

dramatic performers has the greatest impact on the dance comprehension, music appreciation, and posture and temperament of stage performance, while the impact on physical skills, humanistic qualities, and breath is relatively small. Therefore, it is necessary to alleviate the psychological anxiety of performers and improve their stage performance.

**Conclusions.** The psychological anxiety state of theatrical performers has a significant impact on their stage performance, dance comprehension, music appreciation, and physical temperament. In the process of cultivating theatrical performers, attention should be paid to their psychological anxiety state and appropriate improvement should be made to their psychological quality.

## Positive psychological intervention and Morita therapy in alleviating mood disorders of salespeople under economic development

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**Background.** With the rapid development of the market economy, the competition between enterprises has become increasingly fierce, and the pressure on sales management personnel has become even greater. Most sales management personnel generally suffer from psychological disorders, which will have a negative impact on corporate performance. In response to this psychological problem, the study proposed a combination of positive psychological intervention and Morita therapy.

**Subjects and Methods.** A total of 1600 experimental subjects were selected from the sales management of 100 small and medium-sized enterprises and divided into two groups based on the average number of people. The experimental group received positive psychological intervention combined with Morita therapy, while the control group received traditional psychological disorder treatment. The entire treatment period was 6 months. After completion, the Symptom Checklist SCL-90 was used to evaluate the symptoms of all personnel, and SPSS23.0 software was used to statistically analyze the results.

**Results.** The statistical results show that the experimental group of students showed significant improvements in their ideological cognition, emotional control, and work attitude. The negative emotions of management personnel decreased by about 34%.

**Conclusions.** The research results indicate that positive psychological intervention combined with Morita therapy has a significant therapeutic effect on mood disorders in management personnel, which can improve their mental health level and work performance. It is recommended that enterprises strengthen positive psychological intervention and the application of Morita therapy in employee mental health management.

## A teaching model combined with cognitive psychology on students with attention deficit

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**Background.** In the current mode of higher education, students' attention in class is generally flawed, which seriously affects teaching order and efficiency, and brings many troubles to students' learning and teachers' teaching. The aim of this study is to optimize the impact of attention deficit on students' development by combining a teaching model in universities based on cognitive psychology.

**Subjects and Methods.** The study selected 2000 college students from three universities in a certain city as the experimental subjects. They were randomly divided into an experimental group and a control group based on the number of people. The experimental group adopted a teaching model combining cognitive psychology, while the control group adopted a traditional teaching model. The experimental duration was one semester. Conners Rating Scales was used to evaluate the attention deficit disorder of all students, and SPSS23.0 software was used to statistically analyze the results.

**Results.** The research results indicate that the experimental group of students showed significant improvements in class attention, learning status, and satisfaction with efficient teaching, with a 25% increase in classroom learning efficiency.

**Conclusions.** The statistical research results indicate that the college teaching model combined with cognitive psychology has a significant effect on improving students' attention deficit, providing new ideas for efficient classroom teaching models. It is recommended that universities strengthen the application of cognitive psychology in student teaching management.

## Ideological and political education combined with psychological care on patients with bipolar disorder

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**Background.** In today's society with enormous work and study pressures, people's mental health issues are increasingly receiving attention. Bipolar disorder is one of the serious mental illnesses that has a significant impact on patients' lives and mental health. This study aims to explore the impact of ideological and political education combined with psychological care on patients with bipolar disorder.