Abstracts

The improvement effect of food additive analysis in patients with anorexia nervosa

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Background. Anorexia nervosa is a severe psychological disorder, and current treatment of anorexia nervosa relies on psychotherapy and medical nutritional support. The study applied food additives to the relevant treatment, aiming to help improve the patients' diet.

Subjects and Methods. Patients who met the diagnostic criteria of anorexia nervosa were randomly selected and divided into experimental and control groups, with 25 patients in each group. The experimental group received food additive-assisted treatment, while the control group received only conventional treatment. Before and after treatment, the patients' body mass index (BMI) and height were measured, and eating disorders were assessed using the EDE-Q. The resultant data were analyzed using SPSS22.0.

Results. After treatment, the BMI of the experimental group was significantly higher than that before treatment ($F=18.42$, $P<0.05$), while the BMI of the control group did not change significantly ($F=9.71$, $P>0.05$). In the EDE-Q scale assessment, the experimental group scored lower than the control group in terms of frequency of binge eating, frequency of emesis, and restriction of eating factor, and the difference was statistically significant ($P<0.05$).

Conclusions. After treatment, patients in the experimental group showed a significant increase in BMI, and the frequency of binge eating, frequency of emetic, and restriction of eating factor scores were lower than those of the control group. This suggests that food additives may have potential efficacy in alleviating the symptoms of anorexia nervosa.

The therapeutic effect of Mongolian medicine based on Qiwei Guangzao pill on depression

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Background. The fast pace of modern life and work competition has led to an increase in the incidence rate of depression year by year. In recent years, Mongolian medicine has achieved good results in the treatment of depression. Research on the production of Mongolian medicine group based on Qiwei Guangzao pill to explore its therapeutic effect on moderate depression.

Subjects and Methods. The study selected 70 patients with moderate depression and randomly divided them into an experimental group and a control group. The experimental group received Mongolian medicine based on Qiwei Guangzao pills in the morning, middle, and evening, supplemented by droperidol and melitracen tablets; The control group only received oral administration of flupentixol and melitracin tablets. The treatment course was 4 weeks, and the patient's status was evaluated by Hamilton Depression Scale (HAMD) score. SPSS25.0 software was used for statistical analysis of the data obtained.

Results. Compared to the control group, the rehabilitation rate of patients in the experimental group was 14.3%, and the proportion of patients with significant treatment effects was 45.8%. The total effective rate was about 91.4%, indicating that the improvement of HAMD scores in the experimental group was higher than that in the control group.

Conclusions. The experimental results show that the Mongolian medicine group based on Qiwei Guangzao pill has a significant therapeutic effect on moderate depression, and can effectively improve patients' sleep status and gastrointestinal symptoms.

Analysis of subjective sleep quality and influencing factors of depression in ARDS patients

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Background. Acute Respiratory Distress Syndrome (ARDS) is a severe lung disease, and its condition can lead to depressive disorders in patients. Understanding the subjective sleep quality of ARDS patients with depressive disorder conditions and their influencing factors is essential for developing effective interventions and improving patients' sleep quality.
Subjects and Methods. Sixty patients with depression were selected as the study subjects and randomly divided into experimental and control groups, with 30 people in each group. Pittsburgh Sleep Quality Index (PSQI), Symptom Checklist-90 (SCL-90), Self-Rating Anxiety Scale (SAS), Social Desirability Scale (SDS), State-Trait Anxiety Inventory (STAI), Life Event Scale (LES), and SQL Server Reporting Services (SSRS) were used for assessment. The data collected were analyzed by the relationship between PSQI and the results of the other six rating scales using SPSS23.0.
Results. Sleep disorders were found in 77.8% of 60 patients with depression. The total score and factors of PSQI were significantly correlated with SCL-90 somatization, obsessive-compulsive disorder, depression, anxiety, and total mean score ($P<0.05$). The PSQI was positively correlated with SAI in SAS and STAI ($P<0.01$) but not correlated with TAI in STAI ($P>0.05$). The somatization disorder factor in SDS was significantly correlated with the PSQI factors and total scores except for the sleep persistence factor ($P<0.05$). The daytime dysfunction factor in PSQI was significantly correlated with the full score of social support ($P<0.05$), whereas there was no significant correlation between PSQI and LES ($P>0.05$).
Conclusions. Depressive disorders in ARDS patients hurt their subjective sleep quality.

Comprehensive psychological crisis intervention of college students with anxiety disorder

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Background. Anxiety disorder is one of the common mental health problems in college students, which hurts their study, work, and life. Comprehensive psychological crisis intervention is a complete psychological treatment method expected to be essential in treating anxiety disorders in college students.
Subjects and Methods. One hundred college students with anxiety disorder were selected as research subjects and randomly divided into two groups. The experimental group received comprehensive psychological crisis intervention treatment and comprehensive intervention measures such as psychological assistance, cognitive behavioral therapy, and intimate relationship training. The control group received traditional psychotherapy, including counseling and medication. The Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS), and other assessment tools were used to carry out psychological measurements of the two groups of patients before, after, and at the follow-up point, respectively. The collected information was statistically analyzed by SPSS23.0 software.
Results. After the comprehensive psychological crisis intervention treatment, the anxiety and depression levels of the experimental group were significantly reduced ($P<0.001$), and life satisfaction was significantly increased ($P<0.001$). Compared with the control group, the experimental group showed obvious advantages in curative effect.
Conclusions. Comprehensive psychological crisis intervention has shown remarkable efficacy in college students with anxiety disorders, can effectively reduce anxiety and depression, and improves the life satisfaction of patients. This approach may become an essential option for treating anxiety disorders in college students.