while the patients in the control group were treated with the double-hearted nursing management countermeasures proposed in the study. After 12 weeks of treatment, the study used SPSS23.0 to count their psychological anxiety scores and compared the scores of patients before and after treatment.

Results. Before the experiment, the average score of patients' psychological anxiety was 90.1, and after the research of double-hearted nursing management countermeasures, the average score of patients' psychological anxiety in the experimental group was 47.5, which was significantly lower than that in the control group (85.3).

Conclusions. The experimental results show that the double-hearted nursing management countermeasures proposed in this study can effectively address patients' anxiety, thus keeping people away from public health emergencies. It can take good care of people's mood and has the value of popularization and use.

The effect of foreign language learning strategies on alleviating cross-cultural social anxiety

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Background. With the rapid development of international communication, learners gradually begin to socialize across cultures. However, some introverted students have cross-cultural social anxiety disorder when communicating with foreign friends. In order to alleviate this symptom, this study puts forward the optimization of foreign language learning strategies based on psychological suggestion.

Subjects and Methods. In this study, 400 patients with cross-cultural social anxiety disorder who meet the treatment standards were selected from the school and divided into the experimental group and the control group equally, and the number of male and female students in the two groups was the same. The experimental group and the control group were treated with psychological suggestion and routine psychological care for 12 months, respectively. The study used 3-min confidence assessment scale (3D-CAM) software to compare their social anxiety scores before and after treatment.

Results. Before and after treatment, the average difference of social anxiety score in the experimental group was 42.5, which showed that the treatment method could effectively alleviate the disease. The value of the control group is only 16.8.

Conclusions. The experimental results show that the optimized diagnosis and treatment methods of foreign language learning strategies proposed in this study can effectively treat learners' cross-cultural social anxiety disorder, and then improve the social mood of patients and students. This method has almost no sequelae and is suitable for the cure of cross-cultural social anxiety disorder.

Analysis of intervention effect of Marxism with mental education on anxiety disorder of college students

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Background. Due to the increasing study pressure, the proportion of anxiety disorders among college students began to increase. In order to solve this situation, colleges and universities adopt mental health education to treat college students. However, this method is only suitable for mild patients, and there are shortcomings in the face of patients with severe anxiety disorder. In order to improve it, this study combines Marxist spirit with mental health education in colleges and universities.

Subjects and Methods. In this study, 800 college students suffering from anxiety disorder were selected and divided into two equal groups, including experimental group and control group, with the same proportion of male and female students. The experimental group was treated with Marxist spirit combined with mental health education in colleges and universities, while the control group was treated with conventional mental health education in colleges and universities. After one-year treatment, Stanford Acute Stress Response Questionnaire (SARQ) was used to compare their anxiety disorder scores before and after treatment.

Results. The average anxiety disorder score of these college students is 97.8, the average anxiety disorder score of the experimental group is 33.7, and the average anxiety disorder score of the control group is 65.3.

Conclusions. The experimental results show that the method proposed in this study can effectively intervene the anxiety disorder of college students, thus making college students' psychology change into positive. The combination of Marxist spirit and mental health education in colleges and universities has no sequelae for college students and is suitable for relieving their mood.