

**Conclusions.** The analysis from the psychological perspective shows that the internal governance program in colleges and universities can effectively alleviate the anxiety symptoms of adolescents, and it is worth to promote the application.

## Application of ideological and political education and mental health education in patients with mild anxiety

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**Background.** According to the severity of the illness, anxiety can be divided into mild anxiety, moderate anxiety and severe anxiety. When anxiety attacks, patients will be accompanied by mental symptoms such as rising anxiety and restlessness, as well as physical symptoms such as tremor, sweating and nausea. Targeted at college students with mild anxiety disorder, the study combined ideological and political education with mental health education to intervene their treatment.

**Subjects and Methods.** The study divided 100 college students with mild anxiety disorders in a university into an experimental group and a control group, in which the experimental group was 50 students who received the intervention treatment of ideological and political education combined with mental health education, and the control group was 50 students who did not receive formal treatment. The study utilized the Hamilton Anxiety Measurement Scale (HAMA) to conduct measurements, and finally compared HAMA scores of the two groups after 8 weeks of treatment. The HAMA scores of these two groups were compared.

**Results.** The study utilized SPSS23.0 statistical software to analyze the data. The HAMA score of the experimental group after 8 weeks was (8.96±0.59) and that of the control group after 8 weeks was (17.46±3.46), which was better than that of the control group, and there was a significant difference in the comparison of the groups ( $P<0.05$ ).

**Conclusions.** Ideological and political education combined with mental health education has a significant effect on the intervention of students with mild anxiety disorders, and has certain application value.

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## Analysis of animation screenwriter's anxiety and intervention countermeasures

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**Background.** Animation has special artistic creation rules, so animation writers often suffer from anxiety disorder because of excessive pressure when creating animation scripts. This study from psychological quality and physical health, analyzes the sources of patients' anxiety, and intervenes their anxiety treatment by using group psychological counseling with trait hope scale.

**Subjects and Methods.** In this study, 60 animated writers with anxiety disorder were selected on different platforms of social media and were divided into experimental group and control group. In the experimental group, 30 writers received the intervention of group psychological counseling with hope trait, while in the control group, 50 patients did not receive treatment. The study used the Hope Trait Scale and Sarason Test Anxiety Scale (TAS) to measure, and compared the hope trait scores of the two groups with TAS scores after 8 weeks of treatment.

**Results.** The study utilized SPSS 23.0 statistical software to analyze the data. The hope trait scores and HAMA scores of the experimental group were (163.4±20.2) and (13.5±2.7) after 8 weeks, and those of the control group were (138.5±19.3) and (17.1±2.3) after 8 weeks, which were better than those of the control group, and the comparison between the two groups showed significant differences ( $P<0.05$ ).

**Conclusions.** Script stress and physical sub-health status are the main sources of anxiety symptoms in animation writers, and the study utilized hope trait group counseling to effectively alleviate anxiety symptoms in animation writers.

## The intervention of consumer product design optimization incorporating color psychology on consumers' anxiety disorders

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**Background.** Any product design cannot do without color design, and color is also an important form of psychological treatment for anxiety disorders. This study is based on color, optimizing product design, intervening, and treating consumer anxiety disorders, and combining conventional medical methods