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Table 1. Mean scores of subjects in different groups before and after the instruction

		Month 1	Month 3	Month 5
Group A	Pre-teaching score	65.12±0.54	65.22±0.41	68.95±0.44
	Post-teaching score	65.78±0.19	68.23±0.54	70.12±0.29
Group B	Pre-teaching score	62.35±0.28	62.58±0.31	65.59±0.42
	Post-teaching score	62.38±0.53	65.21±0.65	68.71±0.26
Group C	Pre-teaching score	64.19±0.47	72.21±0.15	81.45±0.24
	Post-teaching score	66.78±0.12	78.45±0.52	85.18±0.21

The effect of Chinese moral and ethical education on relieving college students' depression

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Background. This study explored the therapeutic effect of Chinese moral and ethical education combined with sertraline hydrochloride on college students' depression. It is to find an economical, convenient, and efficient treatment to help students get rid of depression.

Methods. In a tertiary level hospital, 90 patients with depression who are studying in university were selected as the experimental subjects. The patients were randomly divided into combination group and drug group by computer. For patients in the drug group, one sertraline hydrochloride tablet was taken daily during the treatment period. For patients in the combination group, half an hour of Chinese moral and ethical education was conducted every day on the basis of the drug group. Before and after the experiment, the self-rating depression scale (SDS) was used to evaluate the treatment effect of depression in the combination group and drug group.

Results. Before the experiment, the scores of the combination group and drug group were 68.42 ± 6.53 and 69.05 ± 4.49 ,

respectively, with no significant difference ($P > 0.05$). After a period of treatment, the score of the combination group was significantly lower than that of the drug group ($P < 0.05$), as shown in Table 1.

Conclusions. It can be seen from the existing reports that the current rate of college students suffering from depression is increasing year by year, which greatly affects the normal work and study of students. Therefore, the study used Chinese moral and ethical education combined with sertraline hydrochloride drug therapy to intervene the depressive symptoms of college students. The results showed that after a period of treatment, the score of the combination group was significantly lower than that of the drug group ($P < 0.05$). This shows that the treatment proposed by the study can effectively treat college students' depression.

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Table 1. Score of combination group and drug group

Group	Treatment time (months)				
	Before treatment	1	2	3	4
Combination group	68.42±6.53	61.55±4.03	53.42±6.06*	45.33±2.81*	43.66±2.32*
Drug group	69.05±4.49	65.46±6.74	60.80±4.65*	55.46±2.08*	48.08±1.96*
<i>t</i>	0.165	3.401	7.652	6.853	6.866
<i>P</i>	>0.05	<0.05	<0.05	<0.05	<0.05

Note: compared with before treatment in the group, * $P < 0.05$

The intervention effect of ideological education means of college staff on improving mania of college students

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Background. Mania is one of the common diseases in psychiatric department. With the accelerating pace of life, people are facing more and more pressure. Mental disorders and mentally ill patients are also increasing, especially in the student group.

Patients with mania may have clinical symptoms such as self-talk and exaggerated actions, and depression. Seriou's mania has a great impact on students' life and mental state. In schools, teachers are more required to carry out correct ideological education and psychological counseling for students. Therefore, the research is conducted from the ideological education of college teachers and staff to improve students or treat students' mania symptoms.

Subjects and Methods. 108 manic patients were selected from 3 colleges and universities to participate in the designed manic intervention experiment. In the experiment, the subjects were divided into experimental group and control group. The control group was treated with routine relaxation training; The experimental group was treated with ideological education and regular relaxation training. The results were reflected by the Bech Rafaelsdn Mania Rating Scale (BRMS), Hamilton Anxiety Scale, and Depression Scale.

Results. Table 1 shows the results of manic scale scores in the intervention experiment. In Table 1, the BRMS score of the control group decreased from 25.46 before the experiment to 18.25, with a decrease of 7.21 points; The BRMS score of the experimental group decreased from 24.53 before the experiment to 12.15, a decrease of 12.38 points.

Conclusions. Through the ideological education of college teachers and staff, the research conducted intervention treatment on students' mania, and compared the decline trend of the scores of the two groups. The decline trend of the experimental group was more obvious. The method adopted by the experimental group was more effective in the treatment of students' mania. It shows that the ideological education of teaching staff plays an important role in the mental health of students. Colleges and universities should give full play to the role of ideological education to ensure the mental health of students.

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Table 1. RBMS score results of intervention experiment

Group Category	BRMS			
	Before experiment	The first month	The second month	The third month
Control group	25.46±1.07	23.57±1.67	20.47±1.63	18.25±2.07
Experimental group	24.53±1.38	20.14±2.11	16.86±2.33	12.15±1.48

Analysis of the impact of cross-border e-commerce on consumer behavior anxiety from the perspective of consumer psychology

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Background. The research object of consumer psychology is consumers. By studying the psychological and behavioral changes of consumers in the process of consumption, we can summarize relevant consumption laws and apply them to commercial operations to improve sales performance. The rapid development of e-commerce has promoted the continuous development of cross-border e-commerce. Many consumers are keen on overseas fashion brands and have bought a large number of fashion brand clothing and other products without considering the actual use of the goods, thus causing anxiety and regret for their excessive consumption afterwards. In this kind of consumer groups, college students are very easy to appear excessive consumption behavior. Therefore, the article analyzes the impact of cross-border e-commerce on consumer behavior anxiety and behavior from the perspective of consumer psychology.

Subjects and Methods. The study selected college students in the consumer group as the research object, and randomly selected 460 college students from different genders, ages, majors, etc. These students have different consumer psychologies and behaviors. Types of overseas shopping commodities, reasons for purchasing and students' views on cross-border e-commerce platforms were recorded and analyzed. The impact of cross-border e-commerce on consumer behavior anxiety and behavior was explored, and the reasons for college students' anxiety, and use 1-5 grades were analyzed. The data processing software is Statistic software.

Results. After statistical processing, the anxiety level of college students in different genders with different issues of cross-border e-commerce platforms is shown in Table 1. In Table 1, students of different genders have different anxiety levels on different issues of cross-border e-commerce platforms. Different from male college students, female college students have more anxiety about high fake products and false propaganda ($P < 0.05$).

Conclusions. The development of cross-border e-commerce has brought more goods to consumers and promoted their consumption, but at the same time, there are also some drawbacks, such as exaggerated publicity, false publicity, etc., which has led to consumers' excessive consumption, led to the emergence of college students' "borrowing and lending" behavior, and increased their anxiety. While consumers need rational consumption and financial management, cross-border e-commerce should guarantee after-sales service and establish a good reputation.