

## The role of community services in the treatment of anxiety disorders: a study on residents under psychology

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**Background.** Anxiety disorder is a common psychological disorder that seriously affects the quality of life and social function of patients. In addition to medication treatment, community service innovation provides more direct and convenient treatment pathways for patients by providing professional mental health support and resources within the community.

**Subjects and Methods.** The study focused on a population aged 18 to 70 within a community. Using EEG and Self Rating Anxiety Scale (SAS) tests, 30 individuals were diagnosed with anxiety disorders. These participants were evenly divided into two groups: the experimental group and the control group. The experimental group received anti-anxiety medication treatment alone, while the control group received regular psychological counseling at the community service center in addition to medication. After six months of treatment, the two groups were statistically analyzed for treatment effectiveness using electroencephalogram examination and the SAS test. SPSS23.0 was used for data analysis.

**Results.** In the experimental group, 5 patients recovered, 4 patients made significant progress, and 6 patients did not recover. In the control group, 9 people recovered, 6 people made significant progress, and 1 person did not recover. There was a statistically significant difference between the experimental group and the control group,  $P < 0.05$ .

**Conclusions.** Through community mental health centers, patients can receive more direct and convenient treatment pathways and mental support, which is of great significance in the treatment of anxiety disorders.

sample of 60 students was divided into two groups: an experimental group and a control group. The experimental group received medication treatment as prescribed by doctors, while the control group underwent regular psychological treatment at the hospital's psychological treatment center in addition to medication. After one year of treatment, the effectiveness of the interventions was assessed using EEG, SPECT examination results, and SPSS23.0 for statistical analysis.

**Results.** Among the experimental group, 10 patients achieved recovery, 12 demonstrated significant improvement, and 8 did not achieve recovery. In the control group, 15 patients recovered, 15 showed significant improvement, and none did not recover. The difference in outcomes between the experimental group and the control group was statistically significant ( $P < 0.05$ ).

**Conclusions.** Social theory plays an important role in the treatment of student autism, as it can help students establish and develop social skills for autism. By creating a positive social environment, comprehensive social support and education can be provided for students with autism.

## Correlation between college students' attitude towards physical exercise, psychological capital, and anxiety disorders

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**Background.** Physical exercise promotes physical activity, regulates mental state, and helps to improve the psychological state of individual college students and reduce anxiety symptoms.

**Subjects and Methods.** Randomly select 50 students from a sports college of a certain university, including 25 males and 25 females. Select 50 students from non-sports colleges, including 25 males and 25 females. The total subjects amount to 100 students. The Physical Exercise Frequency Scale and the Anxiety Self-Test Scale (SAS) were used. The exercise volume and anxiety level of college students were evaluated. The test results were statistically analyzed using SPSS23.0 software.

**Results.** 82% of college students in this college enjoy physical exercise. 50% of students exercise 3 times a week, 25% twice a week, and 5% once a week. 18% do not enjoy physical exercise. According to the results of the Self-Test Anxiety Scale (SAS), 95% of college students in the school do not have anxiety symptoms, 5% of students suffer from anxiety disorder, and all 5% come from non-sports students. According to the SPSS statistical results, the anxiety level of different students is  $P < 0.05$ , and there is a negative correlation between the anxiety level and the frequency of physical exercise, with a P-value less than 0.05, which is statistically significant.

**Conclusions.** Most college students in this school have a positive psychological state, and there is a certain correlation between

## The role of social theory work in the treatment of autism students

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**Background.** Autism in students often presents as social interaction difficulties. Social theory offers a valuable framework and approach to guide interventions aimed at promoting social development among students with autism.

**Subjects and Methods.** The study conducted research on a group of students diagnosed with autism in a southwestern China hospital in 2021. Participants included 25 students aged 3-6, 30 students aged 7-12, and 5 students aged 13-18. The total