

Table 1. Comparison of MMPI scores of patients before and after the experiment

Group	Before treatment	After treatment	<i>P</i>
Medication group	65.32±3.24	57.46±3.18	>0.05
Combined treatment group	65.48±3.21	45.83±2.87	<0.05
<i>P</i>	>0.05	>0.05	-

Analysis of the effect of psychological atmosphere creation on anxiety patients in physical education classroom teaching

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Background. Anxiety disorder is a common mental disease, which is characterized by tremors, palpitation, sweating, and other symptoms, and has become one of the main psychological problems of college students. The psychological atmosphere is a relatively stable emotional state, which can promote emotional communication and trigger psychological resonance. Through the creation of a good psychological atmosphere in physical education classroom teaching, this paper explores its intervention effect on anxiety patients.

Subjects and Methods. In a domestic university, 900 college students of different grades were selected by random sampling, and the Self-rating Anxiety Scale (SAS) was filled in anonymously. After statistical results, 126 patients with anxiety disorder were selected. Then they were randomly divided into a control group and an observation group, 68 in each group. The students in the observation group studied in the PE class with a positive psychological atmosphere, while the students in the control group studied in the regular PE class. After one semester of study, the anxiety level was assessed again by the SAS scale.

Results. Table 1 shows the statistical results of SAS scores of the two groups before and after physical education classroom teaching. It can be found that after the experiment, the anxiety score of the students in the observation group decreased significantly and was lower than that of the control group, with a statistically significant difference ($P < 0.05$).

Conclusions. Anxiety has seriously harmed the physical and mental health of college students. The study created a positive psychological atmosphere in physical education classroom teaching and intervened the anxiety patients. The results show that the optimized creation of a psychological atmosphere in physical education classrooms can improve the anxiety symptoms of college students, and has certain clinical application value.

Table 1. Statistical results of SAS scores of two groups of college students before and after physical education classroom teaching

Group	<i>n</i>	Before experiment	After experiment	<i>P</i>
Control group	68	55.36±4.17	53.59±4.01	0.74
Observation group	68	55.18±3.82	44.27±3.64	0.00
<i>P</i>	-	0.79	0.00	-

Study on risk prediction and intervention coping of mild cognitive impairment in patients with hypertension

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Background. While the ageing population is increasing, diseases such as senile dementia and hypertension have gradually become important health risks for the elderly. The existing research shows that long-term hypertension will affect the structure and function of cerebral vessels, leading to the decline of cerebrovascular compliance, vascular deformation, cerebral blood flow reduction and other problems. The occurrence of these conditions will lead to the decline of the brain's self-regulation ability, which will lead to cognitive decline and dementia. The study will analyze the risk factors of mild cognitive impairment (MCI) in hypertensive patients, and determine the regulatory role between adaptation and cognitive function in the treatment of hypertensive patients.

Subjects and Methods. In this study, 180 hypertensive patients were investigated to analyze their cognitive factors and functional status. The investigation was completed by the Montreal Cognitive Assessment (MoCA). After the investigation, SPSS 25.0 software was used to analyze the data and screen the independent risk factors of mild cognitive impairment. The experimental results are shown in Table 1.

Results. As shown in Table 1, 124 of 180 hypertensive patients developed MCI, with a prevalence rate of 68.9%. It can be seen from the table that the total score and scores of each dimension in the MCI group were significantly lower than those in the normal cognitive function group ($P < 0.05$), with the largest difference being delayed recall and executive function.

Conclusions. In this study, the research center was placed at risk of mild cognitive impairment in hypertensive patients. Through the MoCA scale investigation experiment, it was found that 124 of 180 hypertensive patients had a lower cognitive function in all dimensions than normal. The experiment shows that the problems such as micro hemorrhage caused by hypertension and the increase of cerebrovascular events affect the cognitive function of the elderly, which is obviously reflected in memory and executive ability.

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Table 1. Each dimension score of MoCA scale for hypertensive patients

Test items	MCI (n=124)	Normal cognitive function (n=58)	z	P
Performing	3(1)	5(1)	-8.29	<0.001
Naming	2(2)	3(0)	-6.57	<0.001
Attention	6(2)	6(0)	-5.73	<0.001
Speech	2(1)	3(0)	-6.39	<0.001
Abstract	0(1)	1.5(1)	-8.25	<0.001
Recall	2(2)	4(2)	-9.02	<0.001
Directional	6(0)	6(0)	-3.41	0.001
Total score	21(6)	28(2)	-10.87	<0.001

Analysis of the therapeutic effect of Morita therapy on anxiety disorder of art creators

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Background. When artistic creators create art, they will suffer from mental anxiety due to the lack of spiritual level. Morita therapy often alleviates the clinical symptoms of anxiety disorder in patients by improving their “neuroticism” personality and urges them to recover their mental health. Therefore, Morita therapy was selected to intervene and treat the anxiety disorder of art creators, so as to improve their social adaptability and mental health.

Subjects and Methods. The study took 78 art creators with anxiety disorders in a hospital since 2000 as subjects. Their anxiety disorders were divided into mental anxiety disorder (A) and somatic anxiety disorder (B). The total course of Morita therapy was 8 weeks, which was randomly divided into two groups, group C and group D. Group C was not intervened, while

group D intervened with Morita therapy. Hamilton Anxiety (HAMA) was selected as the research evaluation scale. The experimental results are shown in Table 1.

Results. The HAMA score after the intervention treatment was significantly lower than that before the intervention treatment, and the patients’ somatic anxiety and mental anxiety were reduced. Compared with group C, the mental anxiety of group D on both sides decreased more significantly, and decreased to 4.96 ± 1.87 in the 8th week after intervention, lower than 5.89 ± 1.57 in group C. To sum up, Morita therapy intervention has effectively alleviated the anxiety of art creators.

Conclusions. Artists who live more or less will have mental anxiety. The study used Morita therapy to intervene and treat their anxiety disorder. The results showed that Morita therapy effectively alleviated the mental anxiety of art creators.

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Table 1. HAMA score results of two groups of patients before and after the intervention

	HAMA total score		A		B	
	D	C	D	C	D	C
Before treatment	23.46±4.21	21.99±4.23	12.26±3.05	12.76±2.72	11.19±3.45	9.19±3.01
After treatment (2)	21.86±3.99	20.62±4.07	11.22±2.33	11.52±2.82	10.62±2.91	9.09±2.94
After treatment (4)	18.79±3.92	17.76±4.38	9.89±2.55	9.49±2.85	8.79±2.10	8.96±3.38
After treatment (6)	12.12±2.48	14.79±4.09	7.02±1.92	9.32±3.05	5.16±2.34	5.40±1.68
After treatment (8)	9.39±2.29	10.86±2.68	4.96±1.87	5.89±1.57	4.22±1.56	4.96±2.15

Interventional effect of music therapy on mental and psychological diseases of legal scholars

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Background. Legal scholars have psychological problems because they have been in an “abnormal environment” for a long time. Music therapy is a psychological intervention method based on musicology, medicine and psychology. Therefore, the study used music therapy to intervene and treat the psychological diseases of legal scholars.

Subjects and Methods. In the study, 84 patients with psychological diseases in a hospital in a western city were randomly divided into group A (41) and group B (43) by using SPSS21.0 statistical