

**Results.** After the intervention, the anxiety and depression symptoms scores were significantly decreased compared with the control group ( $P < 0.05$ ). At the same time, the mental health level of the students in the experimental group has improved significantly ( $P < 0.05$ ), showing a more positive attitude and better emotional control ability.

**Conclusions.** The integration of ideological and political education in college English courses has a positive effect on alleviating the symptoms of depression and anxiety. Combining ideological and political education with subject teaching is helpful to improve students' mental health levels and help them better cope with psychological pressure. Therefore, college education departments should actively promote and implement this teaching mode to promote all-round development and mental health.

**Acknowledgement.** Shanxi Provincial Education Department (No. J20220142).

## China's image in international sports events on positive psychology and Post-Traumatic Stress Disorder

Fei Chen

Guangzhou College of Applied Science and Technology, Guangzhou 511370, China

**Background.** Major international sports events will provide great group psychological encouragement to citizens. This study attempts to explore the impact of major international sports events on national positive psychology and symptoms of Post-Traumatic Stress Disorder (PTSD).

**Subjects and Methods.** The research subjects were 268 patients who underwent PTSD treatment at a domestic public hospital between June 2020 and June 2023. These patients were randomly and evenly divided into an experimental group and a control group. In the experiment, the control group was required to observe major foreign sports events for at least 30 minutes every day, but there were no Chinese teams present during the events. The experimental group needs to watch international major sports events of the same type as the control group, but there are Chinese team matches included in the viewing content. The intervention lasted for 14 days, and the PTSD Symptom Scale Interview (PSS-I) and Self-Rating Depression Scale (SDS) tests were conducted on both groups of patients before and after the experiment.

**Results.** Before and after the experiment, there was a significant difference in the PSS-I and SDS scale scores between the two groups of patients. Moreover, the overall scale data of the experimental group was significantly better than that of the control group.

**Conclusions.** Watching major international sports events that are conducive to building China's national image can enhance the positive psychological level of the people and treat PTSD symptoms.

## Problems and innovative approaches in student management in universities: focusing on students with autism as the core

Jianliang An and Weicong Zhai\*

Hebei Vocational University of Industry and Technology, Shijiazhuang 050091, China

\*Corresponding author.

**Background.** Students with autism have unique characteristics in social interaction, emotional management, and learning styles, which may be overlooked in the larger environment of universities and affect their learning and life. Therefore, from a psychological perspective, exploring the problems and innovative approaches in student management in universities, with a focus on autistic students, has important theoretical and practical significance.

**Subjects and Methods.** The subjects of this study were 206 college students studying at a certain university, all of whom had varying degrees of autism. These students were equally divided into an experimental group and a control group. The experimental group conducted innovative management based on the management innovation pathways collected through expert surveys, while the control group only managed in traditional ways. The management experiment lasted for 60 days. Before and after the experiment, each group of students needs to be tested with the Autism Behavior Checklist (ABC).

**Results.** The experimental results showed that there was no significant difference in any baseline data between the two groups before the start of the experiment, and there was no significant difference in ABC scores. After the experiment, the total ABC scores of the experimental group and control group students were  $33.6 \pm 2.9$  and  $42.2 \pm 3.1$ , respectively, with lower scores and significant differences in the experimental group.

**Conclusions.** The expert group members found that managing college students through multiple innovative university management methods that focus on students and balance humanization and institutionalization can help improve the symptoms of students with autism.

## Task based teaching method on English writing anxiety of OCD college students

Dandan Shi

School of Foreign Languages, Huanghuai University, Zhumadian 463000, China

**Background.** English writing is an important component of college English teaching, but many students may experience

psychological anxiety during the writing process. This not only affects their writing performance, but also poses a threat to their mental health. Meanwhile, the application of task-based teaching method in English teaching has achieved good results. However, its role in alleviating psychological anxiety in English writing among college students has not been fully demonstrated, so this study is needed.

**Subjects and Methods.** A comparative teaching experiment is now being conducted on 420 English major college students with anxiety disorder and obsessive-compulsive disorder. The selected students will be randomly and evenly divided into an experimental group and a control group. In the experiment, the experimental group students were taught college English writing using a task-based teaching method, while the control group was only taught ordinary college English writing. Before and after the teaching experiment, both teams of students need to be tested with the Self-Rating Anxiety Scale (SAS).

**Results.** The experimental results showed that the SAS scores of the experimental group and control group students before the experiment were  $58.2 \pm 3.5$  and  $57.1 \pm 4.7$ , respectively, with no significant difference in data. After the experiment, the SAS score of the experimental group was  $42.5 \pm 3.6$ , lower than that of the control group, and the difference was significant.

**Conclusions.** The task-based teaching method can alleviate the psychological anxiety of English writing among college students with OCD, and has a certain clinical therapeutic effect on anxiety disorders.

## The intervention of teaching innovation on students' anxiety and depression disorders

Huiying Ye<sup>1</sup> and Yanjie Ye<sup>2\*</sup>

<sup>1</sup>Hubei University of Education, Wuhan 430205, China and <sup>2</sup>Huazhong University of Science and Technology, Wuhan 430074, China

\*Corresponding author.

**Background.** Due to pressure from academic competition and future career planning, anxiety disorder has become one of the common psychological issues among college students. Anxiety disorder not only affects their learning but also causes interference in their daily lives. Psychological health education aims to help students understand and manage their emotions, while ideological and political education focuses on cultivating students' values, worldviews, and outlook on life. The research aims to explore the effectiveness of combining mental health education with ideological and political education in the treatment of anxiety disorder in students.

**Subjects and Methods.** The study Divided 112 translation major students with anxiety and depression disorders into an experimental group and a control group. The control group received routine ideological and political education, while the experimental group received innovative teaching through joint human-machine interaction and collaborative translation. The teaching lasted for two months. The study used the Hamilton Anxiety Scale

(HAMA) to evaluate the intervention of anxiety and depression disorders in students.

**Results.** Before the experiment, there was no significant difference in the degree of anxiety and depression disorder between the two groups of students ( $P>0.05$ ); Two months later, the degree of anxiety and depression disorder in the experimental group students was significantly improved, and was significantly lower than that in the control group students ( $P<0.05$ ).

**Conclusions.** Innovative teaching combined with human-machine interaction and collaborative translation can significantly alleviate students' anxiety and depression levels, effectively improving their learning effectiveness and mental state.

**Acknowledgement.** 2021 Philosophy and Social Science Research Project of Hubei Provincial Department of Education, Exploration and Research on Human-computer Interaction Collaborative Translation Mode in the Context of Internet+, Scientific Research Platform (No. 21y258).

## Ideological and political reform in physical education courses combined with recreational exercise therapy on depression among college students

Yunzhao Liu

Hunan International Economics University, Changsha 410205, China

**Background.** Academic pressure, uncertainty in career planning, and interpersonal relationships can all lead to increased psychological stress among college students, leading to depression. As the core curriculum of universities, physical education provides students with opportunities to relax and relieve stress psychologically. And recreational exercise therapy helps students release stress in relaxed and fun ways. Combining ideological and political education with recreational exercise therapy in physical education courses may provide a new and practical approach to treating depression symptoms in college students.

**Subjects and Methods.** The study divided 76 students with depression into an experimental group and a control group. The control group received routine treatment; based on the control group, the experimental group conducted intervention on the ideological and political reform of physical education courses combined with recreational exercise therapy. The study used the Self Rating Depression Scale (SDS) to assess students' mental health status.

**Results.** Before the experiment, there was no significant difference in the level of depression between the two groups of students ( $P>0.05$ ); After the investigation, the depression level of the experimental group students was significantly improved and significantly lower than that of the control group students ( $P<0.05$ ).

**Conclusions.** The combination of ideological and political reform in physical education courses and recreational exercise