

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 amygdal	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

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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

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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

from mental anxiety disorders were selected as experimental subjects. The 120 subjects were randomly divided into three groups: subjects in group A were treated with Morita therapy combined with Shoujo psychotherapy, subjects in group B were treated with Morita therapy alone, and subjects in group C were treated with Shoujo psychotherapy alone. The whole course of treatment lasted for 3 months. The anxiety scores of the subjects before and after the experiment were recorded using the self-administered psychological anxiety scale.

Results. In group A, the number of people suffering from severe anxiety, moderate anxiety, mild anxiety, and mental health before starting the experiment was 8, 30, 2, and 0, respectively, and after the mixed treatment, the number of people under each index became 0, 0, 8 and 32, respectively. In group B, the number of people suffering from severe anxiety, moderate anxiety, mild anxiety, and mental health before starting the experiment was 8, 29, 3, and 0, respectively, and after the Morita treatment, the number became 6, 16, 15 and 3, respectively. In Group C, the number of people suffering from severe anxiety, moderate anxiety, mild anxiety, and mental health before the experiment started was 6, 30, 4, and 0, respectively, and after the positive psychotherapy, the number changed to 3, 19, 13 and 5, respectively.

Conclusions. This study demonstrates the effectiveness of Morita therapy combined with positive psychotherapy in relieving mental anxiety in design workers. The reason for this is that the operable psychological training program based on the principles of acceptance, trust, patience, and non-imposition of positive thinking training is more in line with the “let nature take its course” theory of Morita therapy, so the combination of the two therapies can play a complementary role. Therefore, the combination of the two therapies can play a complementary role.

Table 1. Number of people with each type of anxiety level before and after the experiment under different treatment methods

Group		Severe anxiety	Moderate anxiety	Mild anxiety	Mental health
Group A	Number of people before the experiment	8	30	2	0
	Number of people after the experiment	0	0	8	32
Group B	Number of people before the experiment	8	29	3	0
	Number of people after the experiment	6	16	15	3
Group C	Number of people before the experiment	6	30	4	0
	Number of people after the experiment	3	19	13	5

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Study on the improvement of cognitive function of college students' psychological depression by the combination of professional quality and psychosocial intervention

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Background. At present, among college students, their psychological state has problems of varying degrees. Serious psychological problems will make students suffer from anxiety and depression and other mental diseases, which will damage their cognitive function, and then seriously affect their learning and life. Therefore, colleges and universities should pay close attention to students' psychological state and improve the professional quality of teachers and students to help students improve their cognitive function of depression.

Subjects and Methods. 93 patients with depression from 3 colleges and universities were selected as the research objects to participate in the experiment of improving the cognitive function of depression by the combination of professional quality and psychosocial intervention in colleges and universities. In the experiment, 93 college students were divided into three groups, 31 in each group, which were the psychosocial intervention group, the intervention group for improving professional quality, and the combination intervention group. Self-Rating Depression Scale (SDS) and State Trait Anxiety Inventory (ATAI) were used to analyze the anxiety symptoms of college students before and after the experiment.

Results. The SDS scores and ATAI scores of the three groups of patients before and after the experiment are shown in Table 1. Before the experiment, there was no significant difference in the scores of the three groups. After the experiment, the scores of each group decreased to varying degrees, and the effect of the combination intervention group was the most obvious.

Conclusions. In the research on the improvement of college students' cognitive function of depression, the experiment successfully helped college students improve their mental status by combining the methods of improving college students' professional quality with the methods of psychosocial intervention. Therefore, this method can significantly improve students' cognitive function of depression.