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Table 1. Each dimension score of MoCA scale for hypertensive patients

Test items	MCI (n=124)	Normal cognitive function (n=58)	z	P
Performing	3(1)	5(1)	-8.29	<0.001
Naming	2(2)	3(0)	-6.57	<0.001
Attention	6(2)	6(0)	-5.73	<0.001
Speech	2(1)	3(0)	-6.39	<0.001
Abstract	0(1)	1.5(1)	-8.25	<0.001
Recall	2(2)	4(2)	-9.02	<0.001
Directional	6(0)	6(0)	-3.41	0.001
Total score	21(6)	28(2)	-10.87	<0.001

Analysis of the therapeutic effect of Morita therapy on anxiety disorder of art creators

Jing Dai¹ and Ming Xu^{2*}

¹The Third Xiangya Hospital Central South University, Changsha 410013, China and ²School of Architecture and Art Central South University, Changsha 410017, China

*Corresponding author.

Background. When artistic creators create art, they will suffer from mental anxiety due to the lack of spiritual level. Morita therapy often alleviates the clinical symptoms of anxiety disorder in patients by improving their “neuroticism” personality and urges them to recover their mental health. Therefore, Morita therapy was selected to intervene and treat the anxiety disorder of art creators, so as to improve their social adaptability and mental health.

Subjects and Methods. The study took 78 art creators with anxiety disorders in a hospital since 2000 as subjects. Their anxiety disorders were divided into mental anxiety disorder (A) and somatic anxiety disorder (B). The total course of Morita therapy was 8 weeks, which was randomly divided into two groups, group C and group D. Group C was not intervened, while

group D intervened with Morita therapy. Hamilton Anxiety (HAMA) was selected as the research evaluation scale. The experimental results are shown in Table 1.

Results. The HAMA score after the intervention treatment was significantly lower than that before the intervention treatment, and the patients’ somatic anxiety and mental anxiety were reduced. Compared with group C, the mental anxiety of group D on both sides decreased more significantly, and decreased to 4.96 ± 1.87 in the 8th week after intervention, lower than 5.89 ± 1.57 in group C. To sum up, Morita therapy intervention has effectively alleviated the anxiety of art creators.

Conclusions. Artists who live more or less will have mental anxiety. The study used Morita therapy to intervene and treat their anxiety disorder. The results showed that Morita therapy effectively alleviated the mental anxiety of art creators.

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Table 1. HAMA score results of two groups of patients before and after the intervention

	HAMA total score		A		B	
	D	C	D	C	D	C
Before treatment	23.46±4.21	21.99±4.23	12.26±3.05	12.76±2.72	11.19±3.45	9.19±3.01
After treatment (2)	21.86±3.99	20.62±4.07	11.22±2.33	11.52±2.82	10.62±2.91	9.09±2.94
After treatment (4)	18.79±3.92	17.76±4.38	9.89±2.55	9.49±2.85	8.79±2.10	8.96±3.38
After treatment (6)	12.12±2.48	14.79±4.09	7.02±1.92	9.32±3.05	5.16±2.34	5.40±1.68
After treatment (8)	9.39±2.29	10.86±2.68	4.96±1.87	5.89±1.57	4.22±1.56	4.96±2.15

Interventional effect of music therapy on mental and psychological diseases of legal scholars

Shuaili Du and Yue Huang*

Guangzhou University, Guangzhou 510006, China

*Corresponding author.

Background. Legal scholars have psychological problems because they have been in an “abnormal environment” for a long time. Music therapy is a psychological intervention method based on musicology, medicine and psychology. Therefore, the study used music therapy to intervene and treat the psychological diseases of legal scholars.

Subjects and Methods. In the study, 84 patients with psychological diseases in a hospital in a western city were randomly divided into group A (41) and group B (43) by using SPSS21.0 statistical

software. Group A was the control group without intervention; Group B was the music group, which was intervened by music therapy. In the experiment, Pittsburgh Sleep Quality Index (PSQI) was used to quantitatively evaluate the sleep quality of patients. The experimental results are shown in Table 1.

Results. Before the intervention, the sleep quality score of group B was significantly higher than that of group A, 2.62 ± 0.57 points; After the intervention, the indexes of group B were lower than those of group A, with a total score of 8.44 ± 2.01 , much lower than 10.28 ± 2.14 in group A. The experimental results show that music therapy can significantly improve the psychological diseases of legal scholars.

Conclusions. Legal scholars often suffer from psychological diseases due to long-term "abnormal environment". The study used music therapy as an adjunctive treatment, and the results showed that music therapy could effectively alleviate mental and psychological diseases.

Table 1. Sleep quality of patients in the two groups before and after the intervention

		Sleep quality	Sleep time	Sleep duration	Sleep efficiency	Sleep disorders	Sodium amygdala	Daytime function	Total score
Before intervention	A	2.51±0.50	2.86±0.32	2.44±0.68	2.46±0.68	1.91±0.71	1.19±1.03	2.19±0.59	15.64±3.22
	B	2.62±0.57	2.84±0.34	2.50±0.70	2.52±0.49	1.86±0.73	1.30±0.95	2.25±0.53	15.99±3.26
After intervention	A	1.55±0.49	1.69±0.50	1.28±0.50	1.55±0.49	1.47±0.50	1.20±0.84	1.45±0.49	10.28±2.14
	B	1.14±0.47	1.19±0.39	1.14±0.47	1.26±0.59	1.44±0.49	1.06±0.91	1.14±0.42	8.44±2.01

Effect of music therapy based on traditional Chinese musical instruments on fine motor development of patients with mental retardation

Ran Zhao

Leshan Normal University, Leshan 614000, China

Background. Mental retardation is a kind of mental disorder in which the intelligence of the patient is lower than that of children of the same age before maturity, which is specifically manifested as difficulties in social adaptation and sports ability defects. Music therapy establishes a good therapeutic relationship through music experience, without obvious toxic side effects. Therefore, the study used traditional Chinese musical instruments to intervene in patients with mental retardation and explore the therapeutic effect on fine motor development.

Subjects and Methods. The 68 children with mental retardation who came to our hospital from February 2019 to June 2020 were selected and included in the study according to their compliance and the principle of parental voluntariness. Then, 68 children's fine motor development quotient and original scores of fine motor test items were evaluated and recorded by Peabody Motor Development Scale. The patients were given music therapy with

Chinese traditional instruments and music playing, three times a week. After 12 weeks of treatment, they were evaluated again with Peabody Motor Development Scale.

Results. Table 1 shows the comparison of children's fine motor scores and development quotient before and after music therapy. The results showed that the fine motor of the children improved significantly after treatment, with a statistically significant difference ($P < 0.001$).

Conclusions. Mental retardation is a kind of mental disorder that endangers the healthy growth of children. The study used music therapy of traditional Chinese musical instruments to treat patients with mental retardation. The results showed that the method effectively improved the fine motor function of children and had certain clinical application value.

Table 1. Comparison of fine motor score and development quotient of children before and after music therapy

Project	Grasping ability	Visual motor integration	Fine motor development quotient
Before treatment	27.76±3.38	50.61±9.63	54.78±4.72
After treatment	31.18±3.75	58.41±8.56	58.71±5.13
<i>t</i>	5.586	4.992	4.649
<i>P</i>	0.00	0.00	0.00

Morita therapy combined with psychotherapy for the relief of mental anxiety disorders in design workers

Yinyin Sun¹, Zhaoping Li² and Xinyuan Zhang^{3*}

¹Qingdao City University, Qingdao 266109, China, ²Liaoning Normal University, Dalian 116000, China and ³Qingdao Film Academy, Qingdao 266000, China

*Corresponding author.

Background. Morita therapy, as a treatment for mental illness, aims to enable patients to accept their bad emotions so that they can effectively self-direct and regulate themselves, no longer be controlled by bad emotions, and ultimately eliminate their mental illness. Positive thinking refers to the individual's purposeful, non-judgmental attention to the here and now. It emphasizes an attitude of acceptance to observe the inner experience, emotion, or behavior in the present moment. The study sought to investigate the effects of Morita therapy combined with positive thinking psychotherapy on the alleviation of mental anxiety disorders in design workers.

Subjects and Methods. Currently, there have been relevant clinical studies showing that Morita therapy alone is not a good treatment for anxiety disorders. This experiment investigated the therapeutic effect of Morita therapy combined with positive psychotherapy. By means of questionnaires, 120 design workers with little difference in personal information but all suffering