

Results. Analysis of the data using SPSS23.0 showed that the experimental group, who received the personalized education intervention, demonstrated a statistically significant reduction in depression scores, as assessed by the HAM-D, compared to the control group ($P < 0.001$). The intervention group showed an overall decrease of 40% in depression symptoms, indicating the positive impact of the intervention in reducing depression among students.

Conclusions. The findings suggest that Vocational College's Personalized Education Management and Psychological Intervention significantly reduces depression among students. The results indicate the importance of implementing personalized education management strategies and psychological interventions to address and prevent depression among students in vocational college settings. Further research and development of similar interventions are encouraged to promote mental well-being among this population.

The alleviative effect of acupuncture combined with cognitive behavioral therapy on anxiety of accounting personnel

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Background. This study aims to investigate the alleviating effect of Acupuncture combined with Cognitive-Behavioral Therapy (CBT) on anxiety disorders among accounting professionals in the financial sharing services model. Anxiety disorders are prevalent among accounting professionals due to the high-pressure work environment, and effective interventions are essential to mitigate their negative impact.

Subjects and Methods. A total of 120 accounting professionals working in the financial sharing services model were recruited for this study. They were randomly divided into three groups: the Acupuncture combined with CBT group ($n=40$), the CBT alone group ($n=40$), and the control group ($n=40$). The participants' anxiety levels were measured using the Stanford Acute Stress Response Questionnaire (SASRQ) and the 3-min Confusion Assessment Scale (3D-CAM). The intervention was conducted over a period of six weeks, with regular sessions once a week.

Results. Statistical analysis using SPSS23.0 revealed a significant reduction in anxiety levels in both the Acupuncture combined with CBT group and the CBT alone group compared to the control group ($P < 0.001$). However, the Acupuncture combined with CBT group exhibited a more substantial decrease in anxiety symptoms compared to the CBT alone group ($P < 0.05$), as measured by the SASRQ and 3D-CAM. These results suggest that the combination therapy has a more significant effect on alleviating anxiety disorders among accounting professionals.

Conclusions. This study demonstrates the efficacy of acupuncture combined with CBT in reducing anxiety disorders among

accounting professionals in the financial shared service model. These findings highlight the importance of combining complementary therapies, such as acupuncture, with established psychological interventions to achieve more comprehensive treatment outcomes.

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The intervention of Chaihu Hehuan Jieyu Tang combined with career planning guidance on employment anxiety patients of college students

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Background. This study explores the effectiveness of Chaihu Hehuan Jieyu Tang (CHT) combined with career guidance to alleviate employment anxiety among college students. Employment anxiety is a common concern among college students, and targeted interventions are necessary to mitigate its negative impact.

Subjects and Methods. One hundred sixty college students with employment anxiety were selected for this study. They were randomly divided into four groups: the CHT combined with the career guidance group ($n=40$), the CHT alone group ($n=40$), the career guidance alone group ($n=40$), and the control group ($n=40$). The Stanford Acute Stress Response Questionnaire (SASRQ) and the 3-min Confusion Assessment Scale (3D-CAM) measured the participants' anxiety levels. The intervention was conducted over twelve weeks, with regular sessions twice weekly.

Results. Statistical analysis using SPSS23.0 revealed a significant reduction in anxiety levels in all intervention groups compared to the control group ($P < 0.001$). However, the group receiving the combined intervention of CHT and career guidance exhibited a more substantial decrease in anxiety symptoms than those receiving single interventions ($P < 0.05$), as measured by the SASRQ and 3D-CAM. These findings suggest that the combined intervention has a more substantial effect on alleviating employment anxiety among college students.

Conclusions. This study indicates that combining Chaihu Huanjueyu Tang with career guidance effectively reduces employment anxiety among college students. These results highlight the importance of combining traditional Chinese medicine interventions such as CHT with career guidance to achieve more comprehensive and effective results.