

technology offers a promising new approach to treating and rehabilitating patients with autism.

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## Logistics reform on alleviating acute stress disorder under management psychology in college

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**Background.** In higher education institutions, logistics workers often face high-pressure and multitasking work environments, which may lead to acute stress disorder. This study explores the effectiveness of reforming logistics management methods in universities in alleviating acute stress disorder among employees from the perspective of management psychology.

**Subjects and Methods.** Four higher education institutions were selected, with 50 logistics staff randomly selected from each school, totaling 200. Using a randomized controlled trial method, the employees were evenly divided into experimental and control groups. The experimental group adopted a new logistics management method based on management psychology for one year. The control group maintained its original management mode. The psychological status of all employees was evaluated before and after the reform using the Acute Stress Disorder Self-Rating Scale (ASDS).

**Results.** After implementing the new management method, the ASDS score of the experimental group significantly decreased ( $P < 0.01$ ), and the difference was significant compared to the control group. In addition, the employees in the experimental group also scored higher in terms of job satisfaction, teamwork, and work efficiency.

**Conclusions.** Under the guidance of management psychology, the reform of logistics management methods in universities significantly alleviates the acute stress disorder of logistics workers. It is recommended that more higher education institutions adopt this new management approach to improve employees' mental health and work efficiency.

## Integrating ideological and political education into English classrooms on students' sophophobia

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**Background.** Vocational English classrooms, due to their professionalism and practicality, create certain learning pressure on students, and some students may experience sophophobia, the fear of learning. Combining cognitive psychology theory, this study aims to explore whether incorporating ideological and political education in vocational English classrooms can alleviate students' learning anxiety.

**Subjects and Methods.** Two vocational colleges were selected for the experiment, each with two classes, with approximately 200 student participants. The experimental class incorporates ideological and political education in English classroom, while the control class performs routine teaching. The research lasted one semester. Pre- and post-evaluations were conducted using a learning anxiety questionnaire and cognitive psychology assessment tools. The experimental data was statistically analyzed using Excel.

**Results.** The results showed that compared with the control class, the symptoms of sophophobia in the experimental class were significantly alleviated at the end of the semester ( $P < 0.05$ ). In cognitive evaluation, the students in the experimental class had a more positive cognitive evaluation of English learning, demonstrating a stronger learning motive and confidence.

**Conclusions.** Based on the analysis of cognitive psychology, integrating ideological and political education into vocational English teaching can help students reshape their cognitive evaluation of English learning, thereby reducing the symptoms of sophophobia. It is recommended that the integration with ideological and political education can be promoted in vocational English teaching when colleges design teaching programs.

## Color visual communication on consumer mood disorders in cultural product design

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**Background.** To treat consumer mood disorders, optimization design is carried out in cultural products and color visual communication is used to alleviate patient symptoms. This will