

improved, and the performance in daily social scenes was more confident. However, anxiety levels and sociability did not change significantly in the control group.

**Conclusions.** Creative design and visual communication strategies based on the perspective of design psychology have a positive impact on consumer social anxiety disorder. It provides directions for the provision of effective intervention strategies and tools, offering an important theoretical and practical value for the design industry and psychological therapy.

## Emotion-focused therapy on anxiety disorders during rural poverty alleviation

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**Background.** Households in poverty often face psychological stress and anxiety disorders, which affect their poverty alleviation outcomes and quality of life. Emotion-Focused Therapy (EFT) is an effective psychological intervention that helps individuals regulate emotions and cope with stress. This study aims to investigate the impact of EFT on anxiety disorders and provide effective intervention methods and support.

**Participants and Methods.** 100 impoverished households with anxiety disorders were selected as the experimental group for EFT and another 100 with the same situation as control group. The Beck Anxiety Inventory (BAI) was used to evaluate both groups, along with the application of EFT. Each treatment cycle consisted of 10 sessions, and three cycles constituted one treatment course. Depression scores were assessed for both groups at the end of each cycle until four treatment courses were completed.

**Results.** After one treatment course, the average scores for the experimental and control groups were 52 and 53, respectively. After three treatment courses, the average scores were 43 and 52 for the experimental and control groups, respectively. After the intervention of EFT, the experimental group showed a significant reduction in anxiety levels, improved emotional regulation, and alleviation of psychological stress during the poverty alleviation process. There were no significant changes in anxiety levels for the control group.

**Conclusions.** EFT has a positive impact on anxiety disorders during the poverty alleviation process for rural households. These research findings provide a basis for effective intervention measures and support for rural households, enabling them to better cope with psychological distress and challenges during the poverty alleviation process.

## Career planning curriculum reform integrating psychology on employment anxiety disorder of college students

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**Background.** Due to the issue of employment choices faced by college students after graduation, universities offer related courses to assist students in their career planning. However, some students still experience employment anxiety, making the career planning course reform for college students urgent and necessary.

**Subjects and Methods.** To explore the impact of integrating psychological career planning courses on students' employment anxiety, a study selected 100 students with employment anxiety at a certain university and randomly divided them into two groups. One group is a blank group, which receives guidance from traditional career planning courses. The other group is the experimental group, which adopts the guidance of integrated psychology for college students' career planning courses. The experimental period lasts for 3 months. The experiment used the Self Rating Anxiety Scale (SAS) and the Self Rating Depression Scale (SDS) for effectiveness evaluation.

**Results.** The experimental results showed that the SAS scores of the blank group before and after the experiment were  $60.3 \pm 2.4$  and  $59.3 \pm 1.6$ , respectively, and the SDS scores were  $42.6 \pm 1.7$  and  $37.3 \pm 2.0$ , respectively. The SAS scores of the experimental group before and after the experiment were  $62.1 \pm 1.6$ , and the SDS scores were  $40.4 \pm 2.6$  and  $32.7 \pm 1.4$ , respectively. The SAS and SDS scores of the experimental group students showed a more significant downward trend compared to the blank group, as incorporating psychology into career planning courses can better focus on students' psychological changes and provide targeted guidance.

**Conclusions.** Integrating career planning courses into psychology can alleviate students' employment anxiety.

**Acknowledgement.** The research is supported by a reform project of teaching content and curriculum system of institutions of higher learning in Guizhou Province in 2019: Exploration of teaching reform of career planning course based on OBE concept -- Taking Guizhou University of Engineering Science as an example (Found No.2019157)