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Table 1. Each dimension score of MoCA scale for hypertensive patients

Test items	MCI (n=124)	Normal cognitive function (n=58)	z	P
Performing	3(1)	5(1)	-8.29	<0.001
Naming	2(2)	3(0)	-6.57	<0.001
Attention	6(2)	6(0)	-5.73	<0.001
Speech	2(1)	3(0)	-6.39	<0.001
Abstract	0(1)	1.5(1)	-8.25	<0.001
Recall	2(2)	4(2)	-9.02	<0.001
Directional	6(0)	6(0)	-3.41	0.001
Total score	21(6)	28(2)	-10.87	<0.001

Analysis of the therapeutic effect of Morita therapy on anxiety disorder of art creators

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Background. When artistic creators create art, they will suffer from mental anxiety due to the lack of spiritual level. Morita therapy often alleviates the clinical symptoms of anxiety disorder in patients by improving their “neuroticism” personality and urges them to recover their mental health. Therefore, Morita therapy was selected to intervene and treat the anxiety disorder of art creators, so as to improve their social adaptability and mental health.

Subjects and Methods. The study took 78 art creators with anxiety disorders in a hospital since 2000 as subjects. Their anxiety disorders were divided into mental anxiety disorder (A) and somatic anxiety disorder (B). The total course of Morita therapy was 8 weeks, which was randomly divided into two groups, group C and group D. Group C was not intervened, while

group D intervened with Morita therapy. Hamilton Anxiety (HAMA) was selected as the research evaluation scale. The experimental results are shown in Table 1.

Results. The HAMA score after the intervention treatment was significantly lower than that before the intervention treatment, and the patients’ somatic anxiety and mental anxiety were reduced. Compared with group C, the mental anxiety of group D on both sides decreased more significantly, and decreased to 4.96 ± 1.87 in the 8th week after intervention, lower than 5.89 ± 1.57 in group C. To sum up, Morita therapy intervention has effectively alleviated the anxiety of art creators.

Conclusions. Artists who live more or less will have mental anxiety. The study used Morita therapy to intervene and treat their anxiety disorder. The results showed that Morita therapy effectively alleviated the mental anxiety of art creators.

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Table 1. HAMA score results of two groups of patients before and after the intervention

	HAMA total score		A		B	
	D	C	D	C	D	C
Before treatment	23.46±4.21	21.99±4.23	12.26±3.05	12.76±2.72	11.19±3.45	9.19±3.01
After treatment (2)	21.86±3.99	20.62±4.07	11.22±2.33	11.52±2.82	10.62±2.91	9.09±2.94
After treatment (4)	18.79±3.92	17.76±4.38	9.89±2.55	9.49±2.85	8.79±2.10	8.96±3.38
After treatment (6)	12.12±2.48	14.79±4.09	7.02±1.92	9.32±3.05	5.16±2.34	5.40±1.68
After treatment (8)	9.39±2.29	10.86±2.68	4.96±1.87	5.89±1.57	4.22±1.56	4.96±2.15

Interventional effect of music therapy on mental and psychological diseases of legal scholars

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Background. Legal scholars have psychological problems because they have been in an “abnormal environment” for a long time. Music therapy is a psychological intervention method based on musicology, medicine and psychology. Therefore, the study used music therapy to intervene and treat the psychological diseases of legal scholars.

Subjects and Methods. In the study, 84 patients with psychological diseases in a hospital in a western city were randomly divided into group A (41) and group B (43) by using SPSS21.0 statistical