Rational emotional therapy for treating mood disorders

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Background. With the rise of the cultural and creative industry, rural cultural and innovative products are gradually receiving market attention. Patients with mood disorders often require special psychological treatment due to emotional fluctuations and social difficulties. This study aims to explore the application of folk culture in the design of cultural and creative products and the therapeutic effect of combining rational emotional therapy on patients with mood disorders.

Subjects and Methods. The study selected 50 rural cultural and creative products and analyzed their folk cultural elements in-depth. At the same time, 100 patients with mood disorders were selected and divided into experimental and control groups. A 6-month treatment period was conducted using cultural and creative products and a rational emotional therapy experimental group. The control group received routine treatment. The patient's condition was evaluated using the Mood Disorder Questionnaire (MDQ).

Results. The results show that in the design of cultural and creative products, folk culture can increase the product's emotional value and market recognition. After six months of treatment, the experimental group patients' emotional stability and social function significantly improved, and the total effective treatment rate reached 91%.

Conclusions. The folk cultural elements in rural cultural and creative products can add profound cultural value and improve market competitiveness. Combining rational emotional therapy can provide effective treatment methods for patients with mood disorders.

Core values and Cognitive Behavioral Art Therapy in psychological health education for students with anxiety

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Background. Students' psychological problems due to academic, interpersonal, and future planning pressures are becoming increasingly apparent in a modern, fast-paced society. Among them, anxiety disorder has become a common problem many students face. At the same time, core values and cognitive behavioral art therapy can identify and adjust unhealthy cognitive and emotional patterns through creative art. Based on this, this study uses the above two methods to provide appropriate interventions for students' mental health.

Subjects and Methods. The study selected 100 students with anxiety disorders and randomly divided them into an experimental group and a control group with 50 participants each. The experimental group received mental health education based on core values and Cognitive Behavioral Art Therapy while the control group received routine mental health education. The experimental period is six months, and SDS and SAS are used to evaluate the psychological status of students.

Results. The data shows that the anxiety symptoms in the experimental group have significantly improved, with a total effective rate of 87%, while the effective rate in the control group is 65%. In addition, the experimental group students' self-efficacy, positive coping strategies, and life satisfaction significantly improved.

Conclusions. Research methods help alleviate students' anxiety symptoms and cultivate students' self-awareness, self-worth, and coping strategies. This provides new ideas and methods for future school mental health education.

Communication psychology and short video communication on urban culture and social anxiety disorder in Chongqing

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Background. As a new communication tool, short videos have significantly impacted modern society. Their high degree of information concentration, visual impact, and broad audience have become essential for disseminating urban culture. The dissemination of short videos significantly impacts people's social anxiety.

Subjects and Methods. The experiment used questionnaire surveys, in-depth interviews, and content analysis to select 500 residents living in Chongqing for a one-year follow-up study. The research focuses on short video dissemination strategies, the acceptance of Chongqing urban culture, and the social anxiety of the audience. We evaluated it using the Self-Rating Anxiety Scale (SAS) and analyzed the data using SPSS.

Results. The study found that 70% of the audience understood and loved Chongqing's urban culture better through short videos, indicating that the research method has significantly improved the acceptance of Chongqing's urban culture. However, audiences relying excessively on short videos as a source of information are more likely to develop social anxiety, with 30% feeling uneasy and nervous in real-life social situations.

Conclusions. The short video communication strategy based on communication psychology provides an effective method for promoting urban culture, but it may also exacerbate the social anxiety disorder of some audiences. This suggests that while promoting urban culture, we should also pay attention to the

psychological impact of short videos and develop more healthy and balanced communication strategies.

Innovative advertising design strategies on consumer psychology and BPD patients

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Background. Advertising plays a crucial role in modern commercial society as a means of information transmission. It not only affects consumers' purchasing decisions but may also have a particular impact on their mental health. This study explores in depth how innovative advertising design strategies affect consumer psychology, focusing on their potential impact on patients with borderline personality disorders.

Subjects and Methods. The experiment used three methods: questionnaire survey, psychological experiment, and in-depth interview to select 800 consumers, including 100 diagnosed borderline personality disorder patients, for a 6-month observation experiment. The Borderline Personality Disorder (BPD) self-test was used to evaluate the patient's status. The experimental data was statistically analyzed using SPSS 26.0.

Results. Research shows that innovative advertising design strategies can significantly enhance consumers' interest and willingness to purchase products, with 80% of respondents indicating an impulse to purchase after being influenced by such advertisements. However, for 60% of patients with borderline personality disorder, such advertisements may trigger impulsive purchases and emotional instability, and patients report feeling more anxious and unstable.

Conclusions. Innovative advertising design strategies significantly impact consumer psychology, promoting their willingness to purchase. Still, they may also have adverse psychological effects on specific groups, especially patients with borderline personality disorders.

The correlation between theatrical artistic expression and employees' resistance to PTSD

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Background. Drama art, as a diverse art form, provides practitioners with a unique way of self-expression through role-playing, situational simulation, and emotional expression. Personnel engaged in theatrical performances often experience psychological injuries due to uncontrollable factors such as insufficient rehearsals, which can develop Post Traumatic Stress Disorder (PTSD). Based on this background, this study aims to analyze the correlation between the two.

Subjects and Methods. This study used both qualitative and quantitative methods. Through in-depth interviews, questionnaire surveys, and psychological tests, 300 theatrical art practitioners were selected for a 12-month follow-up study. Evaluate the patient's status using the Post Traumatic Stress Disorder Self-Rating Scale (PTSD-SS). During the experiment, SPSS 24.0 was used for statistical data analysis.

Results. The study found that compared to practitioners who are less involved in theatrical expression, practitioners who frequently participate in theatrical art expression have a lower proportion of PTSD after experiencing traumatic events. In addition, practitioners who delve into theatrical role-playing and emotional expression have more positive and healthy emotional regulation abilities and strategies for coping with trauma.

Conclusions. The expression of theatrical art provides practitioners with a powerful psychological adjustment tool, which helps them confront and prevent post-traumatic psychological disorders. This provides a new approach to treatment and intervention in the mental health field and brings new value and significance to drama art education and practice.

Online blended teaching mode based on educational psychology on ADHD students

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Background. The online blended teaching mode combines the advantages of online and offline teaching, providing more flexible and diverse teaching methods for modern education. However, the impact of this teaching model on students with Attention Deficit Hyperactivity Disorder (ADHD) has not been thoroughly studied. The experiment analyzes the effects of online blended teaching mode in vocational colleges based on educational psychology on ADHD students.

Subjects and Methods. The experiment selected 500 vocational college students, including 100 students diagnosed with ADHD. Through a semester-long online blended learning experiment, combined with questionnaire surveys, academic performance analysis, and in-depth interviews, we aim to gain a deeper understanding of the impact of this teaching model on ADHD students. The Cornell Parent Rating Scale was used to assess the student's status, and SPSS24.0 was used to process the data.

Results. Research shows that the online blended learning mode can enhance the learning motivation of ADHD students, with 70% of ADHD students indicating that they are more likely to