

from mental anxiety disorders were selected as experimental subjects. The 120 subjects were randomly divided into three groups: subjects in group A were treated with Morita therapy combined with Shoujo psychotherapy, subjects in group B were treated with Morita therapy alone, and subjects in group C were treated with Shoujo psychotherapy alone. The whole course of treatment lasted for 3 months. The anxiety scores of the subjects before and after the experiment were recorded using the self-administered psychological anxiety scale.

**Results.** In group A, the number of people suffering from severe anxiety, moderate anxiety, mild anxiety, and mental health before starting the experiment was 8, 30, 2, and 0, respectively, and after the mixed treatment, the number of people under each index became 0, 0, 8 and 32, respectively. In group B, the number of people suffering from severe anxiety, moderate anxiety, mild anxiety, and mental health before starting the experiment was 8, 29, 3, and 0, respectively, and after the Morita treatment, the number became 6, 16, 15 and 3, respectively. In Group C, the number of people suffering from severe anxiety, moderate anxiety, mild anxiety, and mental health before the experiment started was 6, 30, 4, and 0, respectively, and after the positive psychotherapy, the number changed to 3, 19, 13 and 5, respectively.

**Conclusions.** This study demonstrates the effectiveness of Morita therapy combined with positive psychotherapy in relieving mental anxiety in design workers. The reason for this is that the operable psychological training program based on the principles of acceptance, trust, patience, and non-imposition of positive thinking training is more in line with the “let nature take its course” theory of Morita therapy, so the combination of the two therapies can play a complementary role. Therefore, the combination of the two therapies can play a complementary role.

**Table 1.** Number of people with each type of anxiety level before and after the experiment under different treatment methods

Group		Severe anxiety	Moderate anxiety	Mild anxiety	Mental health
Group A	Number of people before the experiment	8	30	2	0
	Number of people after the experiment	0	0	8	32
Group B	Number of people before the experiment	8	29	3	0
	Number of people after the experiment	6	16	15	3
Group C	Number of people before the experiment	6	30	4	0
	Number of people after the experiment	3	19	13	5

**Acknowledgement.** The research is supported by: 2021 National Social Science Foundation Art Program. Social Studies of the Song Dynasty in the Prosperous Memory of the Chinese National Treasure “Picture of the River during the Qingming Festival” No. 21BG103.

## Study on the improvement of cognitive function of college students' psychological depression by the combination of professional quality and psychosocial intervention

Ling Yang and Yanjie Chen\*

Chongqing Vocational Institute of Safety & Technology, Chongqing 404100, China

\*Corresponding author.

**Background.** At present, among college students, their psychological state has problems of varying degrees. Serious psychological problems will make students suffer from anxiety and depression and other mental diseases, which will damage their cognitive function, and then seriously affect their learning and life. Therefore, colleges and universities should pay close attention to students' psychological state and improve the professional quality of teachers and students to help students improve their cognitive function of depression.

**Subjects and Methods.** 93 patients with depression from 3 colleges and universities were selected as the research objects to participate in the experiment of improving the cognitive function of depression by the combination of professional quality and psychosocial intervention in colleges and universities. In the experiment, 93 college students were divided into three groups, 31 in each group, which were the psychosocial intervention group, the intervention group for improving professional quality, and the combination intervention group. Self-Rating Depression Scale (SDS) and State Trait Anxiety Inventory (ATAI) were used to analyze the anxiety symptoms of college students before and after the experiment.

**Results.** The SDS scores and ATAI scores of the three groups of patients before and after the experiment are shown in Table 1. Before the experiment, there was no significant difference in the scores of the three groups. After the experiment, the scores of each group decreased to varying degrees, and the effect of the combination intervention group was the most obvious.

**Conclusions.** In the research on the improvement of college students' cognitive function of depression, the experiment successfully helped college students improve their mental status by combining the methods of improving college students' professional quality with the methods of psychosocial intervention. Therefore, this method can significantly improve students' cognitive function of depression.

**Table 1.** Comparison results of two groups of patients

Experimental grouping	SDS		ATAI	
	Before experiment	After experiment	Before experiment	After experiment
Psychosocial intervention group	64.24±3.51	52.16±2.55	67.12±2.48	41.25±2.74
Intervention group for improving professional quality	63.35±3.19	50.15±2.16	68.04±3.17	40.98±1.95
Combination intervention group	64.39±3.27	42.11±3.41	37.59±3.07	31.28±1.36

## Application of positive psychology to study the root of psychological anxiety of innovative entrepreneurs

Qi Sha<sup>1,2</sup>

<sup>1</sup>China University of Mining and Technology, Xuzhou 221000, China and <sup>2</sup>Wuxi Taihu University, Wuxi 214000, China

**Background.** The COVID-19 has brought double pressure on the work and psychology of innovation and entrepreneurship personnel, which is prone to anxiety. Positive psychology can promote the all-round development of human body and mind. Therefore, under the epidemic environment, the research uses positive psychology to intervene and treat the psychological diseases of innovative and entrepreneurial personnel, and alleviate their psychological anxiety.

**Subjects and Methods.** The study randomly selected 128 people who will carry out innovation and entrepreneurship from 2021 to 2022. The study used positive psychology to intervene 128 people, and judged their mental health status through their work enthusiasm and psychological resilience. In the experiment,  $P < 0.05$  indicates that the difference is statistically significant, and  $t$ -test is conducted. After the experiment, SPSS21.0 was used for statistical analysis of the data. The experimental results are shown in Table 1.

**Results.** Before the intervention, the self-assessment result of innovation and entrepreneurship personnel's work enthusiasm was  $5.27 \pm 0.45$  points, and the mutual evaluation result was  $7.91 \pm 0.42$  points; After intervention, it was  $7.91 \pm 0.42$  points and  $9.10 \pm 0.36$  points. At the same time, after the intervention, the scores of three indicators in the scores of employees' resilience level have increased. To sum up, positive psychology has effectively alleviated the psychological anxiety of innovation and entrepreneurship personnel. In addition,  $P < 0.001$  indicates that the difference of the study has statistical significance.

**Conclusions.** The external environment of innovation and entrepreneurship in the context of the COVID-19 has gradually become worse, which has brought a lot of psychological pressure to innovation and entrepreneurship personnel, thus causing psychological diseases. The study used positive psychology to intervene, and the experimental results showed that positive psychological coping intervention for innovative entrepreneurs

during the COVID-19 epidemic could effectively alleviate their psychological anxiety.

**Acknowledgements.** The research is supported by: the Key Construction Base of Philosophy and Social Sciences in Jiangsu Province, Research Center of Industrial Transformation and Innovation Development in Southern Jiangsu Province, No. 2018ZDJD-B008.

**Table 1.** Changes in work enthusiasm and resilience of innovation and entrepreneurship personnel before and after intervention

		Before intervention	After intervention	<i>t</i>	<i>P</i>
Work enthusiasm	Self-assessment	5.27±0.45	7.91±0.42	33.540	<0.001
	Mutual evaluation	8.07±0.27	9.10±0.36	17.757	<0.001
Resilience level	Tenacity	28.31±5.29	35.60±4.41	8.450	<0.001
	Self-improvement	19.52±1.46	22.77±2.09	10.142	<0.001
	Optimistic	11.85±1.42	16.47±2.56	12.566	<0.001

## A study on the manifestation and treatment of hysteria among the unemployed due to economic recession under the impact of the COVID-19

Xiuxia Li

Guangdong Business and Technology University, Zhaoqing 526020, China

**Background.** The constant mutation of the coronavirus during the COVID-19 caused enough anxiety and panic, as well as a decline in an otherwise healthy economy. As the economy continued to decline, more and more people had to face the risks and anxiety associated with unemployment. Dysthymia, also known as dissociative disorder, is a complex group of psycho-physical disorders in which, during the course of the illness, the patient manifests involuntary and intermittent loss of the ability to integrate some or all of the psycho-physical functions and is unable to achieve unity in the areas of perception, memory, emotion, behavior and self-awareness.

**Subjects and Methods.** A series of research studies were conducted to investigate the manifestation and treatment of hysteria among the unemployed as a result of the economic recession in the wake of the COVID-19. Rational Emotive Behavior Therapy was used to treat the hysterical condition of the unemployed. A self-administered questionnaire was used to investigate the mental health of the unemployed in a region before and after the epidemic. 56 valid questionnaires were returned, excluding those that were not standardized. The 56 individuals were randomly divided into two equal groups and the subjects in the experimental group were treated with rational emotive behavior therapy, while the subjects in the control group were treated with general