

## Cultural heritage-based creative design on social anxiety disorder patients' mental health

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**Background.** Social anxiety disorder is a psychological disorder that refers to excessive nervousness, fear, and fear of being judged or shamed by others in social situations. Although traditional psychotherapy methods are effective, their effectiveness is not good. Intangible cultural heritage elements cultural design uses traditional cultural elements to create unique products and experiences, which can provide a bridge for patients to communicate with others.

**Subjects and Methods.** 100 patients with social anxiety disorder were randomly assigned to the experimental and control groups. The experimental group received the intangible cultural design intervention, while the control group received conventional psychotherapy. The mental health status of the subjects was assessed by Stanford Acute Stress Response Questionnaire (SASRQ) and 3-Minute Delirium Diagnosis Scale (3D-CAM) scale scores before and after the intervention.

**Results.** The results showed that the social anxiety of the experimental group was significantly reduced and the mental health status was significantly improved after the intervention, while the intervention effect of the control group was relatively limited. It shows that intangible cultural and creative design has a positive impact on the mental health of patients with social anxiety disorder.

**Conclusions.** Through the cultural and creative design of intangible cultural heritage elements, patients can reduce anxiety by creating and appreciating works. At the same time, patients can understand and experience traditional culture to enhance their cultural identity and self-esteem. In addition, patients can share work and exchange creative experiences with others to improve social skills. This method provides a new approach to the psychological treatment of patients with social anxiety disorder.

## The basic characteristics of east Asian tourism culture and the impact of bidirectional interaction in the communication process on attention deficit patients

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**Background.** Attention deficit is a common psychological and behavioural disorder in childhood, characterized by difficulty concentrating attention, emotional impulses, and excessive activity. East Asia is a region with multiple ethnic groups, religions, and uneven economic, political, and social development. There are certain homogeneity or heterogeneity in East Asian tourism culture, as well as diversity and differences. To improve patient symptoms and enhance their intellectual level, the basic characteristics of tourism culture and the impact of two-way interaction on patients were studied.

**Subjects and Methods.** 78 children with attention deficit admitted to our hospital were selected as the subjects and randomly divided into a control group and an observation group. Both groups of patients were treated with sustained-release tablets of methylphenidate hydrochloride, and the experimental group received behavioural intervention through East Asian tourism. The treatment lasts for 15 weeks and travels once a week.

**Results.** The study used SPSS23.0 statistical software for data analysis. The analysis results showed that before the intervention, there was no statistically significant difference in the scores of each dimension of the CRT scale between the two groups of patients ( $P>0.05$ ). After the intervention, the scores of each dimension of the CRT scale in the observation group were higher than those in the control group, and the differences between the groups were statistically significant ( $P<0.05$ ).

**Conclusions.** The combination of East Asian tourism behaviour intervention and medication therapy for attention deficit patients can help improve their cognitive function and psychological behaviour.

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