

Emotionally focused therapy and psychological distance research on consumers with social anxiety disorder

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Background. Social anxiety disorder is characterized by avoidance of interpersonal relationships and a generalized impairment of emotion recognition and regulation. Protecting the individual's consumer rights can be difficult when this emotion is expressed in consumer relationships. Compared with other therapies, Emotionally Focused Therapy focuses more on the individual's emotional processing. Therefore, the study proposes to use emotion-focused therapy and psychological distance theory to intervene in patients with social anxiety disorder and help them better control their emotional management.

Subjects and Methods. Consumers with social anxiety disorder were selected as research subjects and randomly divided into an experimental group (conventional psychological intervention) and a control group (emotion-focused therapy combined with psychological distance-related theory), respectively, to provide reasonable guidance for individual emotions. Before and after the experiment, the results were analyzed with the help of the Social Anxiety Subscale of the Self-Consciousness Scale and SPSS23.0.

Results. After the experimental intervention, it was found that there was a statistically significant difference between the social anxiety scale scores of the two groups of patients ($P < 0.05$), and the total scale scores of the experimental group and the control group were (12.34 ± 4.28) and (18.17 ± 2.13) , respectively.

Conclusions. Emotional aggregation therapy can better enable social anxiety disorder patients to focus more on their own emotions, and psychological distance theory research can invariably draw closer to the degree of closeness between the intervener and the interviewees so that the efficacy of the treatment has a high degree of applicability and effectiveness.

Training model for engineering applied talents to improve students' depression

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Background. Depression is a kind of depression with the primary clinical manifestation and the duration of the mental and psychological disease, with insomnia, low mood, lack of pleasure, and

other symptoms. Presently, the tendency of depression among students from different colleges, universities, and majors is apparent and varies. To better improve the depression situation of college students, the study proposes to guide their mental health from the intervention perspective of education and training mode.

Subjects and Methods. Depressed engineering college students were selected as research subjects and randomly divided into an experimental group (psychological intervention combined with engineering applied talent cultivation model) and a control group (conventional psychological intervention), in which the talent cultivation model was docked with an example of the engineering project. During the experiment, the data were processed and analyzed with the help of the Self Depression Scale (SDS) and SPSS22.0 statistical tools.

Results. After the experimental intervention, it was found that there was a statistically significant difference between the depression scale scores of the two groups of patients ($P < 0.05$), and the improvement of depression in the subjects of the experimental group was significantly better than that of the control group.

Conclusions. The combination of talent cultivation mode and psychological intervention can better help engineering college students to improve their depression, enhance the level and quality of their mental health, and view their studies and work in a more positive frame of mind.

The integration of ceramic art design and color visual aesthetics on hyperactivity disorder viewers

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Background. ADHD, also known as Attention-deficit hyperactivity disorder (ADHD), has inattention, hyperactivity, conduct disorder, and impulsive behavior as its main clinical manifestations. Visual working memory load is one of the factors that can affect the individual's attentional performance, so the study proposes to intervene in patients with ADHD with the help of a training form that combines artistic design and the visual aesthetics of colors.

Subjects and Methods. Children with attention deficit hyperactivity disorder (ADHD), meeting the American Diagnostic and Statistical Manual of Mental Disorders, 4th edition criteria, were selected as the study subjects and divided into experimental and control groups using the random table method. Both groups underwent color vision training therapy, strengthening the experimental group regarding graphic design and color aesthetics. The practical test tools included Rey's Complex Graphic Memory Task and Chinese Children's Attention Level Scale, and the statistical analysis tool was SPSS23.0, with $P < 0.05$ indicating statistical differences.

Results. In the ceramic art design test experiment, the subjects in the experimental group scored better than the control group in

terms of structure and detail ($P < 0.05$), and their concentration level was greatly improved.

Conclusions. The intervention of art design and color visual aesthetics integration has obvious applicability to ADHD patients, with significant efficacy, better control of their attention and behavioral actions, and help to improve the ability of self-management.

Sodium valproate with olanzapine in the treatment of mood disorder mania in construction project management

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Background. With increased social pressure and work intensity, construction workers face increasing mental pressure. In recent years, studies have shown that the incidence rate of mood disorder mania is gradually rising among construction workers in construction engineering. To ensure project progress and worker health, this study analyzed the effectiveness of sodium valproate combined with olanzapine in treating mood disorder mania in construction workers.

Subjects and Methods. One hundred construction workers diagnosed with mood disorder mania were randomly divided into an experimental and a control group, with 50 people in each group. The experimental group was treated with sodium valproate and olanzapine. The control group only used sodium valproate. The experiment lasted three months, and the patient's status was evaluated using the Beck Ravensden Mania Scale (BRMS). Use Excel and SPSS24.0 to process the data statistically.

Results. After three months of treatment, the manic symptoms in the experimental group improved faster and had fewer side effects. The treatment effectiveness rate of the experimental group was as high as 86%, significantly higher than the control group's 68%. Proved the effectiveness of sodium valproate combined with olanzapine treatment regimen.

Conclusions. In construction project management, sodium valproate combined with olanzapine can effectively alleviate symptoms and improve workers' mental health and work efficiency for construction workers suffering from mood disorder mania.

The therapeutic effect of ikebana teaching combined with ACT on obsessive-compulsive disorder college students

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Background. In recent years, due to academic pressure, changes in interpersonal relationships, and living environments, the mental health problems of college students have gradually become prominent, with obsessive-compulsive disorder (OCD) becoming an indispensable part. Patients with obsessive-compulsive disorder often suffer from recurring obsessive-compulsive beliefs and behaviors, seriously affecting their daily lives and academic performance. Therefore, seeking effective intervention methods is crucial.

Subjects and Methods. The experiment selected 60 students with obsessive-compulsive disorder from a particular school and randomly divided them into an experimental group and a control group, with 30 students in each group. The experimental group received practical teaching of flower arrangement art and acceptance commitment therapy (ACT). The control group only used traditional psychological counseling methods. The experimental period is six months, and the data is statistically processed using SPSS 24.0 and Excel.

Results. After a 6-month intervention, the obsessive-compulsive symptoms in the experimental group were significantly reduced, with a total effective rate of 90%, while the effective rate in the control group was 60%. In addition, the experimental group's self-efficacy, emotional regulation ability, and quality of life also significantly improved.

Conclusions. The combination of flower arrangement art practice teaching and acceptance commitment therapy has shown sound intervention effects in treating obsessive-compulsive disorder college students. This combined treatment method can not only effectively alleviate obsessive-compulsive symptoms but also enhance the patient's psychological resilience and self-management ability. Promoting this method has significant practical value in future mental health work.

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