investigated the effect of mindfulness cognitive behavior therapy on the counseling and rehabilitation of diffuse anxiety disorder. **Subjects and methods:** In this study, 30 college students diagnosed with diffuse anxiety disorder in a university were selected as the research object. There were three selection criteria: 1. The subjects were clearly diagnosed as anxiety disorder or in an anxiety state by the professional institution, and 2. The effect of the patients was not ideal after taking drugs for more than 3 months. 3. Anxiety disorder accompanied by depression. The randomized experimental group and the control group were used in the study. There were 16 subjects in the experimental group and 14 in the control group. The experimental group participated in mindfulness cognitive behavior training for 8 weeks, 2 days a week, once a day, a total of 16 times. The control group did not carry out any intervention. One week before the study, the organizer carried out short-term training for the experimental group, and then implemented phased treatment experience as planned to complete: “Live in the present”, “Perceive the body”, “Walk in the present”, “Emotion and body”, “Mindfulness perceive the feelings”, “Smart life, future life” And other mindfulness themes. During the training, encourage patients to communicate their physical feelings and questions. At the same time, the relevant scale is used for state detection. It mainly includes: Self rating anxiety scale (sas), self rating depression scale (sds) and related physiological indexes. To better control the impact of training on anxiety, this study arranged pre-test and post-test in the examination week as an external stressor. However, according to the two results of the two groups before and after the test, the paired sample test within the group and the independent sample test between the groups were carried out respectively. In the inter group difference test, in order to exclude the influence of the initial state, we first conduct an independent sample test on the baseline value of the variable, and then conduct an independent sample test on the difference obtained by subtracting the pre-test score from the post-test score. **Results:** The results showed that in the intra group comparison, the scores of the experimental group and the post test were lower than those of the pre test, and the difference was significant, but there was no significant difference in the control group; in the comparison between groups, the reduction of post test scores in the experimental group was higher than that in the control group, and the difference between the two groups was significant. The above results show that mindfulness training has a positive effect on improving diffuse anxiety and accompanying depression, and the maintenance effect is good. It is generally believed that the realization principle of this function is to improve the ability of emotion management by increasing the current emotional experience and maintaining a neutral and objective attitude, and acquire the skills to get rid of negative thinking and feeling, so as to improve acceptance and reduce empirical avoidance behavior. In exploring the impact of mindfulness cognitive behavior therapy on physiological indicators, the study found that mindfulness cognitive behavior therapy can reduce muscle tension through the regulation of consciousness, improve the efficacy of physiological indicators such as electromyography, skin electricity, heart rate and respiratory rate, activate and amplify positive emotional experience, and alleviate negative emotions such as tension, anxiety and depression. Life in a more peaceful and relaxed state. Affected by this state, the individual's evaluation of external stimuli may weaken the negative degree and enhance the positive degree. Therefore, negative emotions decrease and positive emotions increase. He no longer regards anxiety and depression as his enemy. He can coexist with it instead of living timidly for fear of its recurrence. **Conclusion:** It can be used as an effective therapy to effectively regulate the anxiety of college students with anxiety disorder. It can improve individual negative emotional experience such as anxiety and depression, reduce individual muscle tension, reduce skin electricity, heart rate and respiratory rate, and improve brain wave level, which is helpful to alleviate tension and pressure. In conclusion, mindfulness cognitive behavioral therapy plays an obvious role in the treatment of anxiety neurosis and depression, and can be popularized in public patients. **Acknowledgement:** This paper is supported by Teaching Research Project of Wuchang Shouyi University titled “Evaluation model and training method of innovation ability of robot professionals under OBE mode” with Grant No. 2021Y02 and Doctoral Research Start-Up Fund of Wuchang Shouyi University in 2022.

**STUDY ON CIVIL LITIGATION PSYCHOLOGY AND LEGAL IDENTITY FROM THE PERSPECTIVE OF EMOTIONAL BEHAVIOR REGULATION**

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**Background:** With the expansion of social communication, people's behavior has been given greater social significance. The behavior choices of strangers are directly controlled by their own psychology. Therefore, it is necessary to analyze people's external behavior from a psychological perspective. With the popularization of this technology, its application field is more and more widely used in civil litigation in addition to crime detection. Followed by the debate about whether the psychological test conclusion can be used as evidence in civil litigation. Since the 19th century, the development of social psychology has provided a feasible research path for exploring the relationship between people's behavior and psychology. The research of social psychology shows that psychology is composed of the subject's cognition, motivation, purpose, emotion, attitude and other elements. These psychological elements have different structures and functions. They will participate in the process of psychological integration according to their unique regulations, exist and play a role under the unified control of the brain, and then affect the behavior of the subject. Of course, civil litigation activities with high sociality are no exception. The psychology of the parties has a strong dominant role in their litigation behavior. Positive litigation psychology is conducive to the settlement of civil disputes, while negative litigation psychology will also cause great obstacles to litigation activities. Therefore, whether judges or lawyers, only by deeply studying the litigation psychology of civil litigation parties, correctly grasping and using the litigation psychology of civil litigation parties, can we correctly apply the law and smoothly solve disputes. The research on the litigation psychology of the parties in civil litigation is a new research field. It is between procedural law and psychology and belongs to an important branch of social psychology. This study is mainly to analyze and explore the impact of the parties' litigation psychology on their litigation behavior, and how to use the relevant theories and knowledge of psychology in litigation activities to more effectively "stop litigation and disputes" through litigation activities to achieve the purpose of social harmony.

**Subjects and Methods:** Firstly, this paper expounds the application of psychological test in extraterritorial litigation. This paper points out that countries that accept psychological test conclusions as evidence in legislation still have disputes over the use of psychological test conclusions as evidence. The results of this study show that the development of psychological testing technology makes the
Conclusion of psychological testing can be connected with scientific and technological evidence from many aspects, and reliability is the premise of the admissibility of scientific and technological evidence. Its evidential effect is not only given by legislation, but also given by the psychological test agreement between the prosecution and the defense or both parties. There are a series of procedural provisions and reinforcement measures. Countries that do not accept psychological tests in legislation are mainly considered from the perspective of protecting the parties’ “personal spiritual freedom” and “personality rights”. Secondly, this paper expounds the application of psychological test conclusions in China’s judicial practice, and points out that although different places have different attitudes towards psychological test conclusions. Generally speaking, the application of psychological test is becoming more and more common, and its role can not be ignored. Then this paper expounds the principle and influencing factors of psychological test. This paper introduces the development of psychological testing and emphasizes the basic role of psychology in the introduction of the principle of psychological testing. This paper makes it clear that psychological testing must first comply with the laws of psychology. The essence of psychological test results is the level of emotional response reflected by physiological indicators. The object of psychological test is psychological trace, not a single index of attention, cognition, tension, reflection and so on. The psychological test conclusion is the subjective opinion made by the tester on the basis of the psychological test results, combined with the test process and the explicit performance of the tested person. Finally, it summarizes the influencing factors of psychological test, and emphasizes that the tester’s factor is the first. Psychological test conclusion has the characteristics of expert conclusion and the “three properties” of evidence, so it has the ability of evidence. The test can only be used as indirect evidence, but its effectiveness can only be pointed out as indirect evidence.

Results: Compared with other social psychology research, the litigant’s litigation psychology needs not only rich psychological knowledge, but also legal knowledge related to litigation, and these two disciplines are more professional. At present, China is building a society ruled by law and a harmonious society. Therefore, the analysis and Research on this problem is of great significance both in theory and in reality. Secondly, from the perspective of the litigation status, litigation process and litigation attitude of the parties, the litigation psychology of the parties in civil litigation is divided into different types, and their respective characteristics are analyzed. Third, it analyzes the reasons for the formation of the litigation psychology of the parties in civil litigation from two aspects: external reasons and internal reasons. The two kinds of factors interact and influence each other, which together constitute the inducing motivation of the litigation psychology of the parties. Fourth, through functional analysis, value analysis, system analysis and application analysis, this paper expounds the important role of the parties’ litigation psychology in civil litigation activities. Finally, according to the results of the previous analysis and research, this paper puts forward the method of making full and appropriate use of psychological methods in civil litigation. The experimental results show that this method can correctly solve civil disputes and completely solve the contradictions that are easy to intensify. This is of great significance for building a society ruled by law and realizing social harmony.

Conclusion: At present, the gap in law and the disorder of the market make the psychological test technology in a chaotic situation in the process of popularization and use. It is difficult to characterize the psychological test conclusion as evidence in a short time in law. However, psychological testing itself is scientific. The correct and careful use of this technology is indeed beneficial to solve some difficult civil disputes.

MENTAL HEALTH STATUS AND EMOTIONAL BEHAVIOR REGULATION OF SCI-TECH JOURNAL EDITORS AND ITS IMPACT ON JOURNAL QUALITY

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Background: Psychological fatigue is a common psychological phenomenon among college journal editors. Emotion regulation is a process in which individuals use various factors and means to regulate and control their own emotions. Emotion regulation is an activity that serves personal purposes and is conducive to their own survival and development. Emotion regulation is the strategy and means that individuals use to regulate emotions when facing positive and negative emotions. It includes conscious strategies and unconscious emotion regulation mechanisms commonly used by individuals. Emotion regulation plays an important role in mental health. By studying the current situation and causes of psychological fatigue of college journal editors, we can formulate corresponding management countermeasures. This paper analyzes the various psychological pressures existing in the editors of scientific and technological journals, and discusses how to adjust their own psychology. This can reduce the editor’s mental illness, promote mental health, and invest in the editor's work with a better mood and abundant energy. Emotion regulation can prevent and eliminate the adverse factors causing psychological fatigue, so as to improve the enthusiasm and creativity of editors and improve the quality of university journals.

Subjects and methods: On the basis of consulting a large number of relevant literature, this study compiled a questionnaire of emotion regulation style of scientific and technological editors with certain reliability and validity by using open-ended questionnaire. The emotion regulation mode of editors was measured by questionnaire, and the emotion regulation mode of sci-tech journal editors was understood. On this basis, this paper studies the relationship between emotion regulation and the editing quality of scientific and technological journals. 85 editors of sci-tech journals were tested with the symptom Checklist-90 and compared with the Chinese youth norm. After the intervention of emotion regulation, 37 people were randomly selected from the above 85 people, and the editors of scientific and technological journals were investigated by 90 symptom checklist and Eysenck Personality Questionnaire.

Results: The incidence of psychological problems of sci-tech journal editors was 15.79%. The incidence of psychological problems of responsible editors was significantly higher than that of General Editors (P <0.05). The five factor scores of somatization, compulsion, interpersonal relationship, depression and anxiety of sci-tech journal editors were significantly higher than the National Youth norm (P < 0.01). The editors of sci-tech periodicals have certain psychological problems, especially the psychological problems of responsible editors, which should be paid attention to by relevant departments and leaders. After the intervention of emotion regulation, the results show that the editor's mental health is good, and the stability of emotion is an important factor affecting his mental health. Therefore, editors of sci-tech journals should be good at controlling their emotions and maintaining their psychological