

Integrating Sports in Ideological and Political Theory Courses: A Practical Approach for Enhancing Mental Health in Universities

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Abstract

In order to understand the practical teaching research of integrating ideological and political courses into sports in universities, practical teaching research of integrating ideological and political courses into sports in universities from the perspective of mental health has been proposed. This survey questionnaire sampled 10000 undergraduate students from a certain provincial university of science and technology. Through the questionnaire star system, counselors from 15 secondary colleges of the university distributed the questionnaire to each class in the 2019, 2020, 2011, and 2012 levels of their respective colleges. The survey questionnaire collected a total of 8000 valid questionnaires covering 15 colleges and four grades of the school. The results indicate that through questionnaire survey analysis and visits, it has been found that integrating ideological and political elements into college students' mental health education courses is an important way to strengthen the construction of college students' psychological capital and improve their ability to educate students in mental health education. The ideological and political education work for college students is an important component of helping them successfully complete their studies and grow healthily. It is an important measure to build a harmonious campus and an important guarantee for the comprehensive implementation of quality education.

Keywords: Mental health, Universities, Ideology and Politics.

Introduction

Education and morals will be put first. The party and the government have given great importance to the study of the psychology of college students. The Secretary has decided that moral and technical development are the main points, and plans to have the unity of thought and politics throughout the whole process of higher education to complete a degree; In addition, the secretary also said that there should be more education should be the same as ideological education and political education, and that these two courses should be unite and focus on the development of students. Integrating physical education into practical teaching of ideological and political education aims to promote positive psychology, address student growth and development, and socialize. Science and politics are important for the following two reasons: One, the direction and purpose of both technical development is the same, and both help to build and develop the highway for the growth of students according to the target audience and their quality; The second is that the study of philosophy and politics and the study of mental health are necessary, and the study of mental health is the basis for education about thought and politics. On the contrary, a positive strategy can lead to further development of students' mental health and encourage them to develop better thinking. As the reform process

continues to deepen and accelerate, the results of social relations are often gradually diverging, and various thoughts, feelings and traditions are exchanged, and conflict has an impact on people's lives. Timely and effective guidance is especially important for college students, whose worldview, life outlook, and values are constantly changing. Therefore, integrating the concepts of philosophy and politics into the study of psychology can be a powerful tool for promoting the health of student. If the study of psychology for college students does not have an effective teaching method, it may be detracted from its original educational goals and become confusing when it improves. The study of philosophy and politics has a strong cultural heritage and is beneficial for the brain. In this regard, the importance of value leadership in the mental health of college students and the creation of findings on the educational process are also fear will make the information about mental health more and more accurate. The study of the psychology of college students is important for the success of the party's education policy and the implementation of good education. It plays an important role in promoting ideological and political education in universities, because it is an important way to promote the development of university students and improve their skills. Based on the diversity of this function, the psychological problems college students face during their growing years have become complex, multifaceted, and interrelated.

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With the continuous development of society, higher education is becoming increasingly important in cultivating students' comprehensive qualities. Among them, ideological and political education (abbreviated as ideological and political courses), as an important component of higher education, aims to cultivate students' correct values, worldviews, and outlook on life, and enhance their ideological and moral level and sense of social responsibility. At the same time, universities are increasingly paying attention to students' mental health issues, recognizing the important impact of students' mental health on learning and growth. However, the traditional teaching mode of ideological and political courses often focuses on classroom teaching and lacks practical links. Students may feel monotonous and tedious when receiving ideological and political education, making it difficult to form in-depth thinking and experience. At the same time, some students may face psychological stress, anxiety and other problems, which affect their mental health. In order to better improve the teaching effectiveness of ideological and political courses

in universities and pay attention to students' mental health, some universities have begun to integrate sports elements into ideological and political courses, combining practical teaching with a psychological health perspective. Through the introduction of sports, outdoor activities, team cooperation and other forms in the ideological and political course, the aim is to stimulate students' interest in learning, enhance their sense of participation and satisfaction, alleviate students' psychological stress, and improve students' mental health. This study aims to explore the practical teaching of integrating ideological and political courses into sports from the perspective of mental health in universities and analyze the impact of this teaching mode on the effectiveness of ideological and political education and mental health status of students. Through investigation and research, we hope to provide a more scientific and effective teaching model for ideological and political courses in higher education, and promote the comprehensive improvement of students' overall quality (Yang & D'Arcy, 2022). See Figure 1:

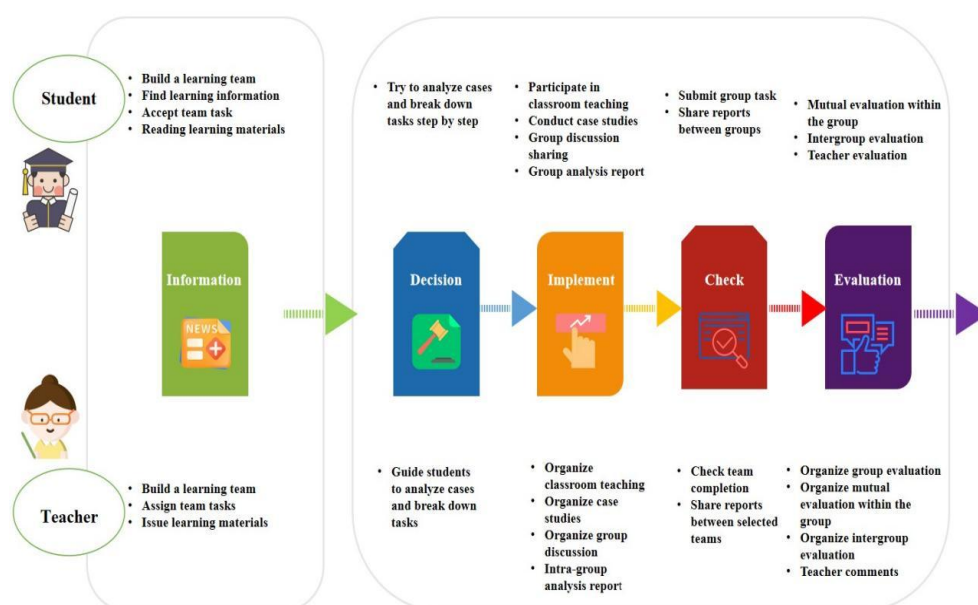


Figure 1: Sports Integrated into Practical Teaching of Ideological and Political Theory Courses.

Literature Review

The development of education today requires teachers, especially those in ideological and political theory courses, to play a role not only in the transmission of human knowledge about culture, but also the value guidance and mental health of college students. How to understand the mental health of college students, combining the study of mental health with the study of ideological and political education, will be decided at a new time. With the continuous development of

education, physical education is gradually entering people's vision. How to be effective and research on physical education and achieve the role of sports in the physical and mental development of students is always a problem which the teachers have learned. In physical education classes in colleges and universities, teachers plan physical exercises according to the students' reality, choose sports that fit students, organize personal physical exercises, and allow students to exercise at will. By engaging in sports activities, reduce the mental stress of students, improve their mental health by overcoming

personal problems, and promote good character and development in student psychology. From the point of view of the structure and effectiveness of sports to promote the health of students, it has a positive effect on the mental health of students and shaping their character. Improving the form and design of sports and integrating it into practical teaching of ideological and political courses can further strengthen the positive role of sports in protecting students' mental health. Now, universities must strive to integrate thinking and politics throughout the entire process of higher education and create a new development environment for China's higher education. By using the classroom as the main channel, strengthen the ideological and political education by improving the quality, making the relationship and unity of technical and political education, to meet the growth and development and expectations of students, and the training objectives for all other subjects. Certain culture traditions must be protected, and areas of responsibility must be cultivated so that different academic, ideological and political views go together and have a synergistic effect. In January 2021, the Ministry of Education issued the "Guiding Opinions on Strengthening the Construction and Reform of the Teaching Staff in Universities in the New Era", focusing on the issues important to support the idea and politics of the curriculum, improve teachers' teaching skills, and achieve the quality of college students' improvement. The ideological and political theory courses in colleges and universities should follow this as a way to cultivate students' psychological health from the perspective of physical education and incorporate mental health education into the classroom. Zhang (2022) believe that currently, ideological and political education courses are gradually receiving attention from universities. As a vulnerable group in society, in order to ensure the growth and development of hearing-impaired college students, it is necessary to actively carry out ideological and political education curriculum activities, integrate ideological and political education elements into the professional courses of hearing-impaired college students, so that students can improve their comprehensive quality while learning professional knowledge, and establish the correct three perspectives. This article mainly introduces the background of the establishment of ideological and political courses, analyzes the characteristics of hearing-impaired college students, elaborates on the importance of ideological and political courses in the education of hearing-impaired college students, and studies how to integrate ideological and political elements into the professional courses of hearing-impaired college students (Zhang, 2022).

Research Methods

Questionnaire Survey

This survey questionnaire sampled 10000 undergraduate students from a certain provincial university of science and technology. Through the questionnaire star system, counselors from 15 secondary colleges of the university distributed the questionnaire to each class in the 2019, 2020, 2011, and 2012 levels of their respective colleges. This questionnaire survey was conducted from June 5th to June 6th, 2012, for a total of 2 days. The survey questionnaire collected a total of 8000 valid questionnaires covering 16 colleges and four grades of the school. In order to better understand the situation of ideological and political integration in the school's physical education curriculum, the research process designed the questionnaire into two parts: teachers and students. The questionnaires were distributed to teachers at the physical education college, leaders, some teachers of the Marxist college, and non-physical education college students, respectively. The collected questionnaires were sorted and analyzed to provide data support for this study.

Interview and Focus Group Discussion

Through individual interviews with students and teachers or Focus group discussions, we can deeply understand their experience and feelings on practical teaching integrated with sports and explore the impact of practical teaching on mental health and the effect of ideological and political education.

Literature Method

Summarize and analyze relevant literature to understand the current research status and achievements of integrating ideological and political courses into sports practice teaching in universities both domestically and internationally, providing theoretical support and reference for this study.

Research Results

Analysis of Questionnaire Survey Data

Analysis of Basic Information of Survey Subjects

The number of male students participating in the questionnaire is more than that of female students, including 4853 male students, accounting for 59% of the participants, and 3364 female students, accounting for 41% of the participants, the gender ratio in the survey results is closer to the overall sample.

From the perspective of grade distribution, in the valid questionnaires collected this time, there were 2873 first-year students, accounting for 35%; 3241 sophomores, accounting for 39%; 1809 students in third grade, accounting for 22%;

There are 294 senior students, accounting for 4%. Due to the Season of graduation, the number of senior students participating in this questionnaire is relatively small. See [Table 1](#) for specific data (McEwen, Alisic, & Jobson, 2022).

Table 1

Basic Information on Survey Subjects

Category	Option	Frequent and Continuous	Percentage
gender	male	4853	59
	female	3364	41
amount to	Freshman year	2873	35
	Sophomore year	3241	39
	Junior year	1809	22
	Senior year	294	4
amount to		8217	100

College Students Generally Pay Attention to National Development Events

Through the design of the questionnaire topic "Do you pay attention to current political hotspots related to national interests", it was found that 30% of college students are very concerned about current political hotspots related to national interests and want to learn and collect information through various channels; 32% of students

pay attention to current political hot topics and discuss them with their classmates on a daily basis; 29% of students pay more attention, but do not actively search for relevant news; 6% of students do not pay much attention and receive information from others; Only 3% of students do not pay attention. These data indicate that college students in the new era generally pay attention to national development events, and the specific data is detailed in [Table 2](#).

Table 2

Frequency Analysis of Students' Attention to National Development

Topic	Option	Frequent and Continuous	Percentage
Do you pay attention to current political hotspots related to national interests	Very concerned, I want to collect through various channels	2467	30
	Pay attention and discuss these topics with classmates on a daily basis	2632	32
	Relatively concerned	2402	29
	Less concerned	495	6
	not concerned	221	3
amount to		8217	100

Self-Regulation Is the Main Way for College Students to Solve Psychological Confusion

In order to understand the solutions to students' psychological confusion, this study set up indefinite options (single choice or multiple choices). The results showed that 48% of students choose self-regulation, 12%

seek help from teachers, 25% confide in classmates and friends, 6% choose to consult in psychological counseling rooms, and 9% choose other methods.

From this, it can be seen that the vast majority of students tend to solve psychological confusion through self-regulation, as shown in [Table 3](#) for specific data (Craig et al., 2022).

Table 3

Frequency Analysis of Students Encountering Psychological Confusion

Topic	Option	Frequent and Continuous	Percentage
What do you usually do when encountering psychological problems and confusion	Conduct self-regulation	3945	48
	Seeking help from teachers	995	12
	Talk to classmates and friends	2075	25
	Go to the psychological counseling room for consultation	498	6
	Other methods	704	9
amount to		8217	100

The Effectiveness of the "5.25" College Student Mental Health Festival Needs to Be Strengthened

Among the college students surveyed in the questionnaire, 24% of them believe that the recent "5.25" College Student Mental Health Day activity has had a very good effect, 35% of them believe that the activity has had a good effect, 21% of them believe that the activity has had a decent effect, 5% of them think it has not had much effect, and 15% of them

say they have not participated and are unclear.

Through data analysis, it can be seen that the majority of students have a positive evaluation of the effectiveness of the "5.25" College Student Mental Health Festival activity, but more than 20% of students still do not have a positive attitude towards this activity, this puts forward improvement requirements for improving the quality of mental health activities in universities in the future, the specific data can be seen in [Table 4 \(Schrodt & LaFreniere, 2022\)](#).

Table 4

Frequency Analysis of Students' Participation in the 5.25 College Student Mental Health Festival Activities

Subject	Model Selection	Frequent and Continuous	Percentage
What do you think of the effectiveness of the 5.25 College Student Mental Health Festival organized by the school?	The effect is very good	1991	24
	The effect is quite good	2875	35
	Decent effect	1728	21
	Not much effect	413	5
	Not involved, unclear	1210	15
amount to		8217	100

According to the data analysis results, most students have a positive evaluation of the effectiveness of the "5.25" College Student Mental Health Festival activity, indicating that the activity has had a positive impact on the mental health of college students to a certain extent. However, over 20% of students still do not have a positive attitude towards this activity, which also exposes some problems and the need for improvement. The activity received positive feedback from the majority of students, indicating some success in design and organization. However, there are still some students who are not satisfied with the effectiveness of the activity, possibly because there is still room for improvement in the content, format, promotion, and other aspects of the activity. In future event planning, more attention should be paid to students' needs and feedback to ensure that the

activities are more closely aligned with their actual needs and interests. 17% of students stated that they did not participate and were unclear about the activity situation. This may be related to the promotional efforts and information dissemination methods of the event. When organizing mental health activities in universities, it is necessary to strengthen publicity work and increase students' awareness and participation rate of the activities. It can be widely promoted through various channels, such as the school's official website, social media, posters, campus radio, etc., to ensure that the event information is transmitted to every student. The evaluation of activity effectiveness by students is valuable feedback. When universities carry out mental health activities, they should pay more attention to students' opinions and needs. They

can conduct surveys and collect feedback after the activities to understand students' feelings and suggestions, so as to adjust and improve future activities. Different students have different needs and preferences for mental health activities. In order to better meet the diverse needs of students, universities can enrich the content and forms of mental health activities. For example, various activities such as psychological lectures, psychological counseling workshops, and outdoor outreach can be held, allowing students to freely choose to participate in activities of interest. In summary, the overall evaluation of the "5.25" College Student Mental Health Festival by college students is positive, but there is still room for improvement. Universities should strengthen publicity and participation based on students' feedback, enrich activity content, improve the quality and effectiveness of activities, in order to better promote the improvement of students' mental health level.

Teaching Design of Psychological Health Education for College Students under the Ideological and Political Curriculum

Psychological health education for college students is a teaching activity that includes knowledge transfer, psychological awareness, and behavioral training. It is necessary to seriously integrate existing values and knowledge to improve the quality of college student training and integrate ideological and political elements in the framework of supporting ideological and political development in school classrooms. By incorporating specific training content and conducting effective teaching design, ideological and political education is combined with moral education to form a complete process of value guidance and mental health education.

Teaching Objectives Closely Adhere to the "Ideological and Political Elements"

The purpose of mental health education for college students is to provide them with mental health knowledge and improve their health. The purpose of the training is to gain knowledge and improve the mental health of the students.

The results of this study show that classroom instruction is an important method to help student growth and success. Therefore, focusing on teaching in the classroom is an important measure of professional development in universities. In the context of "integrating sports and political education into the curriculum," this research has improved the practical teaching plan. It shows the importance in specific instructions, shows the awareness of mental health, improves mental health and ability, explains the details of the integration of culture and tradition, and the teaching process, and to ensure the connection and

integration of ideological and political education with mental health education.

For example, in the "improvement and improvement" stage of teaching, in response to the main idea of "helping friends", teachers should focus on creating a sense of "help those in need" in some expressions, bring out the ideological and political elements of the socialist core values and put them forward as educational goals.

The purpose of improvement is to help students adapt to the mental process, improve the performance of the teaching to build relationships good self-esteem, and thus make students' self-control ability and improve mental health (Gurung & Galardi, 2022).

Teaching Activities Revolve Around "Ideological and Political Elements"

According to relevant regulations of the Ministry of Education, universities should offer mental health education courses to all new students, with 2 credits and 32-36 class hours, they should develop and construct online courses, innovate mental health education teaching methods through online and offline teaching, and stimulate students' initiative and enthusiasm for learning.

At present, most universities have already offered this public compulsory course. Theoretical teaching mainly relies on the Smart Tree client for online teaching, while practical teaching mainly focuses on offline mental health education activities. Among them, the "5.25" College Student Mental Health Festival activity is an important content of practical teaching.

According to the results of this questionnaire survey, one quarter of college students do not hold a positive attitude towards the "5.25" College Student Mental Health Festival activity, indicating that there is still great room for improvement in the teaching activities of practical courses. Effective teaching activities play a crucial role in achieving teaching objectives, affecting the teaching effectiveness of imparting knowledge, exercising skills, inspiring wisdom, and conveying values. In the process of practicing ideological and political education and achieving moral education in the curriculum, psychological health education for college students can rely on practical teaching activities in ideological and political theory courses to fully mobilize students' enthusiasm for self-growth, thus achieving the educational goal of "salt in water".

For example, in the "Cognition and Exploration" teaching stage, focusing on the key teaching points of "Family Relations and Mental Health", role-playing and audio guidance can be used to establish emotional links between students and parents, root the "filial piety" culture in the

hearts of young students, and guide students to inherit and promote excellent traditional Chinese culture (Anitha et al., 2007).

Teaching Evaluation Reflects "Ideological and Political Elements"

Teaching evaluation is to help teachers grasp the situation of teaching and learning, so as to adjust teaching strategies and achieve teaching objectives. Due to the particularity of the process of college students' mental health education, its effect evaluation and evaluation methods can not completely depend on the academic achievements of the Network theory course, nor can it simply be based on the attendance rate of practical activities and homework.

Students' learning of theoretical knowledge and participation in practical activities are equally important. In this study, the total score is allocated based on the proportion of theoretical courses and practical courses accounting for 50% each. The assessment methods for practical courses include Recording of mental health training and activities, homework, questionnaire research, individual interviews, personal growth reports, and mental health surveys.

The 8217 valid questionnaire data collected in this study indicate that college students in the new era generally pay attention to national development events, with nearly one-third of students actively searching for relevant information and discussing related topics among their classmates in daily life. This indicates that universities should pay more attention to ideological and political education for students, in order to enhance their political determination and discernment, and guide them to have a correct understanding of the national, social, and popular conditions (Coles & Reed - Purvis, 2022).

The healthy psychology of college students includes political identification with the country. Practical course should strengthen the assessment process, students' learning, mental results should be focused on. Therefore, after the successful completion of the program, this study prepares a question about the thoughts of the training plan, and the results of the study will be an important tool to measure the implementation of the political education goals reflected in the training program.

Discussion

Strengthening ideological and political education is a good way to deal with the psychological problems of college students.

In terms of goals, there are similarities in the study of mental health between philosophy and politics for educators who meet the imperative cultivation and innovation needs. In terms of content, psychology is an

important part of philosophy and political science, and since it includes the content of psychology, a complete ideological and political education can only be obtained through a complete study of psychology. Combining psychology, philosophy, and politics is a good way to improve the psychology and mental health of college students (Duncan et al., 2022).

Depending Ideological and Political Education Among College Students

Ideological and political education workers should deeply reach out to college students through activities such as heart to heart talks and consultations, understanding their true inner thoughts, guiding them to properly handle conflicts and problems encountered in their studies, health, making friends, life, talent development, and career choices. Psychological counseling should change the old method of waiting for students to come to their homes in the past, adapt to the new situation, good at discovering and creating new methods, actively, openly, and widely provide psychological health education to students.

In terms of educational methods, in the classroom, various forms such as classroom discussions, group lectures, and classroom debates can be used to actively and proactively provide mental health education to students. Integrating the content of mental health education into the classroom teaching of ideological and moral education, guiding college students to correctly understand and evaluate themselves, handle interpersonal relationships correctly, master interpersonal communication skills correctly, reasonably guide and control their emotions, bravely face setbacks, and actively choose careers. Outside the classroom, campus networks, student dormitory communication, large-scale collective learning activities, etc. can be used to guide students to face psychological problems, improve their ability and quality to adapt to the environment and overcome difficulties. Ideological and political education, as well as psychological counseling, should be deeply integrated into students' daily lives and become routine methods of educational guidance.

Actively Encouraging College Students to Participate in Social Practice

By organizing and encouraging college students to participate in themed collective activities and social practice activities, they can feel and understand collective education, discipline education, goal education, and self-education through their conscious participation in these social practice activities and deepen their understanding of society. By actively encouraging college students to participate in collective activities and social practice activities, they can understand the grassroots level,

understand national conditions, thereby enhancing their integration into society. The process of social practice can improve the social communication ability of college students, enhance their spirit of being proactive, overcoming difficulties, and enduring setbacks; Social practice activities can cultivate a sense of social responsibility among college students. Through social practice, college students can deeply connect their responsibilities with social interests, and can voluntarily fulfill their social responsibilities, forming a sense of social responsibility; Social practice activities can cultivate the team spirit of college students, stimulate their creativity, improve their ability to serve society, and enhance their core competitiveness and social adaptability.

Emphasize Moral and Self-Cultivation Education for College Students

Among college students, special attention should be paid to moral education and self-cultivation education to cultivate their lofty ideals and serve society. We should pay attention to educating college students to closely link their personal destiny with the future of the country, and establish a sense of responsibility, be strict with oneself, treat others leniently, constantly enrich and improve themselves, broaden their horizons, and maintain a positive, optimistic, and enterprising spirit. In order to grasp the ideological state of contemporary college students, we should guide them to find correct perspectives, cultivate noble moral sentiments, rational understand oneself and society, correctly understand and handle self-worth and social values, and reasonably understand and handle the relationship between individuals and society in their outlook on life, worldview, and values education.

Enriching Social Practice Platforms

Schools should organize students to participate in various social practice activities, allowing them to apply the knowledge they have learned in practice, fully utilize their respective strengths and talents, understand society and recognize their social responsibilities and values in practice, achieve a positive attitude, and establish a correct outlook on life and values.

The school's ideological and political staff and the advisers of the department should be clear that providing college students with ideological and political is an important part of helping them grow up healthy and complete their education well, but also an important part of recognition. Through ideological and political education, schools can also create a safe and harmonious growth environment. Therefore, youth organizations and schools in all levels of universities should make the mental health of college students an important part of education and politics. By

patiently, rigorously, actively and effectively teaching the minds of teachers of philosophy and politics, we can inspire college students' love for them the country, create a good and healthy mind, and develop students' moral, intellectual, intellectual and spiritual complex, can contribute to the health. (Lalemi, Ward, & Gaden, 2022).

Conclusion

This study focuses on the practical teaching of integrating ideological and political courses into sports from the perspective of mental health in universities. Through research methods such as questionnaire surveys and literature materials, the effectiveness of this teaching model was deeply explored. Based on the research results, the following conclusions are drawn:

1. The practical teaching of integrating sports has a positive impact on the teaching effectiveness of ideological and political courses in universities: Students hold a relatively positive evaluation of the practical teaching of integrating sports, believing that this teaching model is more attractive and interesting, and has increased students' participation and learning interest.
2. Integrating practical teaching into sports has a positive impact on students' mental health: students can release stress, enhance self-confidence, and cultivate teamwork awareness in sports practice, which helps to improve their mental health level and reduce anxiety and depression.
3. Individual differences among students affect teaching effectiveness: Although most students express satisfaction with incorporating practical teaching into sports, individual students may hold different views on teaching effectiveness due to personal interests, abilities, and other factors. Therefore, teachers should fully consider individual differences among students, flexibly apply teaching methods, and provide diverse learning experiences.
4. Propaganda and participation are important factors that affect teaching effectiveness: teaching effectiveness is closely related to students' level of participation. Strengthening the promotion of practical teaching, improving students' awareness and participation rate, is crucial for improving teaching effectiveness.

This study only investigates college students from one university or a specific group, so the applicability of the conclusions may be limited. In future research, the sample coverage can be expanded to cover different types and regions of universities, in order to increase the representativeness of the research. Despite the limitations mentioned above, this

study still provides useful insights and insights, providing reference for the practical teaching of integrating ideological and political courses into sports and promoting mental health in universities. Future research should further overcome these limitations and conduct more comprehensive and in-depth research to promote the continuous development of higher education and mental health promotion.

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2022 Jiangsu Province Graduate Education and Teaching Reform Project: Research on the Teaching

Reform of the Ideological and Political Theory Course for Pharmaceutical Graduate Students through the Integration of Medicine and Literature under the Background of "New Liberal Arts"—Taking the Course Construction of "Chinese Marxism and Contemporary Era" as an Example (JGKT22_C016).

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