

Study on the effect of Huayu Changshen Formula combined with ideological and political psychological intervention on students with anxiety disorder

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Background. With the increasing academic pressure on students, students have become a large group of anxiety patients. Some studies have shown that Huayu Changshen Formula can relieve the stagnation of liver qi in patients, and has high application value in the clinical treatment of anxiety disorders. In order to improve its treatment effect on students with anxiety disorder, the study proposed a combined treatment method of Huayu Changshen Formula and ideological and political psychological intervention to improve the diagnosis and treatment level of students with anxiety disorder.

Subjects and Methods. A total of 86 students with anxiety disorders from February 2020 to November 2020 were retrospectively analyzed. All patients were randomly divided into the experimental group and the control group. The patients in the experimental group were treated with the combination of Huayu Changshen Formula and ideological and political psychological intervention, and the patients in the control group were treated with paroxetine. The treatment lasted for 10 weeks. Before and after the treatment, Hamilton Anxiety Scale (HAHA) was used for scoring to understand the anxiety level of patients. The symptom scale of liver qi stagnation syndrome was used to score the patient's condition. All data were analyzed by SPSS24.0 software.

Results. Before treatment, there was no significant difference in HAHA score and Traditional Chinese Medicine (TCM) symptom score between the two groups; After treatment, the HAHA scores of the patients in the experimental group and the control group decreased to about 7.88 and 12.39 respectively, and the TCM symptom scores of the patients in the experimental group decreased by about 4.86 points compared with the control group. The difference between the two groups of patients was statistically significant ($P < 0.05$). The observation of the overall efficacy of the two groups of patients showed that the recovery rate of the experimental group patients reached 28.78%, which was 24% higher than that of the control group. The overall efficacy difference between the two groups was statistically significant ($P < 0.05$).

Conclusions. The combined treatment of Huayu Changshen Formula and ideological and political psychological intervention has improved the overall treatment level of anxiety disorder, and its therapeutic effect is far better than that of paroxetine, which can significantly improve students' anxiety disorder, and can be popularized in the clinical treatment of anxiety disorder.

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Table 1. Changes in patients' HAHA score and TCM symptom score before and after the treatment

Project	HAHA		TCM symptom	
	Before treatment	After treatment	Before treatment	After treatment
Experimental group	21.57±1.25	7.88±0.14	13.68±1.17	2.86±1.48
Control group	20.69±2.14	13.29±2.69	14.55±0.09	7.72±3.09
<i>t</i>	3.55	4.21	2.15	2.48
<i>P</i>	0.135	0.001	0.143	0.001

Study on the neurobiological mechanism of exercise intervention on students' depression — based on theoretical mechanics teaching

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Background. Depression is a common psychiatric disease, which has become one of the main causes of the loss of healthy life years. According to the survey, up to 50% of the patients with depression are school students. Depression mainly depends on drug therapy, psychological intervention and physical therapy. In recent years, exercise therapy has become an economical and environment-friendly intervention mode for depression due to its advantages of high compliance and few side effects. The teaching of theoretical mechanics can mobilize students' enthusiasm for learning, promote their deep thinking and arouse their curiosity to explore the unknown, and have a certain role in relieving students' mental pressure. Therefore, based on theoretical mechanics teaching, the study used exercise therapy to intervene in students' depression, aiming to explore effective methods to improve students' depression, and explore the changes in neurobiological mechanism of exercise intervention combined with theoretical mechanics teaching in the treatment of depression.

Subjects and Methods. 60 students suffering from depression were randomly selected and divided into three groups, 20 students in each group. In group A, exercise combined with theoretical mechanics teaching was used for the intervention treatment of students with depression. In group B, only theoretical mechanics teaching was used for intervention treatment, while in group C,