

## Artistic psychodrama and political education combined with paroxetine hydrochloride on depression

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**Background.** Depression is a common mental health problem, especially in the student group. Paroxetine hydrochloride is a commonly used antidepressant drug, and artistic psychodrama and ideological education can help students understand and deal with emotional problems.

**Subjects and Methods.** The study selected 100 college students with depression and randomly divided them into intervention group and control group. The intervention group received a 12-week art psychodrama and ideological and political education course, supplemented with paroxetine hydrochloride. While the control group only received paroxetine hydrochloride treatment. It took a normal course of three weeks. Efficacy was assessed using the Hamilton Depression Scale (HAMD) and the Self-rating Scale (SDS) after the treatment sessions.

**Results.** After the end of the treatment course, the depressive symptoms in the intervention group were significantly reduced, and the HAMD score and SDS score were significantly lower than those in the control group ( $P < 0.05$ ). The cure rate and overall response rate in the intervention group were also significantly higher than those in the control group ( $P < 0.05$ ). In addition, the mental health level and self-awareness were also significantly improved in the intervention group.

**Conclusions.** The combined application of artistic psychodrama and political education combined with paroxetine hydrochloride on depression treatment is significantly better than drug treatment, and the proposed treatment program can improve students' mental health and self-cognition ability.

## International political relations on the anxiety disorders of Sino-Japanese Marine literature exchange

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**Background.** The exchange of Marine literature is conducive to enhancing the understanding and friendship between the two peoples, and is also closely related to international political

relations. However, tensions and uncertainties in international political situations often carry a risk of developing anxiety disorders.

**Subjects and Methods.** Based on a psychological perspective, we collected personal information about participants' personal information, the degree of anxiety disorders and the perception of international political relationships through questionnaires. The sample includes 400 people from Both China and Japan. The correlation of anxiety disorder and international political relations was analyzed by Logistic.

**Results.** The research results show that the international political relations under the background of Sino-Japanese Marine literature exchange have a significant impact on the anxiety disorders of the two peoples ( $P < 0.05$ ). In the tense and unstable political environments, people generally show higher levels of anxiety. In addition, compared with the Chinese people, the Japanese people are more likely to experience anxiety disorders under the pressure of international political relations.

**Conclusions.** International political relations have an important impact on people's mental health. In order to reduce public anxiety disorders, it is necessary to strengthen communication and cooperation between China and Japan to improve people's psychological resilience and coping ability through various channels. In addition, governments and the international community should work together to promote a stable and sustainable development of international political relations and reduce the risk of anxiety among people.

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## Ideological and political education in English courses of depression and anxiety students

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**Background.** The symptoms of depression and anxiety show a growing trend among college students, bringing serious negative effects on individuals and society. To explore the positive role of ideological and political education in relieving the symptoms of depression and anxiety in students.

**Subjects and Methods.** Select students from the same university as the research subjects and randomly assigned as observation group and control group. The experimental group added ideological and political education to the English course, while the control group only taught the regular English course. The study period was one semester, and Hamilton Depression Rating Scale (HAMD) and Profile of Mood States (POMS) measurements were conducted once a week, and students' psychological test results were analyzed using SPSS23.0.

**Results.** After the intervention, the anxiety and depression symptoms scores were significantly decreased compared with the control group ( $P < 0.05$ ). At the same time, the mental health level of the students in the experimental group has improved significantly ( $P < 0.05$ ), showing a more positive attitude and better emotional control ability.

**Conclusions.** The integration of ideological and political education in college English courses has a positive effect on alleviating the symptoms of depression and anxiety. Combining ideological and political education with subject teaching is helpful to improve students' mental health levels and help them better cope with psychological pressure. Therefore, college education departments should actively promote and implement this teaching mode to promote all-round development and mental health.

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## China's image in international sports events on positive psychology and Post-Traumatic Stress Disorder

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**Background.** Major international sports events will provide great group psychological encouragement to citizens. This study attempts to explore the impact of major international sports events on national positive psychology and symptoms of Post-Traumatic Stress Disorder (PTSD).

**Subjects and Methods.** The research subjects were 268 patients who underwent PTSD treatment at a domestic public hospital between June 2020 and June 2023. These patients were randomly and evenly divided into an experimental group and a control group. In the experiment, the control group was required to observe major foreign sports events for at least 30 minutes every day, but there were no Chinese teams present during the events. The experimental group needs to watch international major sports events of the same type as the control group, but there are Chinese team matches included in the viewing content. The intervention lasted for 14 days, and the PTSD Symptom Scale Interview (PSS-I) and Self-Rating Depression Scale (SDS) tests were conducted on both groups of patients before and after the experiment.

**Results.** Before and after the experiment, there was a significant difference in the PSS-I and SDS scale scores between the two groups of patients. Moreover, the overall scale data of the experimental group was significantly better than that of the control group.

**Conclusions.** Watching major international sports events that are conducive to building China's national image can enhance the positive psychological level of the people and treat PTSD symptoms.

## Problems and innovative approaches in student management in universities: focusing on students with autism as the core

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**Background.** Students with autism have unique characteristics in social interaction, emotional management, and learning styles, which may be overlooked in the larger environment of universities and affect their learning and life. Therefore, from a psychological perspective, exploring the problems and innovative approaches in student management in universities, with a focus on autistic students, has important theoretical and practical significance.

**Subjects and Methods.** The subjects of this study were 206 college students studying at a certain university, all of whom had varying degrees of autism. These students were equally divided into an experimental group and a control group. The experimental group conducted innovative management based on the management innovation pathways collected through expert surveys, while the control group only managed in traditional ways. The management experiment lasted for 60 days. Before and after the experiment, each group of students needs to be tested with the Autism Behavior Checklist (ABC).

**Results.** The experimental results showed that there was no significant difference in any baseline data between the two groups before the start of the experiment, and there was no significant difference in ABC scores. After the experiment, the total ABC scores of the experimental group and control group students were  $33.6 \pm 2.9$  and  $42.2 \pm 3.1$ , respectively, with lower scores and significant differences in the experimental group.

**Conclusions.** The expert group members found that managing college students through multiple innovative university management methods that focus on students and balance humanization and institutionalization can help improve the symptoms of students with autism.

## Task based teaching method on English writing anxiety of OCD college students

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**Background.** English writing is an important component of college English teaching, but many students may experience