

experimental group was significantly better than that of the control group ( $P < 0.05$ ).

**Conclusions.** Considering the path reform of educational psychology in the construction of the music curriculum system and incorporating it into the treatment of students with borderline personality and personality split can effectively alleviate their symptoms.

## Folk art creation and painting teaching on the rehabilitation effect of depression patients

Yi Jiang

Sichuan University of Science & Engineering, Zigong 643000, China

**Background.** Painting therapy uses nonverbal tools to meet the psychological needs of painters, with emotional, visual, and motivational characteristics. Integrating painting therapy into the teaching of folk art creation enriches students' emotional experience, effectively alleviates their tense psychology, increases their confidence in innovation, and promotes their healthy psychological development.

**Subjects and Methods.** The study selected 90 patients with depression who were in the recovery stage and were treated at our psychological clinic from January 2022 to December 2022. Randomly divided into two groups: the experimental group and the control group. The control group received medication and routine care, while the experimental group received folk art creation and painting therapy on top of the control group. The treatment period for both groups is three months. After treatment, patients will be followed up to assess their depressive symptoms.

**Results.** The study used the Hamilton Depression Scale (HAMD) and Social Deficiency Screening Scale (SDSS) as evaluation criteria. Use SPSS23.0 software for data statistics. The results showed a significant score difference between the two groups after treatment ( $P < 0.05$ ). The experimental group continued to show a significant decrease ( $P < 0.05$ ) after six months and one year of follow-up, while the control group showed no significant decrease ( $P > 0.05$ ).

**Conclusions.** Relying solely on medication treatment and rest is difficult for patients with depression to recover, while painting therapy can effectively alleviate their depressive symptoms and improve their daily life.

**Acknowledgement.** The program of Sichuan Key Research Base of Social Sciences and Cultural Industry Development Research Center, Key Research Base of Humanities and Social Sciences, Education Office of Sichuan Province (No. WHCY2023B14); Program of Key Research Base of Humanities and Social Sciences, Education Office of Sichuan Province and China Salt Culture Research Center, Sichuan Key Research Base of Philosophy and Social Sciences (No. YWHY23-07); Teaching reform of Sichuan University of Science & Engineering (No. JG-2354).

## Analysis of the guiding effect of image dissemination on students with autism

Xuebing Qin<sup>1</sup> and Zhibin Jiang<sup>2\*</sup>

<sup>1</sup>East China Normal University, Shanghai 200241, China and <sup>2</sup>Shanghai International Studies University, Shanghai 200083, China

\*Corresponding author.

**Background.** Childhood autism is a severe and widespread disorder characterized by social interaction disorders, speech development disorders, and language communication deficits accompanied by stereotypical behavior. The growth of children with autism requires guidance, and video images greatly appeal to children due to their rich content and images. The video has brought about changes in popular culture and can spread positive influences and values.

**Subjects and Methods.** The study selected 90 children with autism in our hospital and randomly divided them into experimental and control groups. The control group received conventional treatment, while the experimental group received auxiliary treatment guided by imaging and video based on the control group to alleviate symptoms of autism in children. The treatment lasted for 16 weeks, and after the end of the treatment, the symptoms of autism in both groups of patients were evaluated and analyzed.

**Results.** The study used SPSS23.0 software to analyze data statistically, and the results showed that the experimental group that applied image dissemination to adjuvant treatment for autism patients had a significant increase in indicators such as social communication, cognitive ability, and emotional understanding ability after treatment ( $P < 0.05$ ). After the intervention, the control and experimental groups showed a decrease in the values of various indicators, with the experimental group showing a more significant decrease ( $P < 0.05$ ).

**Conclusions.** The method of image dissemination has a specific guiding effect. In treating students with autism, this method can effectively alleviate children's symptoms and provide new ideas for treating autism.

## The life impact of mindfulness training on employees with mental anxiety disorders

Tao Han<sup>1</sup>, Dongwei Kang<sup>2\*</sup>, Ying Han<sup>2</sup> and Yuxuan Liu<sup>2</sup>

<sup>1</sup>Hannam University, Daejeon 34430, Korea and <sup>2</sup>Hebei University of Engineering, Handan 056038, China

\*Corresponding author.

**Background.** Mindfulness training helps employees better cope with work and life stress by enhancing individual attention and self-awareness. At the same time, mindfulness training can help

employees accept and tolerate their emotions and experiences, improve their self-efficacy and self-acceptance ability, and thus reduce anxiety.

**Subjects and Methods.** A survey was conducted on 20 employees of a listed company in a specific city, and 20 questionnaires were collected, including 13 males and seven females. There were 6 cases with obvious anxiety symptoms, ten subjects with mild anxiety, and four without anxiety symptoms. Sixteen employees with anxiety symptoms were selected as the experimental group and received psychological intervention treatment using mindfulness training. Three months later, they were re-evaluated using the Anxiety Self Rating Scale. The effectiveness of the intervention treatment was statistically analyzed using SPSS23.0 software.

**Results.** After treatment, the experimental group of employees showed significant improvement in anxiety levels, with six recovered, eight significantly improved, and two not recovered. There was a statistically significant difference between the control and patient groups, with P values less than 0.05.

**Conclusions.** The overall education level of the company's employees is relatively high, accompanied by work pressure, interpersonal relationships, and family relationships, leading to anxiety symptoms among employees. Mindfulness training can improve employees' emotional regulation and coping abilities and promote positive emotions and psychological states.

**Acknowledgement.** Social Science Foundation of Hebei Province (No.HB22GL037); New Liberal Arts Research and Reform Practice Project of the Ministry of Education (No.2021120010); National Natural Science Foundation of China (No.71862013).

## The positive impact of innovative ideological and political education reforms on college students' positive psychology

Haiyan Huang

Yellow River Conservancy Technical Institute, Kaifeng 475004, China

**Background.** In response to the escalating mental health concerns among college students and the evolving societal landscape, the purview of ideological and political education has expanded beyond ideological instruction to encompass the nurturing of positive psychology. This study aimed to investigate the effects of innovative reforms in ideological and political education on college students' positive psychology.

**Subjects and Methods.** A cohort of 100 students, ranging from freshmen to seniors, were selected from a specific university. The distribution comprised 30 freshmen, 20 sophomores, 30 juniors, and 20 seniors, including 60 male and 40 female students. Self-made psychological crisis assessment questionnaires were employed, revealing that 5 students experienced severe psychological crises, 5 faced moderate crises, 10 exhibited mild crises, and 80 reported a favorable mental state. The students received

bi-weekly ideological and political education sessions over a span of six months. The impact of the intervention was assessed through statistical analysis using SPSS23.0 based on the questionnaire results.

**Results.** The psychological crisis has generally improved, with 10 people feeling good and 10 people feeling mild psychological crisis. There was no statistically significant correlation between students' family situation and scores. The P-values of questionnaire scores before and after intervention treatment were all less than 0.01, which was statistically significant.

**Conclusions.** The innovation of ideological and political education has a positive promoting effect on the mental health of college students through the education of psychological knowledge and psychological counseling.

## Alleviation effect of innovative music therapy on neurogenic anorexia

Yu Yu

Guangdong University of Science and Technology, Dongguan 523083, China

**Background.** Anorexia nervosa is a serious mental disorder characterized by extreme food restriction and excessive demands for weight and appearance. Music therapy can help individuals relax both physically and mentally through methods such as music appreciation and music therapy. The University Union can provide various forms of health management services, offer rehabilitation support for anorexia, and enhance the positive psychology of faculty and staff.

**Subjects and Methods.** 150 faculty members aged between 25 and 50 in a certain university were selected, including 40 males and 110 females. According to the results of the Anorexia Self Test Scale, 20 people showed symptoms of anorexia nervosa. Among them, there are 18 people aged 25-29, 2 people aged 30-35, 3 males, and 17 females. Music therapy is used to treat patients, and psychological counseling from university unions is arranged twice a week. Six months later, the results of the Anorexia Self Test Scale were analyzed again using SPSS3.0 software.

**Results.** After six months of treatment, 8 out of 20 patients recovered, 10 of them achieved significant improvement, and 2 of them achieved minor improvement. The P-value of the score data before and after treatment is less than 0.05, and the difference is statistically significant.

**Conclusions.** Through the application of music therapy and the health management services of university unions, more comprehensive and diverse measures can be provided to alleviate anorexia, promoting the psychological health and positive psychological development of faculty and staff.