

Results. The results showed that after treatment, the mental state and quality of life scores of both groups of students were increasing, and the scores of the treatment group were significantly higher than those of the control group ($P < 0.05$). In addition, there was a significant decrease in depression and anxiety scores in both groups of students, and the scores in the treatment group were lower than those in the control group ($P < 0.05$).

Conclusions. From this, it can be seen that the inheritance of ethnic music culture and music education in universities are beneficial for alleviating the bipolar disorder of college students.

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Urban rail transit design practice on cognitive obstacles in art and design majors

Shan Tang

Xuzhou University of Technology, Xuzhou 221000, China

Background. Students majoring in art and design exhibit a more assertive personality, emphasizing their interests and hobbies while emphasizing their major over culture. They are easily suffering from cognitive impairment under the influence of professional characteristics, family environment, and growth experiences. The research added practical content of urban rail transit design to some content of art and design majors. It is to achieve intervention in cognitive impairment of art and design students.

Subjects and Methods. Two classes of students majoring in design from art schools were selected as the research subjects and assigned to groups A and B. Group A adopts traditional art and design professional cognitive impairment treatment methods, while Group B participates in urban rail transit design practice for combined intervention. The experimental total lasted for six months, and the data were organized according to SPSS23.0. t-tests for comparison between the two sets of intervention pre and post were used.

Results. After intervention, the perceptual-cognitive function score of Group B increased to 54.46 ± 6.68 points, and the perceptual-cognitive function score increased to 20.32 ± 1.97 points, significantly higher than Group A. At the same time, the quality of life score increased to 11.68, resulting in a significant improvement of 1.66 cases.

Conclusions. The combination of traditional treatment methods with urban rail transit design practices has an effective intervention effect on treating cognitive impairment in art and design majors.

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Manifestations and treatment strategies of anxiety disorders among English Chinese translators in cross-cultural translation

Shanshan Zhu

Wuhan Huaxia University of Technology, Wuhan 430223, China

Background. Although English Chinese translators receive high salaries, their mental abilities are overwhelmed during long-term cross-cultural translation. In addition, the requirements for translation submission time and quality make them face long-term pressure, and over time, they develop anxiety disorders, mainly manifested as sleep disorders. To address this issue, research has added psychological intervention therapy to traditional drug therapy and used a combination of treatment strategies to treat anxiety disorders.

Subjects and Methods. 100 English Chinese translators with anxiety disorders were randomly divided into two groups: Group C and Group D. Group C received drug therapy, while Group D received psychological intervention in addition to drug therapy. The experiment lasted for 3 months and their psyche was evaluated by Hamilton Anxiety Scale and data treatment was analyzed using SPSS 21.0. Metrics were indicated in the shape of average \pm criterion variation and t-test was used.

Results. The Hamilton scale score of Group D was 25.52 ± 1.15 before the intervention, and 7.06 ± 0.88 after the intervention; Before the intervention, the score of Group C was 25.47 ± 1.06 , and after the intervention, it was 14.03 ± 1.55 . Overall, the combination of drug therapy and psychological intervention has a better therapeutic effect.

Conclusions. English Chinese translators often exhibit anxiety disorders such as neurotic tension and sleep disorders in cross-cultural translation, and the combination of psychological intervention strategies in drug therapy is effective in treating their anxiety disorders.

Music curriculum innovation construction on postgraduate mania from the perspective of curriculum ideology and politics

Kun Cao

Nanning Normal University, Nanning 530001, China

Background. Graduate students, as highly intelligent individuals, are more likely to experience mania during their studies than the general population. They are affected by learning pressure,

environmental factors, and other factors and manifested as high spirits and irritability. Art therapy, as a relatively effective treatment method, is often used for psychological intervention and treatment. Therefore, this study innovatively constructs music courses from the perspective of ideological and political education to alleviate graduate students' mania.

Subjects and Methods. Fifty graduate students with mania from a certain university were selected as the research subjects and randomly divided into Group A and Group B. Group A used traditional treatment methods, while Group B added innovative music courses to the traditional treatment methods for combined treatment. After the experiment, the data were processed and analyzed using SPSS 20.0.

Results. After the combination of results and intervention treatment, the overall compliance rate of student patients reached 98%, significantly higher than 60% in Group A; In the quality of life score, the social function score of Group B was 65.95 ± 4.20 , the mental health score was 64.54 ± 4.89 , and the psychological function score was 67.39 ± 5.14 , all of which were higher than those of Group A.

Conclusions. From the perspective of ideological and political education in the curriculum, the innovative construction of music courses has an effective alleviating effect on graduate students' mania.

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Combined psychopharmacological treatment on depression-anxiety symptoms of new employees in post-epidemic era

Yamin Huang

Guangdong University of Science and Technology, Dongguan 523083, China

Background. Newcomers to the workplace in the post-epidemic era are often accompanied by maladaptive symptoms such as anxiety and depression. Due to their varying degrees of severity, a combination of psychosocial and pharmacologic treatments is essential.

Subjects and Methods. In this study, 500 on-the-job new employees of a company were selected as research subjects, and they were randomly divided into the control group and the research group. The control group was treated with medication only, and the research group was treated with a combination of psychological intervention medication. The medication was chosen to be buspirone hydrochloride tablets 10 mg 3 times/d orally, and analyzed with the Hamilton Rating Scale for Anxiety (HAM-A) as a control, and finally analyzed using SPSS 22.0 for statistical analysis.

Results. After 3 months of experimentation in the study, the anxiety scale score of new employees in the control group decreased from 23 to 17, and the anxiety scale score of new

employees in the research group decreased from 24 to 12. In the research group, there was a significant difference in the psychological stress of new employees before and after the experiment ($P < 0.05$). The experimental results show that the treatment has a more obvious alleviating effect on the depression and anxiety of new employees in the post-epidemic era, which means combining psychological intervention and medication.

Conclusions. The combination of psychotherapy and drug therapy in this study can significantly alleviate the depression and anxiety of new employees after the epidemic. It can also provide a reference for other company managers and promote the attention to the psychological state of employees.

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Psychomusic-clomipramine therapy on students' anxiety disorders based on the perspective of the Civics program

Wenbo Liu

Communication University of China, Beijing 100000, China

Background. At present, students' learning pressure is increasing, and many schools have introduced psychomusical therapy from the perspective of ideological and political courses to relieve students' mental anxiety.

Subjects and Methods. In this study, 100 students with mental anxiety disorder in a high school were selected as research objects and randomly divided into a control group and a study group. The control group was treated with clomipramine only. The study group was treated with ideological and political curriculum visual threshold psychomusic therapy based on clomipramine therapy and the self-rating Anxiety Scale (SAS) was used for comparative analysis. Finally, Minitab was used for statistical analysis.

Results. After 3 months of the experiment, the anxiety scale score of middle school students in the control group changed from 65 points to 54 points; The anxiety scale scores of middle school students in the study group changed from 64 to 46. In the study group, the psychological pressure of students before and after the experiment was significantly different ($P < 0.05$). The experimental results show that the combination of ideological and political curriculum visual psychomusical therapy with drug therapy can alleviate students' mental anxiety.

Conclusions. In this study, the introduction of visual psychomusic in ideological and political courses into drug therapy has a positive impact on student's mental anxiety caused by study pressure, and can also arouse other schools' attention to mental health, provide new ideas for the popularization of psychological counselling, and promote the development of student's mental health.