

Table 1. Comparison of MMPI scores of patients before and after the experiment

Group	Before treatment	After treatment	<i>P</i>
Medication group	65.32±3.24	57.46±3.18	>0.05
Combined treatment group	65.48±3.21	45.83±2.87	<0.05
<i>P</i>	>0.05	>0.05	-

Analysis of the effect of psychological atmosphere creation on anxiety patients in physical education classroom teaching

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Background. Anxiety disorder is a common mental disease, which is characterized by tremors, palpitation, sweating, and other symptoms, and has become one of the main psychological problems of college students. The psychological atmosphere is a relatively stable emotional state, which can promote emotional communication and trigger psychological resonance. Through the creation of a good psychological atmosphere in physical education classroom teaching, this paper explores its intervention effect on anxiety patients.

Subjects and Methods. In a domestic university, 900 college students of different grades were selected by random sampling, and the Self-rating Anxiety Scale (SAS) was filled in anonymously. After statistical results, 126 patients with anxiety disorder were selected. Then they were randomly divided into a control group and an observation group, 68 in each group. The students in the observation group studied in the PE class with a positive psychological atmosphere, while the students in the control group studied in the regular PE class. After one semester of study, the anxiety level was assessed again by the SAS scale.

Results. Table 1 shows the statistical results of SAS scores of the two groups before and after physical education classroom teaching. It can be found that after the experiment, the anxiety score of the students in the observation group decreased significantly and was lower than that of the control group, with a statistically significant difference ($P < 0.05$).

Conclusions. Anxiety has seriously harmed the physical and mental health of college students. The study created a positive psychological atmosphere in physical education classroom teaching and intervened the anxiety patients. The results show that the optimized creation of a psychological atmosphere in physical education classrooms can improve the anxiety symptoms of college students, and has certain clinical application value.

Table 1. Statistical results of SAS scores of two groups of college students before and after physical education classroom teaching

Group	<i>n</i>	Before experiment	After experiment	<i>P</i>
Control group	68	55.36±4.17	53.59±4.01	0.74
Observation group	68	55.18±3.82	44.27±3.64	0.00
<i>P</i>	-	0.79	0.00	-

Study on risk prediction and intervention coping of mild cognitive impairment in patients with hypertension

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Background. While the ageing population is increasing, diseases such as senile dementia and hypertension have gradually become important health risks for the elderly. The existing research shows that long-term hypertension will affect the structure and function of cerebral vessels, leading to the decline of cerebrovascular compliance, vascular deformation, cerebral blood flow reduction and other problems. The occurrence of these conditions will lead to the decline of the brain's self-regulation ability, which will lead to cognitive decline and dementia. The study will analyze the risk factors of mild cognitive impairment (MCI) in hypertensive patients, and determine the regulatory role between adaptation and cognitive function in the treatment of hypertensive patients.

Subjects and Methods. In this study, 180 hypertensive patients were investigated to analyze their cognitive factors and functional status. The investigation was completed by the Montreal Cognitive Assessment (MoCA). After the investigation, SPSS 25.0 software was used to analyze the data and screen the independent risk factors of mild cognitive impairment. The experimental results are shown in Table 1.

Results. As shown in Table 1, 124 of 180 hypertensive patients developed MCI, with a prevalence rate of 68.9%. It can be seen from the table that the total score and scores of each dimension in the MCI group were significantly lower than those in the normal cognitive function group ($P < 0.05$), with the largest difference being delayed recall and executive function.

Conclusions. In this study, the research center was placed at risk of mild cognitive impairment in hypertensive patients. Through the MoCA scale investigation experiment, it was found that 124 of 180 hypertensive patients had a lower cognitive function in all dimensions than normal. The experiment shows that the problems such as micro hemorrhage caused by hypertension and the increase of cerebrovascular events affect the cognitive function of the elderly, which is obviously reflected in memory and executive ability.