

technology offers a promising new approach to treating and rehabilitating patients with autism.

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## Logistics reform on alleviating acute stress disorder under management psychology in college

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**Background.** In higher education institutions, logistics workers often face high-pressure and multitasking work environments, which may lead to acute stress disorder. This study explores the effectiveness of reforming logistics management methods in universities in alleviating acute stress disorder among employees from the perspective of management psychology.

**Subjects and Methods.** Four higher education institutions were selected, with 50 logistics staff randomly selected from each school, totaling 200. Using a randomized controlled trial method, the employees were evenly divided into experimental and control groups. The experimental group adopted a new logistics management method based on management psychology for one year. The control group maintained its original management mode. The psychological status of all employees was evaluated before and after the reform using the Acute Stress Disorder Self-Rating Scale (ASDS).

**Results.** After implementing the new management method, the ASDS score of the experimental group significantly decreased ( $P < 0.01$ ), and the difference was significant compared to the control group. In addition, the employees in the experimental group also scored higher in terms of job satisfaction, teamwork, and work efficiency.

**Conclusions.** Under the guidance of management psychology, the reform of logistics management methods in universities significantly alleviates the acute stress disorder of logistics workers. It is recommended that more higher education institutions adopt this new management approach to improve employees' mental health and work efficiency.

## Integrating ideological and political education into English classrooms on students' sophophobia

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**Background.** Vocational English classrooms, due to their professionalism and practicality, create certain learning pressure on students, and some students may experience sophophobia, the fear of learning. Combining cognitive psychology theory, this study aims to explore whether incorporating ideological and political education in vocational English classrooms can alleviate students' learning anxiety.

**Subjects and Methods.** Two vocational colleges were selected for the experiment, each with two classes, with approximately 200 student participants. The experimental class incorporates ideological and political education in English classroom, while the control class performs routine teaching. The research lasted one semester. Pre- and post-evaluations were conducted using a learning anxiety questionnaire and cognitive psychology assessment tools. The experimental data was statistically analyzed using Excel.

**Results.** The results showed that compared with the control class, the symptoms of sophophobia in the experimental class were significantly alleviated at the end of the semester ( $P < 0.05$ ). In cognitive evaluation, the students in the experimental class had a more positive cognitive evaluation of English learning, demonstrating a stronger learning motive and confidence.

**Conclusions.** Based on the analysis of cognitive psychology, integrating ideological and political education into vocational English teaching can help students reshape their cognitive evaluation of English learning, thereby reducing the symptoms of sophophobia. It is recommended that the integration with ideological and political education can be promoted in vocational English teaching when colleges design teaching programs.

## Color visual communication on consumer mood disorders in cultural product design

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**Background.** To treat consumer mood disorders, optimization design is carried out in cultural products and color visual communication is used to alleviate patient symptoms. This will

provide important opinions and references for the treatment of mood disorder patients.

**Subjects and Methods.** 120 patients with Consumer mood disorders were selected as the experimental subjects and were divided into an experimental group and a control group, with 60 patients in each group. The experimental group presented cultural products with color visual design, while the control group presented ordinary cultural products. SPSS23.0 software was used to record the patient's mental state data during a half month trip, and the depression disorder scale was used for evaluation.

**Results.** It was found that there was a significant difference in the mental state between the experimental group and the control group. The experimental group performed well in terms of mental state, comfort, and other aspects. From this, the color visual design of cultural goods has a regulatory effect on the mental state of consumers, which is beneficial for improving their mood disorders.

**Conclusions.** In recent years, product visual communication design has not only attracted many consumers' favor, but also played a positive role in consumer psychology and spirit. By optimizing the visual design of products, Consumer Mood Disorders can be improved, providing important reference opinions for the treatment of Consumer Mood Disorders.

## Effect of modifying agricultural product circulation on mood disorders among consumers

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**Background.** Mood disorders encompass a category of mental illnesses characterized by fluctuating emotional states, including periods of elevated and diminished emotions. These conditions have the potential to profoundly influence an individual's behavior and cognitive functions. To effectively intervene in mood disorders, innovation is made in the circulation mode of agricultural products based on the patient's lifestyle habits, and consumer mental changes are recorded, providing reference opinions for the treatment of mood disorders.

**Subjects and Methods.** A cohort of 140 individuals, who were enthusiastic about agricultural products and exhibited symptoms of mood disorders, was recruited from the general population. All participants displayed clear indications of mood disorders. The circulation mode of agricultural products was reconfigured under the participants' lifestyle habits. A comprehensive set of measures was implemented as part of the intervention. Over a span of 4 months, the mental symptoms of the 140 participants were meticulously documented. These records formed the basis for subsequent analysis. All collected data were subjected to rigorous statistical examination using SPSS23.0. To gauge changes in participants' mental states, the Self-Rating Depression Scale was

employed. This assessment tool was administered both before and after the intervention period.

**Results.** The transformation of the agricultural product circulation mode led to significant improvements in emotional well-being and mental state among patients over the 4-month intervention period. The psychological impact varied based on the specific agricultural product transformation strategy employed. Nonetheless, all strategies demonstrated a capacity to alleviate negative emotions and foster overall patient well-being.

**Conclusions.** Adapting the agricultural product circulation mode in line with individual patient characteristics emerges as a promising strategy for mitigating mental stress and enhancing the well-being of those affected by mood disorders. This innovative approach offers potential avenues for symptom relief and presents actionable recommendations for mood disorder treatment.

## Affinity-based news dissemination teaching on students' functional cognitive impairment

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**Background.** Recognizing cognitive impairments is crucial for understanding their impact on students' language, memory, judgment, and cognitive functions, which significantly influence their overall development. To address cognitive disorders among students, an experimental approach involving news dissemination affinity teaching combined with targeted cognitive counseling was implemented.

**Subjects and Methods.** A cohort of 120 students exhibiting signs of functional cognitive impairment from three different universities participated in the study. The students were divided into an experimental group and a control group, each consisting of 60 students. The experimental group underwent a teaching intervention that incorporated both news dissemination and psychological counseling, while the control group received only psychological counseling. The intervention lasted for three months, and data were analyzed using SPSS 23.0. A mental state evaluation scale was employed to assess the students' well-being.

**Results.** Following the three-month intervention, a significant divergence in mental states was observed between the two groups of students. Specifically, students in the experimental group exhibited noteworthy enhancements in sleep patterns, dietary habits, and overall mental well-being compared to their counterparts in the control group.

**Conclusions.** Affinity-based news dissemination teaching, coupled with psychological intervention, focuses on promoting students' cognitive development and overall well-being. The amalgamation of these two teaching approaches offers a more comprehensive and professional framework for addressing students' cognitive impairments. Notably, this combined approach