

decreased to approximately 10.45, with a significant pre-post difference ($P < 0.05$), indicating that the patients' mixed depression was significantly alleviated.

Conclusions. The combination of cross-border e-commerce and regional economic development has a significant positive impact on the mixed depression of financial professionals. Prove that while promoting economic restructuring and cross-border e-commerce development, it also indirectly promotes the psychological health of practitioners.

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Enhancing learning effect for students with bipolar depression through the interactive English translation teaching model

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Background. Bipolar depression students may face various challenges during the learning process, such as emotional fluctuations and lack of concentration. Traditional teaching models may not achieve ideal results in response to the special needs of such students. Given this, the study aims to explore whether the interactive English translation teaching model can bring better learning experiences and effects to students with bipolar depression. Through an in-depth analysis of the characteristics of this teaching model, combined with the characteristics of students with bipolar depression, the study aims to provide educators with new strategies and methods.

Subjects and Methods. The study selected 120 students with bipolar depression as the research subjects and randomly divided them into an experimental group and a control group. The experimental group students were taught using interactive English translation teaching mode, while the control group students were taught using traditional teaching mode. The study used the Bipolar Depression Rating Scale (BDRS) to evaluate the intervention of students with bipolar depression.

Results. Before the experiment, there was no significant difference in bipolar depression scores between the two groups of students ($P > 0.05$); After the experiment, the bipolar depression symptoms of the experimental group students were significantly improved and significantly lower than those of the control group students ($P < 0.05$).

Conclusions. The interactive English translation teaching model shows promise in alleviating symptoms of bipolar depression among students. Furthermore, this model positively impacts both their learning experience and mental well-being.

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Incorporating the “moving westward” spirit into higher education practical teaching to mitigate student anxiety: an exploratory study

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Background. Modern college students are faced with multiple pressures, leading to an increasing incidence of anxiety incidence rate. Traditional teaching models may not achieve ideal results in response to the special needs of such students. The spirit of moving westward, as a valuable experience in the history of New China, represents the spiritual core of overcoming difficulties and striving hard. The study will explore how to combine the “spirit of westward migration” with practical teaching to cultivate students' psychological resilience and promote their healthy growth.

Subjects and Methods. The study focused on 90 students with anxiety disorder and randomly divided them into an experimental group and a control group. The experimental group students adopted the “spirit of moving westward” to integrate into the practical teaching of university education courses, while the control group students adopted traditional teaching methods. The study used the Hamilton Anxiety Scale (HAMA) to evaluate the intervention of anxiety disorders in students.

Results. Before the experiment, there was no significant difference in anxiety scores between the two groups of students ($P > 0.05$); After the experiment, the anxiety symptoms of the experimental group students were significantly improved and significantly lower than those of the control group students ($P < 0.05$).

Conclusions. The integration of the “spirit of westward migration” into practical teaching of higher education courses can alleviate students' anxiety symptoms and have a positive effect on their learning and physical and mental health.

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Utilizing information-based enterprise management to mitigate anxiety disorders among moderate and severe managers

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Background. Informatization has become a key element of modern enterprise management, and managers face severe anxiety in