

## Emotionally focused therapy and psychological distance research on consumers with social anxiety disorder

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**Background.** Social anxiety disorder is characterized by avoidance of interpersonal relationships and a generalized impairment of emotion recognition and regulation. Protecting the individual's consumer rights can be difficult when this emotion is expressed in consumer relationships. Compared with other therapies, Emotionally Focused Therapy focuses more on the individual's emotional processing. Therefore, the study proposes to use emotion-focused therapy and psychological distance theory to intervene in patients with social anxiety disorder and help them better control their emotional management.

**Subjects and Methods.** Consumers with social anxiety disorder were selected as research subjects and randomly divided into an experimental group (conventional psychological intervention) and a control group (emotion-focused therapy combined with psychological distance-related theory), respectively, to provide reasonable guidance for individual emotions. Before and after the experiment, the results were analyzed with the help of the Social Anxiety Subscale of the Self-Consciousness Scale and SPSS23.0.

**Results.** After the experimental intervention, it was found that there was a statistically significant difference between the social anxiety scale scores of the two groups of patients ( $P < 0.05$ ), and the total scale scores of the experimental group and the control group were  $(12.34 \pm 4.28)$  and  $(18.17 \pm 2.13)$ , respectively.

**Conclusions.** Emotional aggregation therapy can better enable social anxiety disorder patients to focus more on their own emotions, and psychological distance theory research can invariably draw closer to the degree of closeness between the intervener and the interviewees so that the efficacy of the treatment has a high degree of applicability and effectiveness.

## Training model for engineering applied talents to improve students' depression

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**Background.** Depression is a kind of depression with the primary clinical manifestation and the duration of the mental and psychological disease, with insomnia, low mood, lack of pleasure, and

other symptoms. Presently, the tendency of depression among students from different colleges, universities, and majors is apparent and varies. To better improve the depression situation of college students, the study proposes to guide their mental health from the intervention perspective of education and training mode.

**Subjects and Methods.** Depressed engineering college students were selected as research subjects and randomly divided into an experimental group (psychological intervention combined with engineering applied talent cultivation model) and a control group (conventional psychological intervention), in which the talent cultivation model was docked with an example of the engineering project. During the experiment, the data were processed and analyzed with the help of the Self Depression Scale (SDS) and SPSS22.0 statistical tools.

**Results.** After the experimental intervention, it was found that there was a statistically significant difference between the depression scale scores of the two groups of patients ( $P < 0.05$ ), and the improvement of depression in the subjects of the experimental group was significantly better than that of the control group.

**Conclusions.** The combination of talent cultivation mode and psychological intervention can better help engineering college students to improve their depression, enhance the level and quality of their mental health, and view their studies and work in a more positive frame of mind.

## The integration of ceramic art design and color visual aesthetics on hyperactivity disorder viewers

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**Background.** ADHD, also known as Attention-deficit hyperactivity disorder (ADHD), has inattention, hyperactivity, conduct disorder, and impulsive behavior as its main clinical manifestations. Visual working memory load is one of the factors that can affect the individual's attentional performance, so the study proposes to intervene in patients with ADHD with the help of a training form that combines artistic design and the visual aesthetics of colors.

**Subjects and Methods.** Children with attention deficit hyperactivity disorder (ADHD), meeting the American Diagnostic and Statistical Manual of Mental Disorders, 4th edition criteria, were selected as the study subjects and divided into experimental and control groups using the random table method. Both groups underwent color vision training therapy, strengthening the experimental group regarding graphic design and color aesthetics. The practical test tools included Rey's Complex Graphic Memory Task and Chinese Children's Attention Level Scale, and the statistical analysis tool was SPSS23.0, with  $P < 0.05$  indicating statistical differences.

**Results.** In the ceramic art design test experiment, the subjects in the experimental group scored better than the control group in