round of treatment every 8 weeks. Statistical software SPSS23.0 was used for statistical description, and t-tests were used for measurement data.

Results. After a round of 8-week treatment, there was no statistically significant difference in the anxiety symptom scale scores between the two groups ($P>0.05$). After the second round, the Hamilton Anxiety Scale scores of the observation group were significantly lower than those of the control group ($P<0.05$); The difference in stress status scores at different times was significantly lower in the observation group than in the control group after the start of the second round ($P<0.05$). In short, cognitive behavioral therapy has a relieving effect on students' anxiety disorders.

Conclusions. Drug therapy is mostly targeted at adult patients. However for adolescent patients, it is necessary to gradually combine cognitive behavioral therapy to promote the relief of anxiety disorders in students.

Relationship between locust control and farmers' anxiety

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Background. The anxiety of farmers is closely related to their survival and daily life, and the prevention and control of locusts are closely related to their survival. The prevention and control of locusts is related to farmers' food production and safety, so farmers bear the survival and life pressure brought by locusts. Their anxiety psychology not only lies in dealing with locusts, but also requires emotional and psychological adjustment for treatment.

Subjects and Methods. Firstly, 1,184 farmers aged 23-31 from a certain city were randomly selected. Secondly, the Perceived Social Support Scale, Basic Psychological Needs Scale, Depression Anxiety Stress Scale, and Life Satisfaction Scale were used to score the anxiety psychology of farmers. Finally, SPSS 23.0 statistical software, analysis of variance, and t-test were used.

Results. After comparing the scoring results of various scales, it was found that the positive prediction of understanding social support for farmers' satisfaction was $t=15.471$, $P<0.001$, and the positive satisfaction with basic psychological needs was $t=6.205$, $P<0.001$. The combined understanding of depression, anxiety, and stress emotions for basic psychological needs of social support was $t=-5.963$, $P<0.001$. Overall, the best effect was achieved by adjusting farmers' basic psychological needs and satisfaction.

Conclusions. Depression and anxiety, combined with basic psychological needs, have a greater alleviating effect on farmers, and provide intervention methods for individual development and happiness acquisition. Therefore, combined with locust prevention and control measures, they provide improvement and regulation for farmers' anxiety psychology.

Intervention analysis of CBT and entrepreneurship training for college students' social anxiety

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Background. Social Anxiety Disorder (SAD) is a common mental disorder characterized by intense fear and anxiety in social situations. Social anxiety may prevent college students from actively participating in social activities and innovative entrepreneurial practices, thus affecting their personal growth and career development. The combination of cognitive behavioral therapy and college innovation and entrepreneurship training is expected to provide a comprehensive and effective method for the intervention of college students with social anxiety disorder.

Subjects and Methods. 120 college students with social anxiety disorder were randomly divided into an experimental group and a control group, with 60 people in each group. The experimental group received 10 weeks of cognitive behavior therapy (CBT) combined innovation and entrepreneurship training, while the control group only received innovation and entrepreneurship training. Social anxiety and cognitive status were assessed using the Stanford Acute Stress Response Questionnaire and the 3-Minute Disorder Assessment Scale. SPSS23.0 was used for descriptive statistics, analysis of variance and correlation analysis.

Results. The social anxiety of the experimental group was significantly reduced, and the SASRQ score was significantly reduced compared with the control group. The experimental group performed better on the 3D-CAM score, indicating improved cognitive status.

Conclusions. Cognitive behavioral therapy combined with innovation and entrepreneurship training has a significant intervention effect on the social anxiety disorder of college students, which is helpful in improving their social ability and innovation and entrepreneurship potential. This comprehensive intervention strategy has a positive significance in promoting the overall development and mental health of college students.

The guiding effect of clothing design assisted therapy based on Chinese elements on young patients with autism

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Background. Autism disorder (ASD) affects social, communication and behavioral patterns and appears in childhood. Although

many interventions for autism have been developed, effective approaches to improving social adaptation and quality of life remain challenging. The integration of Chinese cultural elements, especially clothing design, may provide new ideas for the rehabilitation of autistic youth.

Subjects and Methods. The study included 30 autistic young people aged 18-25, who were randomly divided into the experimental group and the control group with 15 people each. The experimental group received 12 weeks of Chinese element costume design adjuvant therapy, including traditional costume making and cultural learning. The control group received social skills training. Stress response and cognitive status were evaluated with SASRQ and 3D-CAM. SPSS23.0 statistical analysis and independent sample T-test were used to compare the differences between the two groups.

Results. After treatment, the scores of the Stanford acute stress response questionnaire in the experimental group were significantly lower than those in the control group ($P<0.05$), indicating that their stress response had been alleviated to some extent. On the 3-minute disorder assessment scale, the cognitive status score of the experimental group was also significantly better than that of the control group ($P < 0.05$), indicating that the cognitive function had improved.

Conclusions. Chinese element clothing design assisted therapy actively reduces stress response and enhances cognitive state. Traditional costume design and cultural learning improve emotional management and cognition. Innovative psychological intervention supports the comprehensive treatment of autism, and cultural integration therapy is supported by empirical evidence.

Cognitive impairment analysis of public health emergencies from cognitive psychology perspective

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Background. Public health emergencies (such as epidemics, natural disasters and chemical accidents) have aroused widespread concern in society, threatening physical health and affecting mental health and cognitive function. Despite concerns about these effects, the cognitive impairment of the masses during such events remains unclear. Cognitive psychology studies individual thinking, perception, learning, etc., and provides a useful framework for analyzing the impact of emergencies on mass cognitive function.

Subjects and Methods. The Stanford Acute Stress Response Questionnaire (SASRQ) and 3-minute Disorder Assessment Scale (3D-CAM) were used to study the effects of emergency events on cognitive function. 500 participants were randomly selected and divided into an exposed group and a non-exposed group. The exposed group received cognitive tests after the event, while the non-exposed group was tested at the same time as the control group.

Results. The SASRQ scores of the emergency exposure group showed a significant increase in cognitive stress ($P<0.05$). The cognitive confusion in the exposed group was significantly higher than that in the non-exposed group ($P<0.01$). SPSS23.0 statistical analysis confirmed the significance of these differences.

Conclusions. Studies have shown that public health emergencies can negatively impact cognitive function in the population, including increased cognitive stress and confusion. This highlights the importance of cognitive psychology in understanding and responding to the impact of unexpected events on individual cognition. In the future, more attention should be paid to the psychological cognitive state of the masses to better meet the challenges of public health emergencies.

Motivational interviews in health education management on adolescent depression reduction

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Background. Adolescent depression presents a problem that cannot be ignored in modern society. Motivational interviews for planned health education management are considered a potential intervention method to address this issue.

Subjects and Methods. The study selected adolescent students from several schools as the research subjects and divided them into an experimental group and a control group. The experimental group received motivational interviews on planned health education management, including individual interviews and group discussions; The control group continued to receive routine health education. To clarify the grouping, we used a random sampling method to randomly assign students to two groups. The study collected depression scores and mental health questionnaire survey data from adolescents as research indicators and used Stata statistical software for data processing and analysis.

Results. In the experimental results, the depression scores of the experimental group students were significantly reduced. The depression score of the experimental group students decreased from the initial 25.6 to 18.9, while the depression score of the control group students decreased from the initial 26.3 to 24.5. The results of Stata statistical software showed that the difference between the experimental group and the control group was statistically significant.

Conclusions. The research results indicate that motivational interviews in planned health education management have a positive effect on adolescent depression. Motivational interviews such as individual interviews and group discussions can significantly reduce adolescent depression scores and help alleviate their depressive symptoms.