone to offer comprehensive intervention for college students with deficit schizophrenia.

**Subjects and Methods.** A study was conducted on 85 college students with defective schizophrenia at a certain university. They were divided into Group C and Group D. Group C received a single treatment with Paliperidone, while Group B received combined treatment with reformed ideological and political education and teaching in universities. The treatment lasted for 3 months, and after treatment, SPSS 20.0 was used for data analysis, and the Mental Classification Cognitive Test Scale was used to quantify the mental status of college students.

**Results.** Post-treatment, positive symptoms in Group D reduced to  $15.46 \pm 1.53$  points, negative symptoms dropped to  $15.61 \pm 3.51$  points, and general psychiatric symptoms decreased to  $15.12 \pm 1.21$  points. These values were lower than pre-treatment levels and Group C scores. The effective treatment rate for Group D reached 96.67%, surpassing Group C.

**Conclusions.** The intervention involving the combined use of reformed ideological and political education in universities with Paliperidone exhibited efficacy in addressing deficit schizophrenia in college students. This approach showcases the potential of interdisciplinary interventions in higher education for improving psychological well-being.

## Alleviating anxiety disorders in college students through football training and competition system reform

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**Background.** College students frequently grapple with anxiety stemming from academic and employment pressures, often

leading to the development of anxiety disorders over time. Football training, as a team sport, not only enhances physical fitness but also aids in anxiety reduction during physical activities. Nonetheless, existing football training and competition systems face challenges that undermine their effectiveness in treating anxiety. This study investigates the potential of reforming the football training and competition system as an intervention to address anxiety disorders in college students.

**Subjects and Methods.** A study was conducted on 67 college students with anxiety disorders, who were divided into an observation group and a control group. The control group adopts traditional methods, while the observation group adopts the reformed football training and competition system for sports intervention. After the experiment, SPSS 20.0 software was used for statistical analysis.

**Results.** After the observation group experiment, the somatization score of college students was 17.10, the anxiety score was 15.25, and the interpersonal sensitivity score was 14.31. The neuroticism score was 11.66, which was significantly better than the pre-experimental score. Meanwhile, after the experimental intervention, 13.4% of 9 people had anxiety factor scores greater than 2. Significantly lower than the 40.3% before the experiment.

**Conclusions.** The reform of the football training and competition system proves highly effective as an intervention strategy for addressing anxiety disorders among college students.

## Cross-border e-commerce integrated with regional economic development on mixed depression among financial professionals

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**Background.** In recent years, mixed-type depression has become a widely recognized mental health issue. The rise of cross-border e-commerce and the new pattern of regional economic development may make financial professionals face more complex work environments, which may affect their mental health status. Considering that the combination of cross-border e-commerce and regional economic development may have a certain degree of impact on the mental health of financial practitioners, the study aims to explore the nature and extent of this impact, in order to take effective measures to improve the work environment and quality of life of financial practitioners.

**Subjects and Methods.** The study followed 80 financial professionals with mixed depression for 1 year. It investigated the extent of mixed-type depression in patients before and after the intersection of cross-border e-commerce and regional economic development. The study used the Hamilton Depression Scale (HAMD) to assess the severity of mixed depressive symptoms.

**Results.** After the mutual integration of cross-border e-commerce and regional economic development, the average HAMA score of mixed depression among financial employees