

## The utility analysis of integrating innovation and entrepreneurship education with mental health education on the recovery of mixed depression patients

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**Background.** In recent years, the incidence rate of mixed depression among college students has increased, which is related to the increase in employment pressure and student life pressure. With the development of the situation, introducing mental health education into university teaching has become an important research direction. Combining the causes of student illness, research will integrate innovation and entrepreneurship education with mental health education in the treatment of mixed-type depression patients.

**Subjects and Methods.** 200 college students were randomly selected as the survey subjects, and 20 mixed-type depression college students were obtained through the survey. According to the random number table, the patients are divided into a control group and an intervention group, with 10 cases in each group. There was no significant difference in gender, age, and HAMD score between the two groups of patients ( $P>0.05$ ). The control group received routine treatment, while the intervention group received a combination of innovation and entrepreneurship education and mental health education on this basis. The treatment cycle is 3 months.

**Results.** The study used SPSS23.0 statistical software to analyze the experimental data. The results showed that after intervention treatment, the HAMD score, SAS anxiety score, and SDS depression score of both groups of patients decreased ( $P<0.05$ ). The score of the intervention group was significantly lower than that of the control group ( $P<0.05$ ).

**Conclusions.** Innovation and entrepreneurship education can alleviate students' employment pressure and provide new paths for employment. Combining it with mental health education for the treatment of mixed-type depression patients can effectively alleviate their symptoms such as depression and anxiety.

## The integration path of ideological and political education and mental health construction of college students with depression from the perspective of educational psychology

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**Background.** In the current social environment, school students are facing a very serious situation in terms of learning and employment. How to use education to help students alleviate pressure is the main direction of education. Especially in the online environment, a good political orientation can help college students cultivate correct fertilization concepts, thus laying a good ideological foundation for their future development.

**Subjects and Methods.** The study selected 50 college students with depression as the research subjects and divided them into two groups on average using random numbers. There are two groups, the experimental group and the control group. Both groups of patients received routine drug treatment, while the experimental group received teaching and treatment designed by the research institute to integrate ideological and political education with mental health construction. After 12 weeks of treatment, SAS and SDS scores were analyzed for both groups of patients.

**Results.** The study selected SPSS23.0 statistical software for data analysis of the final results. The analysis results showed that there was no significant difference in various scores between the two groups of patients before intervention ( $P>0.05$ ). After the intervention, the depression and anxiety scores of both groups of patients significantly decreased ( $P<0.05$ ), with the experimental group scoring significantly lower than the control group ( $P<0.05$ ).

**Conclusions.** The educational path of integrating emotional psychology with ideological and political education can effectively alleviate the life pressure of depressed college students and help them overcome difficulties.