

## Intervention of intelligent social patterns combined with cognitive psychology on social disorders in college students

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**Background.** Social anxiety disorder is a common mental disorder characterized by concerns about being evaluated, denied, or embarrassed in social situations. In recent years, with the increasing number of college students born in the 2000s, social anxiety disorder has shown an upward trend, which has a negative impact on their mental health and social function.

**Subjects and Methods.** In order to better help the post-00s college students to deal with social anxiety disorders, the research combines intelligent social mode and cognitive psychology. Intelligent social networking mode uses computer and Internet technology to provide a virtual social environment to simulate real social situations. Cognitive psychology intervention focuses on individual thinking, beliefs and cognitive strategies, and helps to reduce social anxiety by adjusting negative thinking patterns and establishing positive self-evaluation.

**Results.** According to SPSS23.0 analysis, intelligent social mode can provide students with safe and controllable practice opportunities for those with social anxiety disorder, and reduce fear and discomfort in real social situations. In addition, 68 percent of the participants believed that the cognitive psychology intervention can help them adjust their negative thinking and increase their confidence.

**Conclusions.** Intelligent social model combined with cognitive psychology intervention method can not only relieve participants' anxiety in social situations, but also promote their self-growth and mental health development. The results show that this method can help promote the mental health development of "post-00 s" college students, help them better adapt to and integrate into the social environment, and improve their quality of life and happiness.

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## Psychological intervention combined with female image analysis in Japanese literature on autistic women

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**Background.** The core symptoms of Autism Spectrum Disorder (ASD) are impaired social communication and restricted

repetitive behavior. The diagnosis of autism is extremely complex and affects the judgment of differences in autism groups. With the attention paid to female patients with autism, research adopted psychological intervention therapy and combined female images in Japanese literature to attach importance to the diagnostic tools of female autistic population.

**Subjects and Methods.** Firstly, 80 patients with autism were selected and randomly divided into two groups with 40 cases in each group. The observation group received psychological intervention treatment using female images from Japanese literary works, while the control group only received psychological intervention treatment. Three months later, the two groups were scored on the Autism Rating Scale (ARS) and the Positive and Negative Affect Scale (PANAS). Finally, SPSS23.0 was used for data analysis and t-test.

**Results.** After 3 months, the positive emotion score on the PANAS scale in the observation group was higher than that in the control group ( $t=4.412$ ,  $P<0.001$ ), the negative emotion score ( $t=-2.552$ ,  $P<0.05$ ), and Autism Treatment Evaluation Scale (ATCE) score ( $t=4.183$ ,  $P<0.001$ ). The degree of reduction in various indicators of the control group is much greater than that in the control group. Indicating the effectiveness and feasibility of its treatment.

**Conclusions.** More attention should be paid to female patients with autism, and the development and changes of female images in literary works should be analyzed for auxiliary treatment, in order to promote the development of patients' mental health and improve their quality of life.

## Intervention analysis of red culture ideological and political education on mood disorders of college students

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**Background.** Currently, there are relatively few intervention models for ideological and political education in response to issues such as mood disorders caused by high mental stress among college students. The usual way is through exercise and art therapy. The use of red culture education as an intervention and treatment method can provide an exploratory model for the treatment of psychological disorders among college students.

**Subjects and Methods.** Firstly, six college students were selected for intervention treatment. The second experiment lasted for 6 weeks, once a week for 90 minutes, and the Chinese version of the Self Rating Anxiety Scale (SAS), Chinese version of the Self Rating Depression Scale (SDS), Hamilton Depression Scale (HAMD), and Hamilton Anxiety Scale (HAM-A) were used to collect data for evaluation before and after intervention. Finally, SPSS23.0 statistical software is used to input data and t-test.