

Stress Disorder (PTSD-SS), and SPSS23.0 software was used to process data.

Results. After 3 months of teaching, the PTSD symptoms of the two groups were improved significantly. Unlike the control group, the intervention group had lower PTSD-SS scores ($P<0.05$).

Conclusions. Combined with educational psychology, after the implementation of the collaborative education strategy for ideological and political education among college students, the symptoms of PTSD students have been alleviated to varying degrees, and the sleep quality of students has been greatly improved.

The positive impact of ideological and political concepts in curriculum on anxiety disorder among college students

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Background. Anxiety neurosis is a common type of neurosis characterized by anxiety. Genetic, biological, and psychological factors can all lead to the occurrence of anxiety disorder. In order to improve the treatment effect of anxiety disorder, the study integrates the educational concept of curriculum ideological and political education into the classroom education of college students, analyzes the positive impact of curriculum ideological and political education on the group of college anxiety disorder patients, and provides more treatment interventions for the treatment of anxiety disorder.

Subjects and Methods. 160 college students with anxiety disorders were selected as experimental research subjects. The experimental group received psychological education on ideological and political concepts in the curriculum, while the control group received psychological education on traditional teaching concepts. The Hamilton Anxiety Scale (HAMA), Hamilton Depression Scale (HAMD), Symptom Checklist 90 (SCL90), and Self-Acceptance Questionnaire (SAQ) were used for evaluation.

Results. The teaching integration of ideological and political courses has a positive impact on alleviating the anxiety and depression of college students ($P<0.05$), and can effectively improve the patient's self-acceptance level ($P<0.05$). Compared with the control group, the effect on anxiety is more significant ($P<0.05$).

Conclusions. From the perspective of educational psychology, the integration of teaching and curriculum ideological and political education has a positive impact on the intervention of anxiety disorder in college students, and all scales have higher scores than the control group.

Positive impact of digital reading on social anxiety disorders among college students

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Background. Social anxiety disorder is a mental illness that often occurs in adolescents or early adulthood. When engaging in social interactions, students may feel shy, embarrassed, and uneasy, and thus unwilling to socialize in public. All leads to a gradual decline in their social functions. Many factors including growth environment, genetic factors, levels of neurotransmitters and hormones, as well as certain psychological shocks contribute to social anxiety disorders. In order to explore more treatment and intervention methods for social anxiety disorder, the impact mechanism and effectiveness of digital reading promotion activities in university libraries on college students' social anxiety disorder were analyzed.

Subjects and Methods. 120 college students with social anxiety disorder in a certain university were randomly divided into an experimental group and a control group. The experimental group participated in digital reading promotion activities in the university library. Before and after treatment, the patients were evaluated using Symptom Checklist 90 (SCL-90), Liebowitz Social Anxiety Scale (LSAS), and Hamilton Anxiety Scale (HAMA).

Results. After participating in reading promotion activities, the scores of the Hamilton Anxiety Scale, Social Anxiety Scale, and Symptom Checklist in the experimental group were lower than those before participation ($P<0.05$), and the difference was statistically significant.

Conclusions. Digital reading promotion activities have a positive impact on social anxiety disorders among college students. Small-scale reading activities can encourage students to go out and socialize, help students establish confidence, help them change their irrational cognition, and overcome psychological fears.

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The positive impact of visual beauty of color and contemporary ceramic art design on anxiety patients

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Background. Anxiety disorder is a neurosis characterized by anxiety. The etiology of anxiety disorder is complex. Many factors including genetic, neurobiochemical, neuroimaging, and