Flipped classroom-based psychological therapy teaching reform on college students' psychological anxiety

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Background. The continuous development of higher education and the increasing social pressure have led to a severe employment situation for college students. At the same time, psychological anxiety is caused by factors such as learning pressure. However, many current psychotherapy methods have had limited effectiveness. Therefore, this research has reformed the teaching methods of psychotherapy through the use of flipped classrooms. It aims to utilise new psychotherapy teaching methods to alleviate psychological anxiety among college students.
Subjects and Methods. A total of 100 students from two classes of third to fourth grade students in a certain university were selected as the research subjects and divided into Group E and Group F. Group E used traditional psychotherapy teaching methods, while Group F used reformed psychotherapy methods. The experiment lasted for a total of one semester, and the data was analyzed using SPSS 23.0 software after the experiment.
Results. After the experiment, the low anxiety level in Group F decreased to 9.50%, the frequency of moderate anxiety decreased to 10.30%, and the frequency of high anxiety decreased to 8.40%, which was lower than that in Group E. In addition, after the intervention, the environmental adaptability score of Group F increased to 15.50 ± 1.86 points, the sleep score increased to 18.08 ± 2.53 points, and the learning adaptability score increased to 499.77 ± 5.30 points.
Conclusions. The use of flipped classrooms to reform the teaching method of psychotherapy can effectively alleviate the psychological anxiety of college students.

Cognitive psychology contextualized human-computer interaction systems on users' psychological anxiety

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Background. Psychological anxiety is an emotional response that includes emotional states such as nervousness, worry, and uneasiness. By understanding the effects of human-computer interaction systems on users' psychological anxiety, designers can take appropriate measures to reduce users' psychological anxiety and improve their satisfaction and efficiency.
Subjects and Methods. Seventy-two participants were selected for this study and randomly divided into an experimental group and a control group, with 36 participants in each group. The experimental group was exposed to HCI systems that used specific interface designs, and the control group was exposed to traditional HCI systems. The experimental data were collected by recording the psychological responses and behavioral performance of the participants such as psychological anxiety level and task completion time when using the interface. The data analysis software used was SAS.
Results. The average psychological anxiety level scores of the experimental group and the control group were 3.5 and 4.2; and the average interface task completion time of the experimental group was 9.3 ± 1.2 minutes, while the average time of the control group was 12.2 ± 1.5 minutes. Through comparative analysis, there is a difference between the experimental group and the control group with $P<0.05$.
Conclusions. By studying the effect of HCI on users' psychological anxiety, can help designers improve the design and function of HCI systems, reduce users' psychological anxiety, and improve users' satisfaction and efficiency.

Work stress and psychological conditions: a survey study of anxiety disorders among investment banking practitioners

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Background. The work stress and psychological condition of financial investment bankers is a hot issue widely concerned by society. Excessive work pressure is a major risk factor for triggering anxiety disorder episodes. Anxiety disorders are often accompanied by symptoms such as nervousness, worry, muscle tension, panic, sweating, and avoidance of work or emotional instability. In order to reduce the level of anxiety among the practitioners of this industry, the study investigated the current status of anxiety disorders among the practitioners of investment banking.
Subjects and Methods. A total of 1456 investment banking practitioners in a certain area were interviewed using the Composite International Diagnostic Interview Schedule-3.0 (CIDI-3.0), and anxiety disorders were diagnosed according to the Hamilton Anxiety Scale (HAMA), Hamilton Depression Scale (HAMD), Symptom Self-assessment Scale SCL90, and Self-Acceptance Questionnaire (SAQ).
Results. There were significant differences in the scores on HAMA, HAMD, SCL90, and SAQ among investment banking practitioners with different distributions of age, gender, years of working experience, marital status, and income level ($P<0.01$), and the differences in the detection rate of anxiety disorders