

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

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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

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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

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