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**Table 1.** Mean scores of subjects in different groups before and after the instruction

		Month 1	Month 3	Month 5
Group A	Pre-teaching score	65.12±0.54	65.22±0.41	68.95±0.44
	Post-teaching score	65.78±0.19	68.23±0.54	70.12±0.29
Group B	Pre-teaching score	62.35±0.28	62.58±0.31	65.59±0.42
	Post-teaching score	62.38±0.53	65.21±0.65	68.71±0.26
Group C	Pre-teaching score	64.19±0.47	72.21±0.15	81.45±0.24
	Post-teaching score	66.78±0.12	78.45±0.52	85.18±0.21

## The effect of Chinese moral and ethical education on relieving college students' depression

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**Background.** This study explored the therapeutic effect of Chinese moral and ethical education combined with sertraline hydrochloride on college students' depression. It is to find an economical, convenient, and efficient treatment to help students get rid of depression.

**Methods.** In a tertiary level hospital, 90 patients with depression who are studying in university were selected as the experimental subjects. The patients were randomly divided into combination group and drug group by computer. For patients in the drug group, one sertraline hydrochloride tablet was taken daily during the treatment period. For patients in the combination group, half an hour of Chinese moral and ethical education was conducted every day on the basis of the drug group. Before and after the experiment, the self-rating depression scale (SDS) was used to evaluate the treatment effect of depression in the combination group and drug group.

**Results.** Before the experiment, the scores of the combination group and drug group were  $68.42 \pm 6.53$  and  $69.05 \pm 4.49$ ,

respectively, with no significant difference ( $P > 0.05$ ). After a period of treatment, the score of the combination group was significantly lower than that of the drug group ( $P < 0.05$ ), as shown in Table 1.

**Conclusions.** It can be seen from the existing reports that the current rate of college students suffering from depression is increasing year by year, which greatly affects the normal work and study of students. Therefore, the study used Chinese moral and ethical education combined with sertraline hydrochloride drug therapy to intervene the depressive symptoms of college students. The results showed that after a period of treatment, the score of the combination group was significantly lower than that of the drug group ( $P < 0.05$ ). This shows that the treatment proposed by the study can effectively treat college students' depression.

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**Table 1.** Score of combination group and drug group

Group	Before treatment	Treatment time (months)			
		1	2	3	4
Combination group	68.42±6.53	61.55±4.03	53.42±6.06*	45.33±2.81*	43.66±2.32*
Drug group	69.05±4.49	65.46±6.74	60.80±4.65*	55.46±2.08*	48.08±1.96*
<i>t</i>	0.165	3.401	7.652	6.853	6.866
<i>P</i>	>0.05	<0.05	<0.05	<0.05	<0.05

**Note:** compared with before treatment in the group, \* $P < 0.05$

## The intervention effect of ideological education means of college staff on improving mania of college students

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**Background.** Mania is one of the common diseases in psychiatric department. With the accelerating pace of life, people are facing more and more pressure. Mental disorders and mentally ill patients are also increasing, especially in the student group.