

Results. After the intervention, the anxiety and depression symptoms scores were significantly decreased compared with the control group ($P < 0.05$). At the same time, the mental health level of the students in the experimental group has improved significantly ($P < 0.05$), showing a more positive attitude and better emotional control ability.

Conclusions. The integration of ideological and political education in college English courses has a positive effect on alleviating the symptoms of depression and anxiety. Combining ideological and political education with subject teaching is helpful to improve students' mental health levels and help them better cope with psychological pressure. Therefore, college education departments should actively promote and implement this teaching mode to promote all-round development and mental health.

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China's image in international sports events on positive psychology and Post-Traumatic Stress Disorder

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Background. Major international sports events will provide great group psychological encouragement to citizens. This study attempts to explore the impact of major international sports events on national positive psychology and symptoms of Post-Traumatic Stress Disorder (PTSD).

Subjects and Methods. The research subjects were 268 patients who underwent PTSD treatment at a domestic public hospital between June 2020 and June 2023. These patients were randomly and evenly divided into an experimental group and a control group. In the experiment, the control group was required to observe major foreign sports events for at least 30 minutes every day, but there were no Chinese teams present during the events. The experimental group needs to watch international major sports events of the same type as the control group, but there are Chinese team matches included in the viewing content. The intervention lasted for 14 days, and the PTSD Symptom Scale Interview (PSS-I) and Self-Rating Depression Scale (SDS) tests were conducted on both groups of patients before and after the experiment.

Results. Before and after the experiment, there was a significant difference in the PSS-I and SDS scale scores between the two groups of patients. Moreover, the overall scale data of the experimental group was significantly better than that of the control group.

Conclusions. Watching major international sports events that are conducive to building China's national image can enhance the positive psychological level of the people and treat PTSD symptoms.

Problems and innovative approaches in student management in universities: focusing on students with autism as the core

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Background. Students with autism have unique characteristics in social interaction, emotional management, and learning styles, which may be overlooked in the larger environment of universities and affect their learning and life. Therefore, from a psychological perspective, exploring the problems and innovative approaches in student management in universities, with a focus on autistic students, has important theoretical and practical significance.

Subjects and Methods. The subjects of this study were 206 college students studying at a certain university, all of whom had varying degrees of autism. These students were equally divided into an experimental group and a control group. The experimental group conducted innovative management based on the management innovation pathways collected through expert surveys, while the control group only managed in traditional ways. The management experiment lasted for 60 days. Before and after the experiment, each group of students needs to be tested with the Autism Behavior Checklist (ABC).

Results. The experimental results showed that there was no significant difference in any baseline data between the two groups before the start of the experiment, and there was no significant difference in ABC scores. After the experiment, the total ABC scores of the experimental group and control group students were 33.6 ± 2.9 and 42.2 ± 3.1 , respectively, with lower scores and significant differences in the experimental group.

Conclusions. The expert group members found that managing college students through multiple innovative university management methods that focus on students and balance humanization and institutionalization can help improve the symptoms of students with autism.

Task based teaching method on English writing anxiety of OCD college students

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Background. English writing is an important component of college English teaching, but many students may experience