The positive effects of adaptive sports intervention strategies on patients with sitting disorder

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Background. Sitting Disease refers to a series of health problems caused by prolonged sitting and lack of exercise. Long-term sitting may affect cardiovascular and mental health, and it is a common adverse reaction in psychotherapy. It is most common within 1-2 weeks of medication treatment. Therefore, the study proposes an adaptive sports intervention strategy to actively intervene in patients with sedentary disorder, in order to help them improve their overall quality and ability.

Subjects and Methods. Select sedentary patients from a rehabilitation center as the research subjects and randomly divide them into an experimental group and a control group. The experimental group received adaptive physical education course intervention for ten weeks, three times a week for one hour each time. The control group received routine intervention according to traditional courses. Statistical analysis of patient experimental data using the Gross Motor Development Test Third Edition (TGMD-3) and the Activity of Daily Living Scale (ADL).

Results. After the experimental intervention, the experimental group showed significant changes in the development of basic motor skills ($P<0.05$), while the control group showed no significant changes in their physical activity levels.

Conclusions. Adaptive sports intervention has a good intervention effect on improving the basic motor skills of patients with sedentary disorder. During the experimental process, the time spent in the patient's observation state and negative emotional state is significantly reduced, effectively improving the patient's physical and mental health levels.

Online social support based on the digital economy on anxiety disorder patients

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Background. With the development of the digital economy and the increasing popularity of internet technology, online social support as a new type of mental health intervention has gradually received attention. At the same time, the rapid development of society has led to a large number of people suffering from anxiety disorders. Given this, this study proposes to analyze the intervention effect of online social support based on the digital economy on anxiety disorder patients.

Subjects and Methods. 200 patients diagnosed with anxiety disorder were randomly divided into an experimental group and a control group, with 100 patients in each group. The experimental group received online social support intervention for three months, while the control group maintained routine treatment. Evaluate the anxiety level of patients using the Self-Rating Anxiety Scale (SAS) and compare the changes before and after intervention between the two groups. The data was processed using SASV9.4 statistical software.

Results. After the experiment, compared with the control group, the anxiety level of the experimental group patients was significantly reduced ($P<0.05$). Meanwhile, over 70% of patients in the experimental group expressed that online social support helped them better understand their emotions and gain connections with others.

Conclusions. Online social support based on the digital economy has significant benefits for patients with anxiety disorders, not only reducing their anxiety levels, but also enhancing their social connectivity and psychological resilience. It is recommended to incorporate online social support as an effective means of future mental health interventions.

Inappropriate financial performance evaluation: based on statistical analysis of employee anxiety disorders

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Background. In modern enterprise management, financial performance evaluation is one of the main evaluation tools for employees and teams. However, when these evaluation methods are inappropriate or too strict, they may have a negative impact on employees. In addition, improper management and unclear systems in enterprises may lead to negative emotions among employees, especially anxiety disorders. Based on this, this study explores how inappropriate financial performance evaluation can affect employees' mental health, with the expectation of obtaining reasonable results.

Subjects and Methods. Five large companies were selected for the experiment, and 500 employees were randomly selected for anonymous surveys. The questionnaire includes experiences in financial performance evaluation, personal opinions on the evaluation, and scores on the Self-Rating Anxiety Scale (SAS). Use Excel and SPSS24.0 to statistically process the data.

Results. The survey results showed that 60% of employees who experienced inappropriate financial performance evaluations reported significant anxiety symptoms during and after the evaluation period. In contrast, only 20% of employees who believe that performance evaluation is appropriate reported experiencing similar anxiety experiences. In addition, for employees who

believe that the evaluation is unfair or too strict, the severity of their anxiety symptoms is significantly higher than that of other populations.

Conclusions. Improper financial performance evaluation may increase employees' mental health risks, especially the risk of anxiety disorders. It is recommended that enterprises ensure fairness, transparency, and rationality when conducting performance evaluations to maintain the psychological health of employees.

Clinical intervention effect of computer-aided therapy based on software engineering on patients with schizophrenia

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Background. Schizophrenia (SCH) is a serious mental disorder of unknown aetiology, with clinical symptoms involving sensory perception, thinking, emotions, behavior, and other aspects. When symptoms occur repeatedly and the condition persists, the patient's life and learning abilities are significantly impaired and gradually exhibiting cognitive impairment. The treatment effectiveness and rehabilitation process for SCH are often complex and diverse. This study developed a computer-aided treatment system using software engineering methods to evaluate its impact on the clinical intervention effectiveness of schizophrenia patients.

Subjects and Methods. A total of 300 patients with schizophrenia were selected for the experiment and divided into an experimental group and a control group, with 150 patients in each group. The experimental group received a 6-month intervention using a computer-aided treatment system, while the control group received traditional treatment methods. Evaluate using the Positive and Negative Symptom Scale (PANSS) and record the changes in scores before and after the intervention in both groups. The process data was analyzed using SPSS.

Results. After 6 months of treatment, the PANSS score of the experimental group significantly improved, with a statistical difference compared to the control group ($P<0.05$). The treatment compliance of the experimental group was also significantly improved, with higher patient satisfaction.

Conclusions. Computer-assisted therapy based on software engineering has shown positive effects in clinical interventions for schizophrenia and can serve as a beneficial supplement to traditional treatment methods. Future research needs to further improve the usability of the system and explore its applicability in different types of mental disorders and treatment stages.

Community emergency nursing process optimization combined with psychological intervention on elderly patients with acute stress disorder

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Background. Acute stress disorder is a serious hazard in elderly patients. This disorder can cause physical and psychological discomfort, affecting the patient's life quality of functioning. Psychological intervention can help patients relieve anxiety and fear, and improve patients' acceptance and participation in emergency nursing.

Optimization of community emergency care processes can provide faster, more efficient, professional care services through process optimization. If the two are combined, its efficacy can be further improved. Therefore, this study further explored the therapeutic effect of combining the two.

Objects and Methods. Elderly patients diagnosed with ASD were selected as samples from the community. The intervention group adopted the optimized community emergency nursing process combined with psychological intervention, and the control group adopted the standard nursing. The Stanford Acute Stress Response Questionnaire (SASRQ) and 3-minute Disorder Assessment Scale (3D-CAM) were used to measure stress levels and cognitive dysfunction, respectively. SPSS23.0 was used for statistical analysis.

Results. ASD symptoms were significantly reduced in the intervention group compared with the control group ($P \leq 0.05$). SASRQ scores decreased by 35 percent, indicating decreased levels of acute stress. The 3D-CAM score showed a 25% improvement in cognitive function in the intervention group.

Conclusions. Optimizing the community emergency nursing process combined with psychological intervention is an effective way to treat acute stress disorder in the elderly. This integrated care model contributes to improved mental health outcomes and should be considered in clinical practice.

The path innovation of industrial upgrading and transformation of regional economy to the cognitive impairment of the patients

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Background. With the development of digital economy, industrial upgrading and transformation of the regional economy has