

more positive emotions than the control group of college students.

Conclusions. In summary, the experimental group of college students showed a weakened tendency towards automatic processing of earthquake-related words (earthquake disaster words, earthquake rescue words), while experiencing more positive emotions and implicit biases; In the process of cognitive and emotional regulation, the experimental group of college students more effectively used cognitive reappraisal strategies to regulate their cognition and emotional processing of earthquake trauma.

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Intervention effect of combining psychological intervention with vocal music on social anxiety disorders in students

Yuan Liu

Qilu Normal University, Jinan 250200, China

Background. The clinical treatment method for social anxiety disorder is mainly psychological counseling combined with drug treatment, but it has been found in practice that drug treatment has obvious side effects. Psychological counseling intervention can be carried out for a long time and help prevent recurrence. At the same time, this study used interactive music therapy as a new treatment method to participate in psychological intervention for college students.

Subjects and Methods. The study focused on 140 students with social anxiety disorder in universities and randomly divided them into two groups: an experimental group and a control group, with 70 students in each group. The control group received routine treatment, including health education, cognitive therapy, and behavioral therapy. Based on routine treatment, the experimental group received interactive music therapy to observe changes in quality of life and anxiety levels after treatment. Research on the Method of Evaluating Anxiety Level Using the Hamilton Anxiety Scale.

Results. The comparison of anxiety levels between the experimental group and the control group before and after treatment is as follows: After treatment, 140 students showed improvement among chronic anxiety disorder, panic disorder, and total anxiety scores compared to before treatment; However, after interactive music therapy, the scores of the experimental group were significantly reduced compared to the control group.

Conclusions. In summary, interactive music therapy combined with psychological intervention methods can significantly improve the clinical symptoms, life quality, and social function of college students with social anxiety disorder.

Intervention of mindfulness meditation on self loss and OCD of personnel in service industry of foreign trade

Dan Fu and Jing Gao*

Sichuan Vocational College of Finance and Economics, Chengdu 610101, China

*Corresponding author.

Background. Obsessive Compulsive Disorder (OCD) is a unique anxiety disorder characterized by repetitive or constantly invading thoughts, viewpoints, or images, as well as ritualized behaviors aimed at alleviating the anxiety caused by these thoughts and images. OCD may affect an individual's life and social functions. This study started with the self-depletion and obsessive-compulsive disorder of personnel in the comprehensive service industry of foreign trade and analyzed the intervention effect of mindfulness meditation on patients.

Subjects and Methods. This study selected 164 individuals from the OCD foreign trade comprehensive service industry as the research subjects. The subjects were divided into two groups, with 84 in the loss group receiving traditional intervention and 84 in the control group receiving mindfulness meditation intervention. The experiment adopts a dual-task paradigm. Task 1 uses the Chinese version of the E-crossing task as the self-control task, and Task 2 uses the Stroop task as the detection task. Subjective questionnaires and Stroop scores are used to examine whether E-crossing can effectively trigger self-loss.

Results. Research has shown that completing a 6-minute Chinese version of an E-crossing task can effectively induce loss; Subjectively, the subjects in the loss group believe that the task is more difficult than the control group, and their scores in objective tests are significantly lower than those in the control group.

Conclusions. In summary, the compensation effect of mindfulness audio intervention on loss is better than that of relaxation training and other rest interventions at the same time. It is a universal, economical and convenient method for compensating loss and treating OCD among personnel in the foreign trade comprehensive service industry.

Combining motivation theory & positive psychology in English teaching on schizophrenic college students

Ronglin Fu

Shanghai Jian Qiao University, Shanghai 201306, China

Background. The integration of ideological and political courses into college student management has achieved positive results.

This study explores the impact of applying motivation theory combined with positive psychology group therapy in English teaching on college students with schizophrenia.

Subjects and Methods. The study selected schizophrenia students from a university as the research subjects and divided them into a control group and an experimental group. The control group received traditional college English teaching, while the experimental group applied motivation theory combined with positive psychology group therapy in college English teaching. The Schizophrenia Rating Scale was used for evaluation and statistical analysis was conducted using SPSS22.0.

Results. After a 6-month experiment, the score on the schizophrenia rating scale in the control group changed from 72 to 69 points, while the score in the experimental group changed from 75 to 58 points. In the experimental group, the symptoms of students with schizophrenia were significantly relieved ($P < 0.05$). The experimental results show that combining motivation theory with positive psychology group therapy in college English teaching has a significant influence on college students with schizophrenia.

Conclusions. The application of motivation theory combined with positive psychology group therapy in college English teaching can effectively affect the symptoms of college students with schizophrenia, providing a potential treatment method. This research result provides reference and inspiration for the field of college English teaching and mental illness treatment.

Text mining analysis of factors related to employment anxiety disorders among science and engineering students

Yu Chang

Xi'an University of Science and Technology, Xi'an 710054, China

Background. In recent years, the issue of employment anxiety disorder among science and engineering college students has become increasingly prominent. The study analyzed the relevant factors of employment anxiety disorder among science and engineering students through text mining methods.

Subjects and Methods. The study selected students from a certain university of science and engineering as the research subjects and divided them into anxiety group and non-anxiety group. Social media data was used for text mining to identify factors related to employment anxiety disorder among science and engineering students. The statistical software SPSS23.0 is used to analyze data and evaluate the correlation of factors using methods such as t-tests or correlation coefficients.

Results. By analyzing social media texts of science and engineering students, research has identified several factors related to employment anxiety. In the anxiety group, the score of employment pressure was significantly higher than that of the non-

anxiety group ($M=4.58$ in the anxiety group, $M=3.26$ in the non-anxiety group, $P < 0.001$), Score of career uncertainty (anxiety group $M=3.92$, non-anxiety group $M=2.95$, $P < 0.001$), competitive pressure (anxiety group $M=4.27$, non-anxiety group $M=3.18$, $P < 0.001$), and career development opportunities (anxiety group $M=2.68$, non-anxiety group $M=3.52$, $P < 0.001$). The results showed significant high scores in the anxiety group.

Conclusions. The research provides valuable information for universities and related institutions to develop targeted coping measures and psychological support, thereby reducing the employment anxiety disorder of science and engineering students and promoting their career development.

Establishing accounting efficiency mechanism in SMEs on workplace anxiety disorders analysis

Shaoyu Chen

Fujian Business University, Fuzhou 350012, China

Background. Workplace anxiety disorder has a negative impact on the mental health and work performance of employees in small and medium-sized enterprises. The research aims to explore the impact of establishing financial accounting management efficiency mechanisms on workplace anxiety disorder in small and medium-sized enterprises.

Subjects and Methods. The study focused on small and medium-sized enterprise employees and divided them into an experimental group and a control group. The employees in the experimental group have established a financial accounting management efficiency mechanism, including standardized financial systems, clear accounting processes, and effective internal controls. The control group maintained traditional financial accounting management methods. The study used a questionnaire survey method to obtain data on employees' workplace anxiety disorder scores, and used software Statistical Analysis Systems (SAS) for data processing and analysis.

Results. The study found that the workplace anxiety disorder scores of the experimental group employees were significantly lower than those of the control group. The average anxiety score of the experimental group employees was 3.25, while that of the control group was 4.62. The t-test and analysis of variance were used to verify the statistically significant differences between the experimental group and the control group.

Conclusions. Results shown that small and medium-sized enterprises can significantly reduce workplace anxiety disorders by establishing financial accounting management efficiency mechanisms. Standardized financial systems, clear accounting processes, and effective internal controls can help alleviate employees' anxiety.