

liver injury based on the theory of “essence and dross decomposition” in Mongolian Medicine (Grant No. 81760765); The central government supported cross-disciplinary projects with special funds for local construction (No. JCHXKXM001).

Analysis of subjective sleep quality and influencing factors of depression in ARDS patients

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Background. Acute Respiratory Distress Syndrome (ARDS) is a severe lung disease, and its condition can lead to depressive disorders in patients. Understanding the subjective sleep quality of ARDS patients with depressive disorder conditions and their influencing factors is essential for developing effective interventions and improving patients' sleep quality.

Subjects and Methods. Sixty patients with depression were selected as the study subjects and randomly divided into experimental and control groups, with 30 people in each group. Pittsburgh Sleep Quality Index (PSQI), Symptom Checklist-90 (SCL-90), Self-Rating Anxiety Scale (SAS), Social Desirability Scale (SDS), State-Trait Anxiety Inventory (STAI), Life Event Scale (LES), and SQL Server Reporting Services (SSRS) were used for assessment. The data collected were analyzed by the relationship between PSQI and the results of the other six rating scales using SPSS23.0.

Results. Sleep disorders were found in 77.8% of 60 patients with depression. The total score and factors of PSQI were significantly correlated with SCL-90 somatization, obsessive-compulsive disorder, depression, anxiety, and total mean score ($P < 0.05$). The PSQI was positively correlated with SAI in SAS and STAI ($P < 0.01$) but not correlated with TAI in STAI ($P > 0.05$). The somatization disorder factor in SDS was significantly correlated with the PSQI factors and total scores except for the sleep persistence factor ($P < 0.05$). The daytime dysfunction factor in PSQI was significantly correlated with the full score of social support ($P < 0.05$), whereas there was no significant correlation between PSQI and LES ($P > 0.05$).

Conclusions. Depressive disorders in ARDS patients hurt their subjective sleep quality.

Comprehensive psychological crisis intervention of college students with anxiety disorder

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Background. Anxiety disorder is one of the common mental health problems in college students, which hurts their study, work, and life. Comprehensive psychological crisis intervention is a complete psychological treatment method expected to be essential in treating anxiety disorders in college students.

Subjects and Methods. One hundred college students with anxiety disorder were selected as research subjects and randomly divided into two groups. The experimental group received comprehensive psychological crisis intervention treatment and comprehensive intervention measures such as psychological assistance, cognitive behavioral therapy, and intimate relationship training. The control group received traditional psychotherapy, including counseling and medication. The Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS), and other assessment tools were used to carry out psychological measurements of the two groups of patients before, after, and at the follow-up point, respectively. The collected information was statistically analyzed by SPSS23.0 software.

Results. After the comprehensive psychological crisis intervention treatment, the anxiety and depression levels of the experimental group were significantly reduced ($P < 0.001$), and life satisfaction was significantly increased ($P < 0.001$). Compared with the control group, the experimental group showed obvious advantages in curative effect.

Conclusions. Comprehensive psychological crisis intervention has shown remarkable efficacy in college students with anxiety disorders, can effectively reduce anxiety and depression, and improves the life satisfaction of patients. This approach may become an essential option for treating anxiety disorders in college students.

Acknowledgement. 2021 Humanities and Social Sciences Research Project for Basic Research Business Expenses of Provincial Undergraduate Universities in Heilongjiang Province. No. 2021-kywf-0384.