

## Optimization of logistics supply chain management model on consumer purchase anxiety disorder

Yufeng Li

Henan Finance University, Zhengzhou 451464, China

**Background.** Anxiety refers to the intense, excessive, and persistent anxiety and fear in daily life, which will peak in a few minutes. Especially in online shopping, patients with anxiety will aggravate their anxiety because of the slow delivery of the traditional logistics supply chain management model. To reduce consumers' anxiety, the network distribution system of logistics supply chain management mode is optimized.

**Subjects and Methods.** This study divided 200 patients with anxiety disorder in a city into a control group and an experimental group. In the experimental group, 100 patients used the optimized logistics supply chain management mode for online shopping. In contrast, in the control group, 100 patients used the traditional logistics supply chain management mode for online shopping. The study also used the self-rating anxiety scale (SAS) for psychological measurement and compared the SAS scores of the two groups of consumers for two months.

**Results.** The data were analyzed by SPSS23.0. The SAS score of the experimental group was  $(1.63 \pm 0.23)$ , and that of the control group was  $(1.81 \pm 0.59)$ . The SAS scores of patients in the experimental group were better than those in the control group, and there were apparent differences between the two groups ( $P < 0.05$ ).

**Conclusions.** Research on the choice of logistics supply chain management mode for online shopping optimizing its network distribution system can effectively shorten the online shopping distribution time and reduce consumers' purchase anxiety.

on students with bipolar depression, the study will select 80 students with bipolar depression for comparative experiments. The students are randomly divided into two groups, one group being a blank group, which only received traditional treatment. The other group is the experimental group, which adopts a combination of traditional treatment and Marxist spiritual education of dialectical thinking. The experimental period is 30 days. Before and after the experiment, patients filled out the Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA). The psychological status of the two groups of experimental subjects was analyzed based on the results of the table.

**Results.** Before the start of the experiment, the HAMA scores of the blank group and the experimental group were  $16.52 \pm 2.12$  and  $16.61 \pm 1.89$ , respectively, and the HAMD scores were  $17.46 \pm 2.36$  and  $16.92 \pm 3.21$ , respectively. After the experiment, the HAMA scores of the blank group and the experimental group were  $14.56 \pm 2.68$  and  $11.56 \pm 3.15$ , respectively, and the HAMD scores were  $14.76 \pm 1.79$  and  $11.38 \pm 2.73$ .

**Conclusions.** Under dialectical thinking, the Marxist spirit can improve the psychological state of students with bipolar depression.

**Acknowledgement.** The 2021 project of the 14th Five-Year Plan for the Development of Philosophy and Social Sciences in Guangzhou City, Guangdong Province (No. 2021GZSZ16); The 2022 Party Building Research Project of Guangzhou Institute of Navigation (No. C2206001028).

## Music curriculum on college students' bidirectional barriers under political and ideological ideology

Jinji Liu

Weifang University, Weifang 261061, China

**Background.** Bipolar disorder has a certain high incidence rate, and the psychological state of student patients has a significant impact on the changes in the condition. Integrating ideological and political education into music education can improve patients' cognitive and psychological well-being.

**Subjects and Methods.** In order to verify the therapeutic effect of music education courses that integrate ideological and political thinking on students with bipolar disorder, a study selected 100 students with bipolar disorder and randomly divided them into two groups. One group is the control group, and the patients in this group receive intervention through regular music education courses. The other group is the intervention group, which adopts a music education course intervention treatment method that integrates ideological and political thinking. Both groups of experimental personnel filled out the Young's Mania Rating Scale and the Hamilton Depression Scale (HAMD) before and after the experiment. The changes in the condition of the experimental personnel were analyzed based on the scores of two sets of scales.

## Psychological guidance of Marxist spirit based on dialectical thinking for students with bipolar depression

Chu Liu

Guangzhou Maritime University, Guangzhou 510725, China

**Background.** Bipolar depression refers to bipolar disorder that occurs when depression and mania coexist. The onset of this disease is easily influenced by the patient's negative attitude. Marxism under dialectical thinking has a good psychological guiding effect.

**Subjects and Methods.** In order to verify the psychological guidance effect of the Marxist spirit under dialectical thinking

**Results.** The HAMD scores of the control group and intervention group before the experiment were  $7.86 \pm 1.36$  and  $7.06 \pm 4.59$ , respectively, and after the experiment were  $8.15 \pm 2.34$  and  $9.56 \pm 2.86$ , respectively. In the Yang's Mania Rating Scale score, the control group and intervention group achieved  $3.26 \pm 2.15$  and  $3.78 \pm 1.06$  respectively before the experiment, and  $4.26 \pm 2.06$  and  $5.02 \pm 1.01$  respectively after the experiment.

**Conclusions.** Music education courses that incorporate ideological and political thinking are more effective in improving the condition of patients with bipolar disorder.

## Optimization of mathematics teaching and learning for the treatment of anxiety disorders in college students

Zhanchen Liu and Haiyong Yin\*

Cangzhou Jiaotong College, Cangzhou 061199, China

\*Corresponding author.

**Background.** The study attempts to integrate Civic and Political Psychoeducation to optimize the teaching content of traditional mathematics courses in colleges and universities, in order to alleviate college students' anxiety in the process of mathematics learning, as the difficulty of mathematics courses in colleges and universities increases.

**Subjects and Methods.** As subjects for this study, 120 students majoring in Mathematics Applications at one of China's universities were chosen. The 120 college students were randomly and equally divided into two groups, the control group and the experimental group, with 60 students in each group. The students in the experimental group were taught utilizing the Civic Psychology intervention in their mathematics courses, whereas the students in the control group were taught using the usual mathematics lecture approach. The trial ran for a semester. After one semester, the students' anxiety psychological ratings under various instructional approaches were compared. The data changes during the experiment were recorded and analyzed using SPSS23.0.

**Results.** The study's findings demonstrate that after one semester of mathematics instruction, the average anxiety level of the experimental group dropped from 28.56 to 5.21, whereas the average anxiety score of the control group did not change appreciably. It can be demonstrated that the experimental group's teaching style can more successfully ease college students' anxiety during the arithmetic learning process.

**Conclusions.** A college mathematics teaching strategy that mixes ideological and psychological education can successfully reduce college students' anxiety during the mathematics learning process.

## Psychological intervention combined with civic education on students with autism

Xiaoqin Pang<sup>1\*</sup>, Xiyun Zhong<sup>1</sup> and Yimin Xiao<sup>2</sup>

<sup>1</sup>Hainan University, Haikou 571737, China and <sup>2</sup>Hainan Vocational University of Science and Technology, Haikou 571126, China

\*Corresponding author.

**Background.** In response to the phenomenon of autism and autism in the socialization process of students in higher education, this study attempted to combine Civic Education and Cognitive Psychological Intervention Therapy (CPIT) with the aim of alleviating the symptoms associated with students with autism.

**Subjects and Methods.** Thirty students with autism from five colleges and universities in a city were selected as subjects for this study. The 30 autistic students were randomly and equally divided into the control group and the intervention group. The students in the intervention group were treated with Civic Education combined with Cognitive Psychological Intervention Therapy, and the students in the control group were treated with Civic Education only. The whole course of treatment lasted for 3 months. The data generated during the experiment were analyzed and recorded using SPSS23.0. Self-made autistic psychological scale was used for assessment, and the higher the score of the scale, the more serious the autistic psychology of the students.

**Results.** After 3 months of treatment, the mean Autism Psychological Scale score of the students in the intervention group decreased from 9.85 to 2.35, while the mean Autism Psychological Scale score of the students in the control group decreased from 9.24 to 8.65.

**Conclusions.** In conclusion, it can be concluded that Civic Education combined with Cognitive Psychological Intervention Therapy can be more effective in alleviating students' autism.

## An investigation of the effect of industry-teaching integration and civic education on students' job anxiety

Rong Qian

Jiuzhou Polytechnic, Xuzhou 221116, China

**Background.** Aiming at the current situation of employment anxiety disorder of students in higher vocational colleges and universities, this study integrates the idea of integration of production and education into the ideological education of higher vocational colleges and universities, so as to optimize students' employment anxiety.

**Subjects and Methods.** In a higher education setting, 100 students with employment anxiety disorder were chosen as study