

The new mode of computerized therapy in improving the symptoms of bipolar disorder in adolescents

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Background. Bipolar disorder usually leads to serious mental health problems, including anxiety, depression, psychotic symptoms, and cognitive impairment. Therefore, timely diagnosis and treatment are crucial. The existing computer therapy is mostly based on Acceptance and Commitment Therapy (ACT), which takes functional contextualism as its philosophical foundation and empirical research on the basic properties of human cognition and language. Its goal is to improve psychological flexibility by balancing acceptance and change.

Subjects and Methods. The study designed a computerized treatment program for bipolar disorder based on six core technologies of ACT: (1) facing bipolar disorder directly, (2) accepting the current situation without avoiding it, (3) cognitively controlling one's own state, (4) observing one's psychological state more, (5) living in the present, and (6) maintaining independent values. Adolescents were selected for the MDQ questionnaire, and a control group experiment was conducted. The experimental group received computerized therapy for eight weeks of intervention.

Results. After treatment analysis, the results were obtained and analyzed by SPSS 23.0. The MDQ value of the experimental group significantly decreased, but there was no significant improvement in the control group. 58% of the tested adolescents in the experimental group showed significant improvement in symptoms.

Conclusions. The research results show that the new computer therapy model for bipolar disorder based on ACT has certain effects and can be used for primary autonomous intervention treatment. Further treatment is worthy of deeper research.

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Venlafaxine combined with Sweet Dream oral liquid on patients with depression and mania

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Background. Depression and mania are common mental illnesses. Venlafaxine combined with Sweet Dream oral liquid is

widely used in the treatment of these mental diseases as a drug therapy. However, the analysis of its efficacy is relatively limited. **Subjects and Methods.** 100 middle school students diagnosed with depression and mania were recruited and randomly divided into test group and control group. The test group received Venlafaxine combined with Sweet Dream oral liquid, and the control group received placebo. SPSS23.0 software was used for data processing and statistical analysis.

Results. After 8 weeks of treatment, symptoms of depression and mania were improved in both test and control groups. Depressive symptom scores decreased from 32.5 ± 6.2 to 18.3 ± 4.9 ($P < 0.001$) in the test group and from 34.2 ± 5.8 to 20.1 ± 5.4 ($P < 0.001$) in the control group. The score of mania symptoms decreased from 29.7 ± 7.1 to 15.2 ± 4.6 ($P < 0.001$) in the test group and from 31.0 ± 6.5 to 16.8 ± 5.2 ($P < 0.001$) in the control group. The test group showed a significant advantage in symptom improvement.

Conclusions. The results show that Venlafaxine combined with Sweet Dream oral liquid has a significant effect on middle school students with depression and mania. It can significantly improve the symptoms of depression and mania, alleviate the condition, and improve patients' life quality. Therefore, this drug therapy can be considered as an effective treatment option for depression and mania in middle school students.

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Psychology-based cohesion education & drug effects on depressed college students

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Background. The prevalence of depression is increasing among students in higher education due to academic stress and interpersonal relationships. Although medication is the main form of intervention, medication alone may not achieve the desired results. Recently, cohesion education based on educational psychology has received attention and is considered as a possible effective non-pharmacological treatment.

Subjects and Methods. Three hundred college and university students who had been diagnosed with depression were selected for the study. They were randomly divided into three groups: a medication group, a cohesion education combined with medication group, and a control group. Among them, cohesion education covered teamwork, group activity organisation, and interactive communication skills, which lasted for six months,

once a week for two hours. All groups received conventional medication for depression. Students were assessed for depressive symptoms before, during and after the intervention using the Hamilton Depression Rating Scale (HDRS).

Results. HDRS scores in the cohesive education combined medication group were significantly lower than those in the medication and control groups at the end of the study. In addition, students in the combined treatment group generally reported that their interpersonal relationships improved and their teamwork skills increased.

Conclusions. Cohesive education based on educational psychology combined with medication has significant efficacy for students with depression in colleges and universities. This combined treatment not only helps to reduce students' depressive symptoms, but also improves their interpersonal relationships and teamwork skills.

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Psychological development on the positive psychology of autistic students

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Background. Autism is a neurodevelopmental disorder characterized by social interaction and verbal communication deficits. Students with autism face various psychological difficulties in the college environment, such as social difficulties, emotional fluctuations, and limited cognitive function. This study aims to help autistic students develop their psychology and improve their quality of life.

Subjects and Methods. This study tried to carry out psychological extension training in college sports, and 50 students with autism were set as research objects. Half of the students received psychological extension training in the physical education course, and the other half received traditional behavioral intervention therapy in the physical education course. Both groups of students received one semester of therapeutic training. Results SPSS23.0 software was used for psychological data correlation statistics, $P > 0.5$ indicated strong correlation and $P < 0.5$ indicated weak correlation.

Results. The experimental results showed that after one semester of treatment training, the number of autistic students in the experimental group was reduced to 12. The overall mental state was good, and the cultivation of positive psychology was more effective. At the same time, the average test score was higher. However, the number of students with autism in the control group remained high at about 20, and the P -value was still greater than 0.5.

Conclusions. The psychological development training proposed in this study can provide theoretical and practical guidance for cultivating autistic students' positive psychology to improve their overall mental health level.

Psychological and emotional communication practices towards schizophrenic patients in the mainstream media under big data

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Background. With the advent of the era of big data, the financial media space has become an important platform for mainstream media to carry out information dissemination. Schizophrenia is a serious mental illness, and sufferers often face social discrimination and psychological distress. For mainstream media, how to effectively disseminate information about schizophrenia in the era of big data, and how to guide the public to have a correct understanding and compassion for patients, is an urgent problem to be solved.

Subjects and Methods. Based on big data, this study selects reports, comments and user comments about schizophrenia from mainstream media, and collates and analyzes these data through SPSS23.0, so as to explore the psychological and emotional communication mode and effect of mainstream media on schizophrenia patients.

Results. It can be seen from the analysis that there are exaggerations and distortions in some mainstream media reports on patients with schizophrenia, leading to misunderstandings and fears of the public. Moreover, the report on schizophrenic patients lacks in-depth understanding and care, and only focuses on the news value of cases, ignoring the humanistic care and social integration of patients.

Conclusions. In the era of big data, popular science and education on mental diseases should be strengthened to reduce discrimination and exclusion of patients. At the same time, mainstream media should enhance their sense of social responsibility, avoid misleading and discriminatory reports, and provide more support and help for patients with schizophrenia.

Correlation between criminal responsibility ability and mental health status of offenders with deficient schizophrenia

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Background. There are many clinical symptoms in patients with schizophrenia, among which the most common positive psychiatric symptoms are hallucinations and delusions. When clinical doctors diagnose patients with schizophrenia, they usually rely on