Drug therapy combined with PBL on depression of college students

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Background. The treatment of depression is mainly to eliminate and improve the symptoms of patients. At present, there are a variety of clinical antidepressants for the treatment of depression, however, there are still some patients with no significant therapeutic effect. When the effect of antidepressants alone is not satisfactory for patients with refractory depression, synergistic therapy can be considered, which is atypical antipsychotics being used as synergists in combination with antidepressants. Based on this background, this project conducted relevant research on patients with depression as research samples.

Subjects and Methods. The control group was given paroxetine tablets at a dose of 20 mg/d as prescribed by the doctor, and the dose was increased to 30 mg/d after 1 week. On the basis of the control group, the study group was given atypical antipsychotic olanzapine tablets at a dose of 5 mg/d as prescribed by the doctor. The score of depression degree was represented by the Hamilton Rating Scale for Depression (HAMD) score. The score of life quality was referred to the brief form of Health survey (SF-36 scale). SPSS20.0 software was used for statistical processing of various indicators of the 2 groups.

Results. After treatment, HAMD scores decreased and SF-36 scores increased in the study group and control group, and HAMD scores and SF-36 scores in the study group were significantly better than those in the control group after treatment ($P < 0.05$).

Conclusions. Antidepressant drugs (paroxetine tablets) combined with atypical antipsychotic drugs (olanzapine tablets) are effective in the treatment of depression, and can effectively improve the quality of life of patients.

Intelligent Innovative Logistics Model of Rural E-commerce on Consumer Behaviors

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Background. The integration of intelligent logistics models in rural e-commerce has significantly enhanced the convenience of online shopping for consumers and has concurrently bolstered the sales volume of e-commerce platforms. However, the proliferation of excessive shopping behaviors, potentially indicative of consumer mania, raises concerns. Mania is a psychological vulnerability often triggered by anxiety. This study aims to investigate the influence of the intelligent logistics model in rural e-commerce on consumer mania.

Subjects and Methods. The study involved 80 consumers from rural areas within a specific province, selected based on statistically significant variations in their online shopping habits. The participants were divided equally into an experimental group and a control group. Prior to and post the three-month experiment, both groups were assessed using the SCL-90 self-test scale. During the experiment, the control group employed traditional logistics distribution, while the experimental group utilized intelligent logistics distribution.

Results. Significant differences were observed in the scores of obsessive-compulsive disorder (OCD), depression, anxiety, hostility, and terror disorder before and after the experiment ($P<0.01$). Moreover, two factors, namely interpersonal relationships, and paranoia, exhibited significant differences ($P<0.05$). Notably, there was no considerable difference in somatization symptoms and psychiatric symptoms ($P>0.05$).

Conclusions. Intelligent innovative logistics mode will have an impact on consumers' mania. Convenient online shopping logistics mode not only aggravates consumers' excessive shopping behavior but also aggravates consumers' anxiety and mania.

Effect of building identity in foreign language teachers' cooperative team on anxiety

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Background. Teacher anxiety disorder refers to teachers' frequent anxiety and related symptoms, which may seriously affect their teaching work and quality of life if not managed and treated in a timely and effective manner. Therefore, it reminds us that the research on building identity psychology in foreign language teachers' cooperative teams is very important for the treatment of teacher anxiety.

Objects and Methods. 80 teachers who participated in the cooperative team of foreign language teachers were selected as the research objects. The anxiety symptoms of the teachers were assessed by the Stanford Acute Stress Response Questionnaire and the 3-minute Disorder Assessment Scale. In addition, SPSS 23.0 was used for data analysis, and correlation analysis and multiple regression analysis were used.

Results. The results showed that there was a significant correlation between teachers' cooperative team identity and their anxiety disorder (correlation coefficient -0.45, $P<0.01$). Teachers showed lower anxiety symptoms in cooperative teams with higher levels of identity psychology. Multiple regression analysis showed that identity psychology was a significant factor in predicting teacher