

Rational emotional therapy for treating mood disorders

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Background. With the rise of the cultural and creative industry, rural cultural and innovative products are gradually receiving market attention. Patients with mood disorders often require special psychological treatment due to emotional fluctuations and social difficulties. This study aims to explore the application of folk culture in the design of cultural and creative products and the therapeutic effect of combining rational emotional therapy on patients with mood disorders.

Subjects and Methods. The study selected 50 rural cultural and creative products and analyzed their folk cultural elements in-depth. At the same time, 100 patients with mood disorders were selected and divided into experimental and control groups. A 6-month treatment period was conducted using cultural and creative products and a rational emotional therapy experimental group. The control group received routine treatment. The patient's condition was evaluated using the Mood Disorder Questionnaire (MDQ).

Results. The results show that in the design of cultural and creative products, folk culture can increase the product's emotional value and market recognition. After six months of treatment, the experimental group patients' emotional stability and social function significantly improved, and the total effective treatment rate reached 91%.

Conclusions. The folk cultural elements in rural cultural and creative products can add profound cultural value and improve market competitiveness. Combining rational emotional therapy can provide effective treatment methods for patients with mood disorders.

Core values and Cognitive Behavioral Art Therapy in psychological health education for students with anxiety

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Background. Students' psychological problems due to academic, interpersonal, and future planning pressures are becoming increasingly apparent in a modern, fast-paced society. Among them, anxiety disorder has become a common problem many students face. At the same time, core values and cognitive behavioral art therapy can identify and adjust unhealthy cognitive and emotional patterns through creative art. Based on this, this study

uses the above two methods to provide appropriate interventions for students' mental health.

Subjects and Methods. The study selected 100 students with anxiety disorders and randomly divided them into an experimental group and a control group with 50 participants each. The experimental group received mental health education based on core values and Cognitive Behavioral Art Therapy while the control group received routine mental health education. The experimental period is six months, and SDS and SAS are used to evaluate the psychological status of students.

Results. The data shows that the anxiety symptoms in the experimental group have significantly improved, with a total effective rate of 87%, while the effective rate in the control group is 65%. In addition, the experimental group students' self-efficacy, positive coping strategies, and life satisfaction significantly improved.

Conclusions. Research methods help alleviate students' anxiety symptoms and cultivate students' self-awareness, self-worth, and coping strategies. This provides new ideas and methods for future school mental health education.

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Communication psychology and short video communication on urban culture and social anxiety disorder in Chongqing

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Background. As a new communication tool, short videos have significantly impacted modern society. Their high degree of information concentration, visual impact, and broad audience have become essential for disseminating urban culture. The dissemination of short videos significantly impacts people's social anxiety.

Subjects and Methods. The experiment used questionnaire surveys, in-depth interviews, and content analysis to select 500 residents living in Chongqing for a one-year follow-up study. The research focuses on short video dissemination strategies, the acceptance of Chongqing urban culture, and the social anxiety of the audience. We evaluated it using the Self-Rating Anxiety Scale (SAS) and analyzed the data using SPSS.

Results. The study found that 70% of the audience understood and loved Chongqing's urban culture better through short videos, indicating that the research method has significantly improved the acceptance of Chongqing's urban culture. However, audiences relying excessively on short videos as a source of information are more likely to develop social anxiety, with 30% feeling uneasy and nervous in real-life social situations.

Conclusions. The short video communication strategy based on communication psychology provides an effective method for promoting urban culture, but it may also exacerbate the social anxiety disorder of some audiences. This suggests that while promoting urban culture, we should also pay attention to the