

decreased to approximately 10.45, with a significant pre-post difference ($P < 0.05$), indicating that the patients' mixed depression was significantly alleviated.

Conclusions. The combination of cross-border e-commerce and regional economic development has a significant positive impact on the mixed depression of financial professionals. Prove that while promoting economic restructuring and cross-border e-commerce development, it also indirectly promotes the psychological health of practitioners.

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Enhancing learning effect for students with bipolar depression through the interactive English translation teaching model

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Background. Bipolar depression students may face various challenges during the learning process, such as emotional fluctuations and lack of concentration. Traditional teaching models may not achieve ideal results in response to the special needs of such students. Given this, the study aims to explore whether the interactive English translation teaching model can bring better learning experiences and effects to students with bipolar depression. Through an in-depth analysis of the characteristics of this teaching model, combined with the characteristics of students with bipolar depression, the study aims to provide educators with new strategies and methods.

Subjects and Methods. The study selected 120 students with bipolar depression as the research subjects and randomly divided them into an experimental group and a control group. The experimental group students were taught using interactive English translation teaching mode, while the control group students were taught using traditional teaching mode. The study used the Bipolar Depression Rating Scale (BDRS) to evaluate the intervention of students with bipolar depression.

Results. Before the experiment, there was no significant difference in bipolar depression scores between the two groups of students ($P > 0.05$); After the experiment, the bipolar depression symptoms of the experimental group students were significantly improved and significantly lower than those of the control group students ($P < 0.05$).

Conclusions. The interactive English translation teaching model shows promise in alleviating symptoms of bipolar depression among students. Furthermore, this model positively impacts both their learning experience and mental well-being.

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Incorporating the “moving westward” spirit into higher education practical teaching to mitigate student anxiety: an exploratory study

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Background. Modern college students are faced with multiple pressures, leading to an increasing incidence of anxiety incidence rate. Traditional teaching models may not achieve ideal results in response to the special needs of such students. The spirit of moving westward, as a valuable experience in the history of New China, represents the spiritual core of overcoming difficulties and striving hard. The study will explore how to combine the “spirit of westward migration” with practical teaching to cultivate students' psychological resilience and promote their healthy growth.

Subjects and Methods. The study focused on 90 students with anxiety disorder and randomly divided them into an experimental group and a control group. The experimental group students adopted the “spirit of moving westward” to integrate into the practical teaching of university education courses, while the control group students adopted traditional teaching methods. The study used the Hamilton Anxiety Scale (HAMA) to evaluate the intervention of anxiety disorders in students.

Results. Before the experiment, there was no significant difference in anxiety scores between the two groups of students ($P > 0.05$); After the experiment, the anxiety symptoms of the experimental group students were significantly improved and significantly lower than those of the control group students ($P < 0.05$).

Conclusions. The integration of the “spirit of westward migration” into practical teaching of higher education courses can alleviate students' anxiety symptoms and have a positive effect on their learning and physical and mental health.

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Utilizing information-based enterprise management to mitigate anxiety disorders among moderate and severe managers

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Background. Informatization has become a key element of modern enterprise management, and managers face severe anxiety in

high-pressure work environments, which hurts personal health and organizational performance. It is very important to study the alleviating effect of information-based enterprise management on the anxiety of managers.

Subjects and Methods. SASRQ and 3D-CAM were used to assess management anxiety, and SPSS23.0 was used to collect and analyze data. Through comparative analysis, the study evaluated the effect of information enterprise management on the anxiety of managers and guided decision-making and practice.

Results. In the study, 100 managers were recruited as samples from different information enterprises. SASRQ and 3D-CAM were used to measure the samples, and the results showed that the anxiety symptoms of managers were significantly relieved under the management of information-based enterprises. The average SASRQ score decreased by 27.8% from 75.2 to 54.8. The average 3D-CAM measurement score decreased from 7.3 to 3.6, a decrease of 50.7%. SPSS23.0 statistical analysis results show that information-based enterprise management has a significant effect on the relief of management anxiety ($P < 0.001$).

Conclusions. The study shows that information enterprise management has a significant effect on management anxiety. Using SASRQ and 3D-CAM as assessment tools, data analysis based on SPSS23.0 showed a significant reduction in manager anxiety symptoms. Therefore, organizations should actively promote the application of information-based enterprise management to improve managers' mental health and improve organizational performance.

Integrating ideological and political education into music education on college students' mania

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Background. Mania represents a prevalent psychological issue among college students. Both music education and ideological and political education have been recognized for their positive impacts on mental well-being. Nonetheless, there exists a gap in comprehensive research investigating the specific effects resulting from the integration of ideological and political education into music education as a means of addressing mania.

Subjects and Methods. The study was conducted in a university with a randomized control group design. The experimental group participated in music education courses with integrated ideological and political education components, whereas the control group underwent traditional ideological and political education. Evaluation of students' mania symptoms was carried out using the Stanford Acute Stress Response Questionnaire (SASRQ) and the 3-min Confusion Assessment Scale (3D-CAM). Statistical analysis employing SPSS23.0 included calculations of mean, standard deviation, and T-test.

Results. The experimental group exhibited a significantly lower mania score compared to the control group ($P < 0.001$). The average score for the experimental group was 7.62, while that of the control group was 12.35. Furthermore, the anxiety level in the experimental group was notably lower than that of the control group ($P < 0.01$), registering an average score of 15.42 and 20.18, respectively, for the two groups.

Conclusions. The amalgamation of music education and ideological and political education manifests a substantial reduction in both college students' mania symptoms and anxiety levels, thereby enhancing their mental well-being. Universities are advised to fortify this integration, subsequently delivering more potent psychological support and intervention mechanisms. Further research is warranted to corroborate and enhance these findings.

Therapeutic impact of integrating ceramic art and color aesthetics on autism patients

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Background. Autism is a behavioral and communication disorder caused by neurodevelopmental abnormalities. Art therapy can help patients improve social skills and emotional expression. This study aimed to explore the influence of ceramic art and color aesthetics on the treatment of autism.

Subjects and Methods. Thirty patients diagnosed with autism were randomly divided into an experimental group and a control group. The experimental group received fusion treatment of ceramic art and color beauty, and the control group received conventional treatment. The two groups were evaluated by the Stanford Acute Stress Response Questionnaire and the 3-minute Disorder Assessment Scale, and SPSS23.0 was used for statistical analysis.

Results. The anxiety level of the experimental group decreased significantly after treatment, and the Stanford questionnaire score decreased from 65.3 ± 7.2 to 42.8 ± 5.9 . The anxiety level of the control group did not change significantly, and the score decreased from 67.1 ± 6.8 to 65.9 ± 7.1 . The cognitive ability of the experimental group was significantly improved, and the disorder assessment scale score decreased from 9.6 ± 1.2 to 4.3 ± 0.9 . In the control group, there was no significant change in cognitive ability, and the score decreased from 9.8 ± 1.0 to 9.6 ± 1.2 .

Conclusions. Ceramic art design and color aesthetic fusion therapy have significant effects on the anxiety level and cognitive ability of autistic patients. Compared with traditional treatment, this method can effectively improve patients' emotional and cognitive functions. Art therapy has potential clinical applications in the treatment of autism.