



Figure 1. Comparison of anxiety and depression between the two groups
 Note: Comparison between groups, * $P < 0.05$.

Conclusions: Psychological comfort nursing refers to an individualized nursing method centered on patients, which is mainly to care for patients as much as possible, help patients recover as soon as possible, and help patients reduce their fear of disease. At the same time, it carries out humanized care and nursing, improve patients' compliance and improve the treatment effect to the greatest extent. The results showed that after the intervention, the scores of SAS and SDS in the experimental group were significantly lower than those in the control group ($P < 0.05$), indicating that psychological comfort nursing can help reduce the time of symptom relief, help parents recognize Kawasaki disease and improve nursing satisfaction.

Note: Yanjun Wang and Li Tong are tied for the first author.

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REGULATING EFFECT OF PHYSICAL TRAINING ON DEPRESSED STUDENTS

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Background: In recent years, reports of depression among college students have been appearing in the public view. Depression is characterized by depression, slow thinking and reduced speech and movement. Depression not only causes pressure on patients' life and work, but also a serious burden on patients' families. About 15% of patients with depression die of suicide every year. Research shows that 12.29% of people in China suffer from depression, which has become the second largest disease in China. According to statistics, more than 300 million people worldwide have suffered from depression, and these data are still rising year by year. Nearly 25% of Chinese college students have experienced depression, but less than 10% of them have received professional treatment. College students belong to the later stage of their youth physically. They also need to constantly improve themselves in psychological exploration. They are moving from dependence to independence in life. Now college students are facing increasing pressure, and college students' depression has become an invisible executioner in life. The study points out that 29% of college students have varying degrees of depression, including 20% mild depression, 7% moderate depression and 2% severe depression. The situation is not optimistic. Depression has become a public concern. Therefore, how to solve college students' depression has become an important problem. Some scholars pointed out that sports training is a kind of sports activity that people choose themselves according to their physical needs and use various sports means to develop their body, enhance their physique, improve their health and adjust their mental state. It can effectively reduce the degree of depression of patients. This is because reasonable physical training can speed up the blood circulation of the brain and the whole body, which is good for the development of the patient's intelligence and creativity. It can also distract the patient's attention and get rid of the troubled events. Therefore, from the perspective of improving college students' mental health and treating mental disorders, we should vigorously promote and organize college students to actively participate in physical training, and pay attention to the synchronous development of physical health and mental health in exercise.

Objective: This study uses the method of data analysis to put forward an effective physical training intervention scheme, which can effectively alleviate the depression of college students. This study explores the relationship between physical training and college students' depression, and then deeply studies the influencing factors of physical training on college students' depression.

Subjects and methods: Through the relevant literature website, find and collect the relevant literature on the intervention of physical training on college students' depression. The key words were physical training, depression, college students and depression, physical training and depression. The relevant literature published from 2005 to 2020 was searched.

Study design: This study passed Stata13.0 meta-analysis of SDS depression evaluation scale, and put forward the corresponding research hypothesis: physical training can improve and promote college students' depression. By combining the relevant indicators of SDS scale, this study makes relevant assumptions on the control of four regulatory variables: intervention mode, intervention cycle, intervention frequency and intervention time.

Methods: The relevant data were analyzed by Excel and SPSS20.0, Stata13.0 software for calculation and statistics.

Results: The meta regression results showed that the intervention mode, intervention cycle, intervention frequency and intervention time showed that there was no statistical significance in the explanation of the heterogeneity of college students' depression physical training intervention effect ($P > 0.05$), as shown in Table 1.

Table 1. Meta-regression analysis

<u>Es</u>	Coef.	Std. Err.	t	P > t	95% conf	Interval
Intervention mode (group project)	-0.5660126	0.5815940	-1.00	0.338	-1.775383	0.6433570
Intervention period (more than 15 weeks)	-1.0257479	1.1294351	-0.92	0.380	-3.409400	1.3579030
Intervention period (less than 12 weeks)	-1.1659329	0.8726761	-1.36	0.203	-3.002315	0.6704493
Intervention frequency (less than 4 times / week)	0.0064471	0.8515008	0.00	1.007	-1.775100	1.7879940
Intervention time (more than 60 min)	0.1055554	0.5443277	-0.17	0.873	-1.213702	1.0470350
Cons	1.0256751	0.5652749	1.84	0.098	-0.155497	2.2068470

Conclusions: In the treatment of depression, physical training has become an indispensable way of intervention. A total of 11 relevant literatures with high correlation were included in this study, and the bias risk test and bias analysis were carried out on the included literatures. The results show that no obvious bias was found, which proves that the combined results of this study are stable and reliable. The overall effect test results show that the total effect of physical training on college students' depression is $d=0.28$, which is statistically significant. That is, hypothesis (H) is verified, physical training has an effect on college students' depression, and the existing research results of college students' depression are comprehensively analyzed to provide a scientific scheme for college students with depression to carry out physical training and provide a basis for further intervention research.

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ROLE OF RAPID REHABILITATION NURSING IN REDUCING PSYCHOLOGICAL ANXIETY OF INPATIENTS DURING PUBLIC HEALTH EVENTS

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Background: Public health emergencies mainly refer to the sudden occurrence of major infectious diseases, mass unexplained diseases, major food and occupational poisoning and other events that seriously affect public health. Once it happens, it not only seriously threatens the health and life safety of all groups in the whole society, but also brings serious psychological stress response and psychological disorders. The novel coronavirus pneumonia is the most serious infectious disease in a century. It is easy to cause public