

## The role of community services in the treatment of anxiety disorders: a study on residents under psychology

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**Background.** Anxiety disorder is a common psychological disorder that seriously affects the quality of life and social function of patients. In addition to medication treatment, community service innovation provides more direct and convenient treatment pathways for patients by providing professional mental health support and resources within the community.

**Subjects and Methods.** The study focused on a population aged 18 to 70 within a community. Using EEG and Self Rating Anxiety Scale (SAS) tests, 30 individuals were diagnosed with anxiety disorders. These participants were evenly divided into two groups: the experimental group and the control group. The experimental group received anti-anxiety medication treatment alone, while the control group received regular psychological counseling at the community service center in addition to medication. After six months of treatment, the two groups were statistically analyzed for treatment effectiveness using electroencephalogram examination and the SAS test. SPSS23.0 was used for data analysis.

**Results.** In the experimental group, 5 patients recovered, 4 patients made significant progress, and 6 patients did not recover. In the control group, 9 people recovered, 6 people made significant progress, and 1 person did not recover. There was a statistically significant difference between the experimental group and the control group,  $P < 0.05$ .

**Conclusions.** Through community mental health centers, patients can receive more direct and convenient treatment pathways and mental support, which is of great significance in the treatment of anxiety disorders.

sample of 60 students was divided into two groups: an experimental group and a control group. The experimental group received medication treatment as prescribed by doctors, while the control group underwent regular psychological treatment at the hospital's psychological treatment center in addition to medication. After one year of treatment, the effectiveness of the interventions was assessed using EEG, SPECT examination results, and SPSS23.0 for statistical analysis.

**Results.** Among the experimental group, 10 patients achieved recovery, 12 demonstrated significant improvement, and 8 did not achieve recovery. In the control group, 15 patients recovered, 15 showed significant improvement, and none did not recover. The difference in outcomes between the experimental group and the control group was statistically significant ( $P < 0.05$ ).

**Conclusions.** Social theory plays an important role in the treatment of student autism, as it can help students establish and develop social skills for autism. By creating a positive social environment, comprehensive social support and education can be provided for students with autism.

## Correlation between college students' attitude towards physical exercise, psychological capital, and anxiety disorders

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**Background.** Physical exercise promotes physical activity, regulates mental state, and helps to improve the psychological state of individual college students and reduce anxiety symptoms.

**Subjects and Methods.** Randomly select 50 students from a sports college of a certain university, including 25 males and 25 females. Select 50 students from non-sports colleges, including 25 males and 25 females. The total subjects amount to 100 students. The Physical Exercise Frequency Scale and the Anxiety Self-Test Scale (SAS) were used. The exercise volume and anxiety level of college students were evaluated. The test results were statistically analyzed using SPSS23.0 software.

**Results.** 82% of college students in this college enjoy physical exercise. 50% of students exercise 3 times a week, 25% twice a week, and 5% once a week. 18% do not enjoy physical exercise. According to the results of the Self-Test Anxiety Scale (SAS), 95% of college students in the school do not have anxiety symptoms, 5% of students suffer from anxiety disorder, and all 5% come from non-sports students. According to the SPSS statistical results, the anxiety level of different students is  $P < 0.05$ , and there is a negative correlation between the anxiety level and the frequency of physical exercise, with a P-value less than 0.05, which is statistically significant.

**Conclusions.** Most college students in this school have a positive psychological state, and there is a certain correlation between

## The role of social theory work in the treatment of autism students

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**Background.** Autism in students often presents as social interaction difficulties. Social theory offers a valuable framework and approach to guide interventions aimed at promoting social development among students with autism.

**Subjects and Methods.** The study conducted research on a group of students diagnosed with autism in a southwestern China hospital in 2021. Participants included 25 students aged 3-6, 30 students aged 7-12, and 5 students aged 13-18. The total

physical exercise and anxiety. Therefore, physical exercise can help alleviate anxiety symptoms by promoting mental state.

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## College physical education on students' social anxiety disorder from perspective of psychology

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**Background.** Social anxiety disorder is a condition in which people become wary of strangers when they are in unfamiliar or socially threatening situations. With the increasing pressure of life and study, more and more students suffer from social anxiety disorder. If this negative psychological emotion can not be improved in time, it will even cause extremely serious consequences.

**Subjects and Methods.** Physical education in colleges and universities is one of the effective ways to promote students' physical and mental health. Therefore, this study from the perspective of psychology makes an in-depth analysis of the influence of college physical education on students' social anxiety disorder. The experiment randomly selected 70 students from a university to make statistics on their social anxiety disorder before and after the physical education intervention and compared their self-rating anxiety scale (SAS) before and after the intervention. SPSS 23.0 statistical software was used for data processing.

**Results.** The score of SAS scale of students before intervention had no statistical significance ( $P>0.05$ ), but the score of SAS scale of students after intervention was higher than that before intervention, and the difference was statistically significant ( $P<0.05$ ). It shows that physical education in colleges and universities can improve social anxiety disorder significantly.

**Conclusions.** With the support of psychological theory, physical education in colleges and universities can improve the frequency of communication between students and others through physical activities, so as to promote communication between students and effectively improve their social anxiety disorder.

## The positive influence of Chinese traditional music therapy in the treatment of personality disorder

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**Background.** Personality disorder refers to the obvious deviation of personality characteristics from the normal, making people in daily life and interpersonal relationship perform abnormal behaviors. Personality disorders have a negative impact on the development of individuals and bring a negative influence on society. In addition, people with personality disorders are easy to have unstable emotions and even cause harm to themselves and others.

**Subjects and Methods.** Music therapy uses various forms of music to help patients heal emotionally. Among many, traditional Chinese music therapy can effectively relieve depression and improve the quality of people's mental health. The study uses Chinese traditional music therapy to analyze its influence on the treatment of personality disorders. Fifty patients with personality disorders were randomly selected and divided into a research group and a control group, with 50 people in each group. The research group received conventional psychological intervention treatment, and the control group received traditional Chinese music therapy. After the experiment, the Self-rating Anxiety Scale (SAS) was compared between the two groups. SPSS 23.0 statistical software was used for data processing.

**Results.** Before the intervention, there was no statistical significance in baseline data between the two groups ( $P>0.05$ ). After the intervention, the SAS scale score of the control group was significantly higher than that of the research group, and the difference was statistically significant ( $P<0.05$ ).

**Conclusions.** Chinese traditional music therapy can effectively improve personality disorders and play a positive role in people's mental state.

## Intergenerational education model on social anxiety disorder of rural left-behind children

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**Background.** At present, many parents in rural families choose to go out for work. Traditional intergenerational guardians generally adopt food and clothing education, and it is difficult to implement correct guidance and education. Left-behind children in rural areas often have a sense of loneliness and inferiority due to the lack of family care. The negative psychology will further damage the physical and mental health of left-behind children, making