

sense of responsibility and mission in teaching. However, a large number of students will have significant mental symptoms such as depression and anxiety during teaching. Therefore, doing a good job in students' mental health is not only conducive to teachers' psychological construction, but also can promote students to develop a good outlook on education.

Subjects and Methods. 118 voluntary students in a university were taken as the research objects, and all the students were divided into an experimental group and a control group, with 59 students in each group. The intervention means based on the transformation of the management mode of psychotherapy combined with education were proposed. The students in the experimental group used the combined treatment means, while the students in the control group only used psychotherapy for intervention. The intervention lasted for 12 months, and the changes in anxiety and depression symptoms of students during the intervention were evaluated.

Results. The differences in anxiety and depression scores of students before and after the treatment are shown in Table 1.

Conclusions. The psychological condition of the students is the key to deciding whether their voluntary activities can be carried out normally. It can be seen from Table 1 that the depression and anxiety scores of students in the experimental group are significantly lower than those in the control group after the intervention. Therefore, it can be seen that the transformation of the management mode of psychotherapy combined with education can significantly reduce the current situation of psychological depression and anxiety of students in the support education, which is of great significance to the comprehensive development of students.

Acknowledgement. The research is supported by: The key commissioned project of Higher Education Teaching Reform of Heilongjiang Province in 2021: "The Research on the Effective Connecting Mode and the Implementation Path of Local Application-Oriented Universities' Assistance in Poverty Alleviation and Rural Revitalization in Border Underdeveloped Areas" (the Fund Number: SJGZ20210047); The key project of Education Science Planning of Heilongjiang Province in 2021: The Research on the "Cross-border Integration" Talent Training Path of Specialty Groups of Tourism, Trade, Economy and Management of Special Application-oriented Undergraduate Demonstration Universities to Russia (the Fund Number: GJB1421625).

Table 1. Changes in scores of psychological depression and anxiety in two groups of students

Time (month)	Anxiety score		Depression score	
	Before intervention	After intervention	Before intervention	After intervention
Experimental group	65.57±2.31	24.54±2.19	66.98±2.29	22.67±1.89
Control group	64.32±2.11	48.42±1.99	65.73±2.22	47.33±1.62
<i>P</i>	>0.05	<0.05	>0.05	<0.05

Exploring the path of political work and psychological counseling for college counselors under dual role orientation

Qingsong Li^{1,2}

¹Chongqing University of Education, Chongqing 400065, China and ²Southwest University, Chongqing 400715, China

Background. As college teachers, counselors are mainly responsible for the political work of school students. Besides, college counselors also need to be responsible for students' ideological and psychological education, and be their political leaders and psychological. At present, many colleges have introduced political education and mental health education, but there is relatively little research on the combination of the two. The training and assessment for college counselors are also only focused on political work at present. It is crucial to explore the path for college counselors to carry out political work and psychological counseling work under the dual role orientation.

Subjects and Methods. A set of controlled experiments was set up to explore the development of counselors' political work and counseling work under different educational and teaching modes. One hundred and forty-four counselors from a college in China were selected as the study subjects. The 144 counselors were randomly divided into three groups of equal number, which were recorded as group A, group B and group C. The counselors in group A were given political work training only, those in group B were given mental health education only, and those in group C were given a combination of political work training and mental health education. The training is taught over a period of five months, with counsellors tested on their political work and mental health scores at two-month intervals.

Results. In the first month of training, the mean scores of subjects in groups A, B and C were 65.12, 62.35 and 64.19 before the instruction, and after the instruction, their scores changed to 65.78, 62.38 and 66.78. In the third month, the mean scores of subjects in the three groups were 65.22, 62.58 and 72.21 before the instruction, and 68.23, 65.21 and 78.45 after the instruction. In the fifth month, the mean scores of the three subjects were 68.95, 65.59 and 81.45 before the instruction, and after the instruction, their scores changed to 70.12, 68.71 and 85.18.

Conclusions. Political work training or mental health education alone is not as effective as combined teaching. To cultivate the dual roles of college counselors, both political work and psychological counseling should be combined.

Acknowledgement. The research is supported by: 2022 Chongqing Social Science "Research on the Interpretation of the Spirit of the Sixth Plenary Session of the 19th CPC Central Committee" Special Project "Research on Maintaining the Authority and Centralized Unified Leadership of the CPC Central Committee in the New Era" (No. 2021YBCS12); 2022 Humanities and Social Science Research Project of Chongqing Education Commission (Ideological and Political Special Project) "CPC Secretary General Xi Jinping's An important Treatise on the Need to Improve the 'Three Abilities' on Politics" (No. 22SKSZ080); 2022 Humanities

and Social Science Research Project of Chongqing Education Commission (Selective Funding Program for Outstanding University Counselors) "Research on the Path of University Counselors to Improve the 'Three Abilities of Politics'" (No. fdyzy2022007); 2022 key Project of Higher Education Science Research of Chongqing Higher Education Association "Research on the Political Ability of University Counselors in the New Era" (No. CQJ21A030).

Table 1. Mean scores of subjects in different groups before and after the instruction

		Month 1	Month 3	Month 5
Group A	Pre-teaching score	65.12±0.54	65.22±0.41	68.95±0.44
	Post-teaching score	65.78±0.19	68.23±0.54	70.12±0.29
Group B	Pre-teaching score	62.35±0.28	62.58±0.31	65.59±0.42
	Post-teaching score	62.38±0.53	65.21±0.65	68.71±0.26
Group C	Pre-teaching score	64.19±0.47	72.21±0.15	81.45±0.24
	Post-teaching score	66.78±0.12	78.45±0.52	85.18±0.21

The effect of Chinese moral and ethical education on relieving college students' depression

Yutong Liu

Criminal Investigation Police University of China, Shenyang 110035, China

Background. This study explored the therapeutic effect of Chinese moral and ethical education combined with sertraline hydrochloride on college students' depression. It is to find an economical, convenient, and efficient treatment to help students get rid of depression.

Methods. In a tertiary level hospital, 90 patients with depression who are studying in university were selected as the experimental subjects. The patients were randomly divided into combination group and drug group by computer. For patients in the drug group, one sertraline hydrochloride tablet was taken daily during the treatment period. For patients in the combination group, half an hour of Chinese moral and ethical education was conducted every day on the basis of the drug group. Before and after the experiment, the self-rating depression scale (SDS) was used to evaluate the treatment effect of depression in the combination group and drug group.

Results. Before the experiment, the scores of the combination group and drug group were 68.42 ± 6.53 and 69.05 ± 4.49 ,

respectively, with no significant difference ($P > 0.05$). After a period of treatment, the score of the combination group was significantly lower than that of the drug group ($P < 0.05$), as shown in Table 1.

Conclusions. It can be seen from the existing reports that the current rate of college students suffering from depression is increasing year by year, which greatly affects the normal work and study of students. Therefore, the study used Chinese moral and ethical education combined with sertraline hydrochloride drug therapy to intervene the depressive symptoms of college students. The results showed that after a period of treatment, the score of the combination group was significantly lower than that of the drug group ($P < 0.05$). This shows that the treatment proposed by the study can effectively treat college students' depression.

Acknowledgements. The research is supported by: Key Project of Social Science Funds of Liaoning Province, "Research on the Loyalty and Its Influencing Factors of the People's Police" No. L17ASH001; Major Cultivation Project of Basic Scientific Research Funds of Central Universities "Research on the Status, Role and Realization Path of Ideological and Political Courses in Public Security Universities in" Political Police Building" No. 3242020019.

Table 1. Score of combination group and drug group

Group	Treatment time (months)				
	Before treatment	1	2	3	4
Combination group	68.42±6.53	61.55±4.03	53.42±6.06*	45.33±2.81*	43.66±2.32*
Drug group	69.05±4.49	65.46±6.74	60.80±4.65*	55.46±2.08*	48.08±1.96*
<i>t</i>	0.165	3.401	7.652	6.853	6.866
<i>P</i>	>0.05	<0.05	<0.05	<0.05	<0.05

Note: compared with before treatment in the group, * $P < 0.05$

The intervention effect of ideological education means of college staff on improving mania of college students

Jian Xiao

Dalian Polytechnic University, Dalian 116000, China

Background. Mania is one of the common diseases in psychiatric department. With the accelerating pace of life, people are facing more and more pressure. Mental disorders and mentally ill patients are also increasing, especially in the student group.