

group were significantly lower than those of the control group ( $P < 0.05$ ). The scores of verbal comprehension, memory and attention in the experimental group were significantly higher than those in the control group ( $P < 0.05$ ). The scores of physiological function, mental function, mental health and vitality of the experimental group were significantly higher than those of the control group ( $P < 0.05$ ).

Reply: Thank you for pointing out this issue. We have rewritten the methods and results section of another article.

**Conclusions.** Psychological counseling can effectively alleviate the anxiety of technical personnel in strategic emerging industries in Fujian Province and improve their quality of life.

**Acknowledgement.** Xiamen Institute of Technology 2023 University-level Research Fund Project (No.KYZX2023028); The 2022 “I contribute good ideas to the construction of A New Fujian” (No.JAT22128).

## Green development in logistics supply economic management on consumer anxiety in consumption psychology

Xinhua Zhang and Hong Li\*

Shangqiu Normal University, Shangqiu 476000, China

\*Corresponding author.

**Background.** There is a correlation mechanism between various anxiety emotions, and information anxiety, health anxiety. Consumer groups are prone to the comprehensive impact of multiple subtypes of anxiety emotions under the reception of mobile internet information. This study aims to explore the relationship between information anxiety, health anxiety, and loss anxiety among consumer groups, analyze the formation and maintenance mechanisms of health anxiety, and provide reference suggestions for preventing and alleviating health anxiety.

**Subjects and Methods.** This study used 280 anxious consumers as the experimental subjects and divided them into two groups. The control group of 140 people used conventional mindfulness intervention methods. In comparison, the experimental group of 140 people added logistics supply knowledge education for internet consumption based on mindfulness intervention methods. This study used SPSS 26.0 software for preliminary descriptive statistics and related data analysis.

**Results.** The experimental results indicate that the average values of consumers' information anxiety, health anxiety, and loss anxiety before intervention are all higher than the average, meaning that the respondents generally have a higher level of anxiety in these three aspects. After six days of intervention, the average scores of information anxiety, health anxiety, and loss anxiety in the control group were higher than in the experimental group.

**Conclusions.** The study proposes that increasing logistics supply knowledge education for internet consumption based on

mindfulness intervention methods can effectively alleviate consumers' information anxiety, health anxiety, and loss anxiety emotions.

**Acknowledgement.** The 2024 Annual Humanities and Social Sciences Research Project of Henan Colleges and Universities (No.2024-ZDJH-304, Project Supported by Henan Provincial Department of Education).

## Guided psychotherapy combined with innovation and entrepreneurship training for college students: relationship embedding analysis framework

Lili Han

Tianjin University of Commerce, Tianjin 300134, China

**Background.** Anxiety disorder (AD) is considered one of the most difficult mental disorders to treat. The important factors causing this disease are negative self-awareness and excessive attention to negative emotional stimuli, which are related to excessive activity in the emotion generating brain area and cognitive control brain area imbalance. This study uses guided psychotherapy combined with innovation and entrepreneurship training for college students to intervene in their employment anxiety.

**Subjects and Methods.** 74 individuals with high anxiety traits with a total score of over 63 ( $N=65$ ) were screened among college students. Anxiety students were randomly divided into a conventional group and an experimental group. Leibowitz Anxiety Scale (LAS) was used. The conventional group of 37 people used normal guided psychotherapy, while the experimental group used guided psychotherapy combined with innovation and entrepreneurship training for college students to intervene in their employment anxiety.

**Results.** Before the intervention, there was no significant difference in the scores of LAS, Shyness Scale, Self Rating Depression Scale, Fear Negation Scale, Self Efficacy Scale, and Trust Scale between the two groups. After the intervention, the scores of the experimental group were lower than those of the conventional group. The LAS scale scores of the experimental group significantly decreased.

**Conclusions.** Guided psychotherapy combined with innovation and entrepreneurship training for college students can effectively alleviate students' employment anxiety, and the guidance effect on anxiety is more sustainable compared to conventional methods.

**Acknowledgement.** Research and Practice of Digital Resource Construction for the Academic Guidance of Master of Statistics in Tianjin University of Commerce in 2022 Graduate Education and Teaching Reform Research Project. (No.23YJSJG0104).