

Drug therapy combined with PBL on depression of college students

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Background. The treatment of depression is mainly to eliminate and improve the symptoms of patients. At present, there are a variety of clinical antidepressants for the treatment of depression, however, there are still some patients with no significant therapeutic effect. When the effect of antidepressants alone is not satisfactory for patients with refractory depression, synergistic therapy can be considered, which is atypical antipsychotics being used as synergists in combination with antidepressants. Based on this background, this project conducted relevant research on patients with depression as research samples.

Subjects and Methods. The control group was given paroxetine tablets at a dose of 20 mg/d as prescribed by the doctor, and the dose was increased to 30 mg/d after 1 week. On the basis of the control group, the study group was given atypical antipsychotic olanzapine tablets at a dose of 5 mg/d as prescribed by the doctor. The score of depression degree was represented by the Hamilton Rating Scale for Depression (HAMD) score. The score of life quality was referred to the brief form of Health survey (SF-36 scale). SPSS20.0 software was used for statistical processing of various indicators of the 2 groups.

Results. After treatment, HAMD scores decreased and SF-36 scores increased in the study group and control group, and HAMD scores and SF-36 scores in the study group were significantly better than those in the control group after treatment ($P < 0.05$).

Conclusions. Antidepressant drugs (paroxetine tablets) combined with atypical antipsychotic drugs (olanzapine tablets) are effective in the treatment of depression, and can effectively improve the quality of life of patients.

Acknowledgement. 2019 Teaching Reform Research Project of Chongqing Municipal Education Commission (No. 193144); Chongqing Educational Science Planning Project (No. 2019-GX-352).

Intelligent Innovative Logistics Model of Rural E-commerce on Consumer Behaviors

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Background. The integration of intelligent logistics models in rural e-commerce has significantly enhanced the convenience of online shopping for consumers and has concurrently bolstered the sales volume of e-commerce platforms. However, the proliferation of excessive shopping behaviors, potentially indicative of

consumer mania, raises concerns. Mania is a psychological vulnerability often triggered by anxiety. This study aims to investigate the influence of the intelligent logistics model in rural e-commerce on consumer mania.

Subjects and Methods. The study involved 80 consumers from rural areas within a specific province, selected based on statistically significant variations in their online shopping habits. The participants were divided equally into an experimental group and a control group. Prior to and post the three-month experiment, both groups were assessed using the SCL-90 self-test scale. During the experiment, the control group employed traditional logistics distribution, while the experimental group utilized intelligent logistics distribution.

Results. Significant differences were observed in the scores of obsessive-compulsive disorder (OCD), depression, anxiety, hostility, and terror disorder before and after the experiment ($P < 0.01$). Moreover, two factors, namely interpersonal relationships, and paranoia, exhibited significant differences ($P < 0.05$). Notably, there was no considerable difference in somatization symptoms and psychiatric symptoms ($P > 0.05$).

Conclusions. Intelligent innovative logistics mode will have an impact on consumers' mania. Convenient online shopping logistics mode not only aggravates consumers' excessive shopping behavior but also aggravates consumers' anxiety and mania.

Acknowledgement. The Postgraduate Research & Practice Innovation Program of Jiangsu Province (No. CXZZ13-0709).

Effect of building identity in foreign language teachers' cooperative team on anxiety

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Background. Teacher anxiety disorder refers to teachers' frequent anxiety and related symptoms, which may seriously affect their teaching work and quality of life if not managed and treated in a timely and effective manner. Therefore, it reminds us that the research on building identity psychology in foreign language teachers' cooperative teams is very important for the treatment of teacher anxiety.

Objects and Methods. 80 teachers who participated in the cooperative team of foreign language teachers were selected as the research objects. The anxiety symptoms of the teachers were assessed by the Stanford Acute Stress Response Questionnaire and the 3-minute Disorder Assessment Scale. In addition, SPSS 23.0 was used for data analysis, and correlation analysis and multiple regression analysis were used.

Results. The results showed that there was a significant correlation between teachers' cooperative team identity and their anxiety disorder (correlation coefficient -0.45 , $P < 0.01$). Teachers showed lower anxiety symptoms in cooperative teams with higher levels of identity psychology. Multiple regression analysis showed that identity psychology was a significant factor in predicting teacher

anxiety ($\beta=-0.35$, $P<0.05$), and the significance level was higher than other control variables.

Conclusions. The research shows that improving the level of cooperative team identity can reduce the anxiety symptoms of foreign language teachers and improve their job satisfaction and teaching effect. In the practice of foreign language education, we should pay attention to strengthening and building cooperative team identity and cultivating positive identity psychology to promote the development and growth of teachers and students.

Governance system construction of grassroots community for patients with mental disorders in the context of COVID-19

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Background. The outbreak of the novel coronavirus has caused a huge impact on the global society, and people with mental disorders are facing greater psychological pressure and health risks. In this context, the construction of a governance system in grassroots communities plays an important role in maintaining the mental health of patients with mental disorders.

Subjects and Methods. The study focused on patients with mental disorders, used mixed research methods, and combined qualitative and quantitative data. In the qualitative part, the influence mechanism and practical experience of community governance system construction on patients with mental disorders are explored through interviewing grassroots community staff, mental health experts, and patients with mental disorders. The quantitative part of the questionnaire survey collected the community governance system construction and the mental health of patients with mental disorders related data. The statistical software is used for data analysis, including descriptive statistics, correlation analysis, and regression analysis.

Results. The study showed that there was a significant positive correlation between the construction of a grassroots community governance system and the mental health of patients with mental disorders (correlation coefficient was 0.45, $P<0.01$). The comprehensive service capacity and allocation of mental health resources in the community have an important impact on the psychological support and rehabilitation of patients with mental disorders.

Conclusions. The study found that the construction of a community governance system can provide more psychological support and rehabilitation resources to help patients with mental disorders better cope with the psychological pressure brought by the epidemic.

Acknowledgement. In 2020, Simulation Mediation and Processing of Civil Disputes (VR) (No. 501), the third-class practical project of the integration of industry and education in Zhejiang Province; Ideological and Political Demonstration course

construction project of university-level courses of Zhejiang Police College in 2021 (No. 20210205); Civil Law II, the university-level ideological and political demonstration course of Zhejiang Police College in 2021 (No. 6); the general planning project of Zhejiang Provincial Education Science Planning in 2022 (universities) (No. 2022SCG320).

E-commerce intelligent innovation model combined with conditional reinforcement psychotherapy on consumers with social anxiety disorder

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Background. Social anxiety disorder causes people to worry and fear excessively about social situations, which may lead to negative consequences such as emotional distress and social isolation. To improve this problem, some scholars have organically combined conditional reinforcement psychotherapy with an e-commerce intelligent innovation model. This study will explore the impact of this convergence model on consumers with social anxiety disorder.

Subjects and Methods. 100 consumers with social anxiety disorder were randomly divided into two groups. The experimental group received an e-commerce intelligent innovation model combined with conditional intensive psychotherapy, and the control group received conventional psychotherapy. The Social Anxiety Self-rating Scale and Social Cognition and Emotion questionnaire were used to evaluate. SPSS23.0 was used for correlation analysis and multiple regression analysis.

Results. The experimental group showed significant differences in the reduction of social anxiety symptoms and the improvement of social cognition and emotion compared with the control group ($P<0.05$). The results of the correlation analysis showed that there was a positive correlation between e-commerce intelligent innovation mode and conditional reinforcement psychotherapy and social anxiety symptoms (correlation coefficient was 0.35, $P<0.05$).

Conclusions. The e-commerce intelligent innovation model combined with conditional reinforcement psychotherapy has a significant impact on consumers with social anxiety disorder. The application of this model can effectively reduce the symptoms of social anxiety and improve social cognition and emotion. It shows that the electronic commerce intelligent innovation model has important practical significance in psychotherapy.