

## Artistic psychodrama and political education combined with paroxetine hydrochloride on depression

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**Background.** Depression is a common mental health problem, especially in the student group. Paroxetine hydrochloride is a commonly used antidepressant drug, and artistic psychodrama and ideological education can help students understand and deal with emotional problems.

**Subjects and Methods.** The study selected 100 college students with depression and randomly divided them into intervention group and control group. The intervention group received a 12-week art psychodrama and ideological and political education course, supplemented with paroxetine hydrochloride. While the control group only received paroxetine hydrochloride treatment. It took a normal course of three weeks. Efficacy was assessed using the Hamilton Depression Scale (HAMD) and the Self-rating Scale (SDS) after the treatment sessions.

**Results.** After the end of the treatment course, the depressive symptoms in the intervention group were significantly reduced, and the HAMD score and SDS score were significantly lower than those in the control group ( $P < 0.05$ ). The cure rate and overall response rate in the intervention group were also significantly higher than those in the control group ( $P < 0.05$ ). In addition, the mental health level and self-awareness were also significantly improved in the intervention group.

**Conclusions.** The combined application of artistic psychodrama and political education combined with paroxetine hydrochloride on depression treatment is significantly better than drug treatment, and the proposed treatment program can improve students' mental health and self-cognition ability.

## International political relations on the anxiety disorders of Sino-Japanese Marine literature exchange

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**Background.** The exchange of Marine literature is conducive to enhancing the understanding and friendship between the two peoples, and is also closely related to international political

relations. However, tensions and uncertainties in international political situations often carry a risk of developing anxiety disorders.

**Subjects and Methods.** Based on a psychological perspective, we collected personal information about participants' personal information, the degree of anxiety disorders and the perception of international political relationships through questionnaires. The sample includes 400 people from Both China and Japan. The correlation of anxiety disorder and international political relations was analyzed by Logistic.

**Results.** The research results show that the international political relations under the background of Sino-Japanese Marine literature exchange have a significant impact on the anxiety disorders of the two peoples ( $P < 0.05$ ). In the tense and unstable political environments, people generally show higher levels of anxiety. In addition, compared with the Chinese people, the Japanese people are more likely to experience anxiety disorders under the pressure of international political relations.

**Conclusions.** International political relations have an important impact on people's mental health. In order to reduce public anxiety disorders, it is necessary to strengthen communication and cooperation between China and Japan to improve people's psychological resilience and coping ability through various channels. In addition, governments and the international community should work together to promote a stable and sustainable development of international political relations and reduce the risk of anxiety among people.

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## Ideological and political education in English courses of depression and anxiety students

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**Background.** The symptoms of depression and anxiety show a growing trend among college students, bringing serious negative effects on individuals and society. To explore the positive role of ideological and political education in relieving the symptoms of depression and anxiety in students.

**Subjects and Methods.** Select students from the same university as the research subjects and randomly assigned as observation group and control group. The experimental group added ideological and political education to the English course, while the control group only taught the regular English course. The study period was one semester, and Hamilton Depression Rating Scale (HAMD) and Profile of Mood States (POMS) measurements were conducted once a week, and students' psychological test results were analyzed using SPSS23.0.