

environmental factors, and other factors and manifested as high spirits and irritability. Art therapy, as a relatively effective treatment method, is often used for psychological intervention and treatment. Therefore, this study innovatively constructs music courses from the perspective of ideological and political education to alleviate graduate students' mania.

Subjects and Methods. Fifty graduate students with mania from a certain university were selected as the research subjects and randomly divided into Group A and Group B. Group A used traditional treatment methods, while Group B added innovative music courses to the traditional treatment methods for combined treatment. After the experiment, the data were processed and analyzed using SPSS 20.0.

Results. After the combination of results and intervention treatment, the overall compliance rate of student patients reached 98%, significantly higher than 60% in Group A; In the quality of life score, the social function score of Group B was 65.95 ± 4.20 , the mental health score was 64.54 ± 4.89 , and the psychological function score was 67.39 ± 5.14 , all of which were higher than those of Group A.

Conclusions. From the perspective of ideological and political education in the curriculum, the innovative construction of music courses has an effective alleviating effect on graduate students' mania.

Acknowledgement. Guangxi academic degree and postgraduate education reform project (No. JGY2021162).

Combined psychopharmacological treatment on depression-anxiety symptoms of new employees in post-epidemic era

Yamin Huang

Guangdong University of Science and Technology, Dongguan 523083, China

Background. Newcomers to the workplace in the post-epidemic era are often accompanied by maladaptive symptoms such as anxiety and depression. Due to their varying degrees of severity, a combination of psychosocial and pharmacologic treatments is essential.

Subjects and Methods. In this study, 500 on-the-job new employees of a company were selected as research subjects, and they were randomly divided into the control group and the research group. The control group was treated with medication only, and the research group was treated with a combination of psychological intervention medication. The medication was chosen to be buspirone hydrochloride tablets 10 mg 3 times/d orally, and analyzed with the Hamilton Rating Scale for Anxiety (HAM-A) as a control, and finally analyzed using SPSS 22.0 for statistical analysis.

Results. After 3 months of experimentation in the study, the anxiety scale score of new employees in the control group decreased from 23 to 17, and the anxiety scale score of new

employees in the research group decreased from 24 to 12. In the research group, there was a significant difference in the psychological stress of new employees before and after the experiment ($P < 0.05$). The experimental results show that the treatment has a more obvious alleviating effect on the depression and anxiety of new employees in the post-epidemic era, which means combining psychological intervention and medication.

Conclusions. The combination of psychotherapy and drug therapy in this study can significantly alleviate the depression and anxiety of new employees after the epidemic. It can also provide a reference for other company managers and promote the attention to the psychological state of employees.

Acknowledgement. Humanities and Social Science project of Guangdong University of Science and Technology (No. GK Y-2021KYYBW-35).

Psychomusic-clomipramine therapy on students' anxiety disorders based on the perspective of the Civics program

Wenbo Liu

Communication University of China, Beijing 100000, China

Background. At present, students' learning pressure is increasing, and many schools have introduced psychomusical therapy from the perspective of ideological and political courses to relieve students' mental anxiety.

Subjects and Methods. In this study, 100 students with mental anxiety disorder in a high school were selected as research objects and randomly divided into a control group and a study group. The control group was treated with clomipramine only. The study group was treated with ideological and political curriculum visual threshold psychomusic therapy based on clomipramine therapy and the self-rating Anxiety Scale (SAS) was used for comparative analysis. Finally, Minitab was used for statistical analysis.

Results. After 3 months of the experiment, the anxiety scale score of middle school students in the control group changed from 65 points to 54 points; The anxiety scale scores of middle school students in the study group changed from 64 to 46. In the study group, the psychological pressure of students before and after the experiment was significantly different ($P < 0.05$). The experimental results show that the combination of ideological and political curriculum visual psychomusical therapy with drug therapy can alleviate students' mental anxiety.

Conclusions. In this study, the introduction of visual psychomusic in ideological and political courses into drug therapy has a positive impact on student's mental anxiety caused by study pressure, and can also arouse other schools' attention to mental health, provide new ideas for the popularization of psychological counselling, and promote the development of student's mental health.