

terms of structure and detail ($P < 0.05$), and their concentration level was greatly improved.

Conclusions. The intervention of art design and color visual aesthetics integration has obvious applicability to ADHD patients, with significant efficacy, better control of their attention and behavioral actions, and help to improve the ability of self-management.

Sodium valproate with olanzapine in the treatment of mood disorder mania in construction project management

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Background. With increased social pressure and work intensity, construction workers face increasing mental pressure. In recent years, studies have shown that the incidence rate of mood disorder mania is gradually rising among construction workers in construction engineering. To ensure project progress and worker health, this study analyzed the effectiveness of sodium valproate combined with olanzapine in treating mood disorder mania in construction workers.

Subjects and Methods. One hundred construction workers diagnosed with mood disorder mania were randomly divided into an experimental and a control group, with 50 people in each group. The experimental group was treated with sodium valproate and olanzapine. The control group only used sodium valproate. The experiment lasted three months, and the patient's status was evaluated using the Beck Ravensden Mania Scale (BRMS). Use Excel and SPSS24.0 to process the data statistically.

Results. After three months of treatment, the manic symptoms in the experimental group improved faster and had fewer side effects. The treatment effectiveness rate of the experimental group was as high as 86%, significantly higher than the control group's 68%. Proved the effectiveness of sodium valproate combined with olanzapine treatment regimen.

Conclusions. In construction project management, sodium valproate combined with olanzapine can effectively alleviate symptoms and improve workers' mental health and work efficiency for construction workers suffering from mood disorder mania.

The therapeutic effect of ikebana teaching combined with ACT on obsessive-compulsive disorder college students

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Background. In recent years, due to academic pressure, changes in interpersonal relationships, and living environments, the mental health problems of college students have gradually become prominent, with obsessive-compulsive disorder (OCD) becoming an indispensable part. Patients with obsessive-compulsive disorder often suffer from recurring obsessive-compulsive beliefs and behaviors, seriously affecting their daily lives and academic performance. Therefore, seeking effective intervention methods is crucial.

Subjects and Methods. The experiment selected 60 students with obsessive-compulsive disorder from a particular school and randomly divided them into an experimental group and a control group, with 30 students in each group. The experimental group received practical teaching of flower arrangement art and acceptance commitment therapy (ACT). The control group only used traditional psychological counseling methods. The experimental period is six months, and the data is statistically processed using SPSS 24.0 and Excel.

Results. After a 6-month intervention, the obsessive-compulsive symptoms in the experimental group were significantly reduced, with a total effective rate of 90%, while the effective rate in the control group was 60%. In addition, the experimental group's self-efficacy, emotional regulation ability, and quality of life also significantly improved.

Conclusions. The combination of flower arrangement art practice teaching and acceptance commitment therapy has shown sound intervention effects in treating obsessive-compulsive disorder college students. This combined treatment method can not only effectively alleviate obsessive-compulsive symptoms but also enhance the patient's psychological resilience and self-management ability. Promoting this method has significant practical value in future mental health work.

Acknowledgement. Hunan Province General Higher Education Teaching Reform Research Project (General Education Project) (No. HNJG-2020-1170).