

## Snow and ice culture sports tourism development on patients with post-traumatic stress disorder in Jilin Province from the perspective of healthy China

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**Background.** Psychological changes caused by traumatic stress, if left untreated for a long time, may become chronic symptoms lasting throughout the second half of life. Sports can make people happy, and can stimulate people's inner potential. With the development of ice and snow culture and sports tourism in Jilin Province as the background, this study analyzed the influence of ice and snow sports on patients with stress psychological disorders.

**Subjects and Methods.** A total of 300 patients with PTSD were selected as experimental subjects in various hospitals in Jilin Province, and an equal number of experimental and control groups were set up. SCL-90 self-test scale was used in both the experimental group and the control group for the questionnaire survey before and after the experiment. During the 3-month experiment, the control group received conventional treatment, while the experimental group received ice and snow sports extension training in addition to conventional treatment.

**Results.** The scores of Obsessive-Compulsive Disorder (OCD), depression, anxiety, hostility and terror disorder were significantly different before and after the experiment ( $P < 0.01$ ). The two factors of interpersonal relationship and paranoia were significantly different before and after the experiment ( $P < 0.05$ ). It was worth noting that there was no significant difference between somatization symptoms and psychiatric symptoms ( $P > 0.05$ ).

**Conclusions.** Ice and snow sports intervention can release the tense emotions of patients with post-traumatic stress disorder, so as to restore the psychological balance.

interrelated. Depressive Personality Disorder (DPD) is a common and severe mental illness that is common among college students worldwide. Exploring the factors influencing depression among college students from the perspective of ecological psychology, with a focus on the effects of attachment anxiety, self-esteem cognition, and academic adaptation on depression among Chinese college students.

**Subjects and Methods.** In this study, 452 college students from Nanjing University in Jiangsu Province were assessed by Self-rating Depression Scale (SDS), Adult Attachment Scale (AAS) and Self-esteem and Academic Adjustment Scale (SES). Amos software was used to conduct confirmatory factor analysis on the survey results.

**Results.** There were significant differences in the dimensions of academic adaptation, self-esteem and adult attachment ( $P = 0.000$ ,  $P < 0.05$ ), and there were significant differences between gender and total score of depression ( $t = -2.098$ ,  $P < 0.05$ ). Attachment anxiety not only predicts depression directly but also indirectly through self-esteem. Academic adaptation not only predicts depression directly but also influences depressive anxiety through the mediating effects of self-esteem and attachment.

**Conclusions.** Academic adjustment, depression disorder, attachment anxiety and self-esteem were significantly correlated with depression disorder in college students. Self-esteem plays a mediating role between attachment anxiety and depression, and attachment anxiety and self-esteem play a mediating role between academic adaptation and depression.

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## Intelligent teaching innovation of film and television media on mental health of patients with attention deficit under educational psychology

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## Mental health based on ecological psychology on college students with personality disorder

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**Background.** In the current field of contemporary psychology, ecological psychology has become a new theoretical orientation, believing that everything in the ecosystem interacts and is

**Background.** Attention deficit is the most common chronic neurodevelopmental disorder in adolescents, mainly characterized by inattention and short attention time, hyperactivity and impulsivity that are not commensurate with age and developmental level. With the rapid development of electronic media, intelligent media teaching is gradually popularized, and the time for teenagers to contact film and television media is becoming longer. This study explores the impact of intelligent media teaching on the mental health of patients with attention deficit.

**Subjects and Methods.** A total of 500 adolescent patients with attention deficit were selected as experimental subjects, and the same number of experimental and control groups were set up. Both the experimental group and the control group were subjected to a questionnaire survey with the Attention Deficit

Hyperactivity Disorder rating scales (Swanson, Nolan and Pelham-IV Rating Scales (SNAP-IV) before and after the experiment. During the 4-month experiment, the control group received routine intervention. The experimental group received intelligent media education in addition to conventional intervention.

**Results.** After the experiment, compared with before the experiment, the scores of SNAP-IV factors had different degrees of change, and the mental health level of all factors tested in the experimental group had different degrees of reduction. The scores of sensitivity, specificity, hyperactivity and impulsivity were significantly different before and after the experiment ( $P < 0.01$ ).

**Conclusions.** Long-term exposure to intelligent film and television media education will aggravate ADHD symptoms, which is not conducive to the healthy development of adolescents.

## Integrated collaborative education on mental health of patients with social anxiety disorder

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**Background.** Social anxiety disorder is a common psychological disorder, and patients often feel excessive tension and unease in social situations. This mental health issue can have adverse effects on patients' lives and studies. Therefore, finding effective intervention measures to improve the mental health of patients with social anxiety disorder has important practical value.

**Subjects and Methods.** Some patients with social anxiety disorder from several universities were selected as subjects, and the subjects were divided into an experimental group and a control group. Firstly, a questionnaire survey was used to analyze the psychological characteristics and troubles of the subjects, and then the participants were interfered with by the innovative integration and collaborative education mechanism to improve the mental health of patients with social anxiety disorder through psychological counselling and training. Finally, the intervention effect was evaluated by Stanford Acute Stress Response Questionnaire (SASRQ) and 3-Minute Delirium Diagnosis Scale (3D-CAM).

**Results.** The results show that the collaborative education mechanism of creative integration has a good improvement effect on the mental health of patients with social anxiety disorder, which can enhance their confidence and help them better cope with social situations. Through psychological counselling and training, the patient's level of social anxiety has significantly decreased.

**Conclusions.** The collaborative education mechanism of creative integration can effectively improve the mental health of patients with social anxiety disorder. The combination of educational psychology theory and practice provides effective support and assistance for patients with social anxiety disorder, and also provides good reference for various universities.

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## Cross-border e-commerce model innovation on consumer psychological anxiety from the perspective of consumer psychology

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**Background.** With the rapid development of cross-border e-commerce, consumers often face psychological anxiety disorders when making international shopping. However, there are still relatively few studies on the impact of cross-border e-commerce model innovation on consumer psychological anxiety disorder.

**Subjects and Methods.** 100 cross-border e-commerce consumers were selected for the experiment, and the data were collected by questionnaire survey. The study sample included consumers from different regions and different age groups. Stanford Acute Stress Response Questionnaire (SASRQ) and 3-Minute Delirium Diagnosis Scale (3D-CAM) were used to assess the mental health status of the subjects, while SPSS23.0 was used for statistical analysis and regression analysis to analyze the impact of cross-border e-commerce model innovation on consumer psychological anxiety disorders.

**Results.** The results show that cross-border e-commerce model innovation has a significant impact on consumer psychological anxiety disorder. Innovative payment methods and logistics methods can reduce consumers' sense of unease and reduce their psychological pressure during the shopping process. At the same time, innovative shopping experiences and customer service can provide consumers with a better experience and ease their psychological anxiety.

**Conclusions.** The innovation of a cross-border e-commerce model can effectively reduce the psychological anxiety disorder of consumers. In order to improve the shopping experience and satisfaction of consumers, cross-border e-commerce enterprises should focus on innovating payment methods, logistics methods, shopping experience and customer service. Personal characteristics also need to be considered in the model innovation of cross-border e-commerce to meet the needs of different consumer groups.