Sleep Medicine:X 6 (2023) 100081

Contents lists available at ScienceDirect

Sleep Medicine: X

journal homepage: www.sciencedirect.com/journal/sleep-medicine-x

The relationship between typical dreams and mental health of residents in village-in-city

Yuhang Li [a,c,2], Wenwen Zhang [b,1], Le Han [a], Mei Li [b], Huihui Jing [b], Hongbin Lu [b], Ning Liu [a], Xueyang Han [a], Mingzhu Su [a], Tao Yang [a], Fang Yin [d,**], Bin Xie [c,***], Xue Zou [a,*]

[a] Department of Adolescent Mental Health, Mental Hospital, Xi'an International Medical Center Hospital of Northwest University, Xi'an, 710119, China
[b] Department of Psychosomatic Medicine, Mental Hospital, Xi'an International Medical Center Hospital of Northwest University, Xi'an, 710119, China
[c] Xi'an Physical Education University, Xi'an, 710068, China
[d] Dali University, Dali, 671000, China

ARTICLE INFO

Keywords:
Village-in-city
Typical dream
Mental health
SCL-90

ABSTRACT

Aim: This study aimed to explore the relationship between typical dreams and the mental health of residents in village-in-city.
Methods: This study used the Chinese version of the Typical Dreams Questionnaire and Symptom Checklist 90 (SCL-90) to investigate the mental health status and typical dream themes of 1,190 residents recruited through random sampling from a village-in-city in Xi'an. Correlation analysis, *t*-test, and binary regression analysis were performed on the data using SPSS 24.0.
Results: The five most frequent dream themes among residents in the village-in-city were "falling"; "school, teacher, study"; "being chased but not physically injured"; "enjoying delicious food"; and "repeatedly trying to do something," in the given order. The most frequent dream theme with negative SCL-90 factors was "falling" and with positive SCL-90 factors was "school, teacher, study." Typical dreams on different themes were significantly correlated with SCL-90 factors. The theme of "enjoying delicious food" was not significantly associated with most factors in SCL-90.

1. Introduction

Dreams have been long recorded in human societies, and at different times there have been specific theories and techniques for interpreting dreams. Carl Gustav Jung believed that dreams presented the full picture of the current state of mental consciousness, including the unconscious aspects, and that dreams also compensated for self-conscious attitudes [1]. The psychoanalytic theory of dreams holds that a dream is the result of the interaction between the subconscious mind and the consciousness system accompanied by the transfer of psychological energy. The function of dreams is to provide a vent for the accumulated psychological energy, so as to relieve tension and regain balance. A neurocognitive model proposed by Levin and Nielsen [2] is based on the idea that changes in the prevalence, frequency, and severity of nightmares, and psychopathological complications reflect the daily changes in emotional stress.

Lamis et al. [3] found a significant positive correlation between distress caused by nightmares and depression, indicating a significant relationship between dreams and mental health. Some researchers have used the frequency of dreams and the dream recall ability of specific groups, such as athletes [4], depressed patients [5], and patients with obsessive-compulsive disorder [6] as important indicators to explore their relationship with mental health. Daoust et al. [7] observed different types of dreams and found a close relationship between dreams

* Corresponding author. Xi'an International Medical Center Hospital of Northwest University, No.777 Xitai Road, Xi'an, 710100, Shaanxi, China.
** Corresponding author.
*** Corresponding author.
E-mail address: zouxued@163.com (X. Zou).
[1] **Co-First Author:** Zhang Wenwen. Department of Psychosomatic Medicine, Mental Hospital, Xi'an International Medical Center Hospital of Northwest University, Xi'an, China. Zip code 710119.
[2] **First author:** Li Yuhang. Who is an intern in the Department of Adolescent Mental Health, Mental Hospital, Xi'an International Medical Center Hospital of Northwest University. The corresponding author Zou Xue guides her internship.

https://doi.org/10.1016/j.sleepx.2023.100081
Received 28 March 2023; Received in revised form 6 May 2023; Accepted 2 July 2023
Available online 14 July 2023

and mood. Hao Renjie and colleagues found [8] that typical dreams on different topics can predict the mental health status of the subjects, and can be used as a reference indicator in individual or group psychological counseling.

Jiang Linlin [9] recorded and analyzed the dreams of hospitalized neurological patients and found a relative decrease in negative emotions and an increase in the occurrence of lucky events in the dreams in the later stage of treatment compared with the early stage of treatment. This shows that the interpretation of dreams combined with other aspects of treatment can help to understand the mental state of others, and the content of dreams can be used as a reference for mental health.

However, there are relatively few studies exploring the relationship between dreams and the mental health of urban village residents. Because of their unique living environment, urban village residents belong neither to the city nor to the countryside. They are not traditional farmers with land who prioritize farming. The majority of them work in the city and have mental health problems. This study hopes to understand the content of the typical dreams of urban village residents and explore the relationship between their typical dreams and mental health problems.

2. Research methodology

2.1. Participants

A total of 1,190 questionnaires from 478 male subjects and 712 female subjects were collected. The average age of the subjects was 19.67 + 5.47 years, and the majority had received junior college education (89.4%), had a monthly income of less than RMB 1,000 (81.8%), and had no fixed job (84.4%).

2.2. Research tools

The Chinese version of the Typical Dreams Questionnaire (55TDQ-C), revised by Chen Kun and Zhang Min, was used for analysis. It includes 55 possible dream themes and has high reliability ($\alpha = 0.893$) [10]. The scoring method was as follows: if the subject could remember the theme of the dream, the question was given a score of "1"; otherwise, the question was scored "0". The total score was the sum of scores for all 55 questions. The Symptom Checklist 90 (SCL-90) is a commonly used self-reporting inventory, consisting of 90 questions rated on a five-point Likert scale. Recent studies have shown that the SCL-90 has a factor generalization coefficient of 0.67–0.85, a reliability coefficient of 0.64–0.82, a total score generalization coefficient of 0.968, and a reliability index of 0.962. It has high reliability, and structural validity analysis shows the tool to have a good model fit index [11].

2.3. Data processing

In this study, *t*-test, correlation analysis, and binary regression analysis were performed on the data using SPSS 24.0 statistical software.

3. Research results

3.1. Descriptive statistics

3.1.1. Frequency of themes in typical dreams

The frequency of themes in typical dreams was obtained by analyzing the data collected using 55TDQ-C, and the top ten themes were sorted. The five themes with the greatest frequencies were "falling" (48.10%), "school, teacher, study" (46.40%), "being chased but not physically injured" (44.39%), "enjoying delicious food" (41.08%), and "repeatedly trying to do something" (40.34%) (see Table 1).

3.1.2. Descriptive statistics of SCL-90

Total SCL-90 score ≧160 (<160) and each factor score ≧2 (<2) indicated positive (negative) symptoms. The minimum, maximum, mean, and standard deviation values of each factor and the frequencies and percentages of negative and positive results of each SCL-90 factor are shown in Table 2. It can be seen that the percentage of negative results for each factor is greater than the percentage of positive results for the same factor.

According to the data in Table 3, the most frequent dream theme was 30 (school, teacher, study) for negative results of SCL-90 factors sensitivity to interpersonal relationships, obsessive-compulsive symptoms, and total score. In all the other cases, 12 (falling) was the most frequent dream theme.

Table 1
Frequency of themes in typical dreams (N = 1,190).

ranking	Dream theme	rate
1	12. Falling	48.10%
2	30. School, teacher, and study	46.40%
3	1. Being chased but not physically injured	44.39%
4	5. Enjoying delicious food	41.08%
5	3. Repeatedly trying to do something	40.34%
6	36. On the edge of falling	39.88%
7	4. Too scared to move	38.59%
8	37. Failed the exam	36.64%
9	10. Found money	36.61%
10	11. Fly or soar into the sky	36.50%
11	6. Being late, such as missing the train	36.22%
12	9. Snake	35.75%
13	34. The dead people are still alive	34.77%
14	16. Have unusual knowledge and intelligence	34.76%
15	19. Have magical powers (not including flying or floating in the air)	33.90%
16	29. The awkward experience of not finding a toilet or going to the toilet	33.82%
17	2. The body is attacked, such as bitten, stabbed, or raped	33.60%
18	35. Those living in reality have died	33.31%
19	38. Suffocation and cannot breathe	33.08%
20	28. To feel yourself in a room vividly, but not by watching or listening	32.76%
21	31. Sex experience	32.62%
22	43. Half-awake and paralyzed in bed	31.21%
23	49. Back to being a child	31.09%
24	13. Improper clothing	31.03%
25	33. Fire	30.64%
26	26. Being killed	30.15%
27	23. Insects or spiders	29.28%
28	8. Being locked up	29.11%
29	39. Fierce beast	29.03%
30	40. In a movie	28.87%
31	15. Tied up and unable to move	28.79%
32	44. See a face very close to you	28.54%
33	22. Earthquake	28.50%
34	7. Swimming	28.47%
35	20. A flood or a tsunami occurs	28.32%
36	27. See yourself die	28.30%
37	18. Tooth loss	28.17%
38	14. Naked	28.07%
39	52. Found a new room in your own house	27.76%
40	32. Car suddenly goes out of control while driving	27.71%
41	41. Kill someone	27.31%
42	51. Meet a God or be a god	27.29%
43	47. Travel to another planet or visit different parts of the universe	26.77%
44	21. A tornado or a hurricane	26.64%
45	42. Mental people, crazy people	26.39%
46	17. Biology, half human and half beast	26.35%
47	53. See a flying object fall (e.g., a plane crash)	26.17%
48	24. Bump the opposite sex	25.95%
49	50. See angels	25.93%
50	46. See aliens	25.90%
51	25. Bump into an object (such as a tree or rock)	25.46%
52	45 See a UFO	25.11%
53	48. Becomes an animal	24.66%
54	54. A miscarriage	24.29%

Table 2
SCL-90 descriptive statistics (N = 1,190).

	N	Minimum	Maximum	Mean	Standard deviation	Negative		Positive	
						Frequency	Percentage	Frequency	Percentage
Somatization	1190	1.00	4.17	1.4945	0.59718	941	79.1	249	20.9
Sensitivity to interpersonal relationships	1190	1.00	4.44	1.7494	0.75306	770	64.7	420	35.3
Obsessive-compulsive symptoms	1190	1.00	4.50	1.8734	0.73808	688	57.8	502	42.2
Depression	1190	1.00	4.62	1.7351	0.75668	798	67.1	392	32.9
Anxiety	1190	1.00	4.50	1.6272	0.69190	869	73.0	321	27.0
Hostility	1190	1.00	4.17	1.5990	0.67168	875	73.5	315	26.5
Terror	1190	1.00	4.29	1.5814	0.66851	869	73.0	321	27.0
Bigotry	1190	1.00	4.17	1.5423	0.64366	897	75.4	293	24.6
Psychosis	1190	1.00	4.00	1.5226	0.63097	935	78.6	255	21.4
Other	1190	1.00	4.57	1.6055	0.65441	864	72.6	326	27.4
Total score (160)	1190	90.00	360.00	147.6244	56.84419	776	65.2	414	34.8

Table 3
Typical dream table for each factor of SCL-90 (N = 1,190).

Factor		Most frequent theme (55TDQ-C)
Somatization	(negative = 941)	12
	(positive = 249)	12
Sensitivity to interpersonal relationships	(negative = 770)	30
	(positive = 420)	12
Obsessive-compulsive symptoms	(negative = 688)	30
	(positive = 502)	12
Depression	(negative = 798)	12
	(positive = 392)	12
Anxiety	(negative = 869)	12
	(positive = 321)	12
Hostility	(negative = 875)	12
	(positive = 315)	12
Terror	(negative = 869)	12
	(positive = 321)	12
Bigotry	(negative = 897)	12
	(positive = 293)	12
Psychosis	(negative = 935)	12
	(positive = 255)	12
Other	(negative = 864)	12
	(positive = 326)	12
Total score	(negative = 776)	30
	(positive = 414)	12

3.2. Dream analysis results

Furthermore, for each typical dream theme, the total score and negative results for SCL-90 factors were set as "1″ and positive results were set as "2". An independent sample *t*-test was performed to analyze the correlation between typical dream themes and SCL-90 factors, and the results are shown in Tables 4 and 5.

As can be seen in Tables 4 and 5, there was no significant correlation between SCL-90 factors somatization, sensitivity to interpersonal relationships, depression, anxiety, terror, psychosis, and total SCL-90 scores of the residents in village-in-city with the dream theme enjoying delicious food; all other SCL-90 factors were significantly correlated with the theme. In addition, except for enjoying delicious food, all other dream themes were significantly correlated with all SCL-90 factors.

3.3. Regression analysis of SCL-90 factors and typical dreams

A regression analysis was performed with the theme of the typical dream as the dependent variable and SCL-90 factors as independent variables. Considering the dependent variable as a dichotomous variable with a value of "1″ or "0″ depending upon whether a typical dream had a specific theme or not, binomial logistic regression was performed and the results are shown in Table 6 (only statistically significant results are presented).

A higher Wald value indicates that the variable is more important. An odds ratio (OR) > 1 indicates that the variable has a greater impact on the probability of an event occurring and is referred to as a risk factor. Conversely, an OR <1 indicates that the variable has a smaller impact on the probability of an event occurring and is referred to as a protective factor. For example, a typical dream with the theme of failed exams had a correlation with paranoia, anxiety, and somatization factors with Wald values of 7.089, 6.386, and 4.741, respectively, and OR values of 1.937, 2.083, and 1.746, respectively (see Table 6). Paranoia has the largest Wald value among the three factors, indicating that this variable is more important. All three factors have OR >1 which indicates that residents with negative paranoia, anxiety, and somatization factors are more likely to dream about failing the exam.

4. Discussion

4.1. Frequency of typical dreams

As per the above data, the five most frequent themes in typical dreams were "falling"; "school, teacher, study"; "being chased but not physically injured"; "enjoying delicious food"; and "repeatedly trying to do something." The results are consistent with the findings of Nielsen et al. and Chen Kun et al. Furthermore, the two most frequent dream themes associated with negative and positive symptoms of SCL-90 were "falling" and "school, teacher, study." Falling represents the emotion of fear, and this result is consistent with Yin-Fang's [12] study of adolescents wherein 38% of the dreams were representations of fear. This may be because adolescents [13] experience more stress at this age. Residents living in a village-in-city also experience fearful emotions resulting from great changes in their living environment including demolitions and change of residence. However, this theme had negative results for SCL-90 factors, indicating that it is not a serious concern. In contrast, the most frequent dreams were related to school and teachers and had

Table 4
Correlation between typical dream themes and SCL-90 factors of residents in village-in-city (N = 1,190).

	Somatization	Sensitivity to interpersonal relationships	Obsessive-compulsive symptoms	Depression	Anxiety
1. Being chased but not physically injured	.318**	.341**	.366**	.337**	.332**
2. Physical attack, such as being bitten, stabbed, raped, etc.	.389**	.348**	.334**	.353**	.373**
3. Repeatedly trying to do something	.343**	.339**	.380**	.347**	.374**
4. Be paralyzed with fear	.386**	.351**	.363**	.364**	.398**
5. Enjoying delicious food	0.048	0.019	.065*	0.014	0.042
6. Being late, e.g., not catching a train	.246**	.234**	.256**	.245**	.251**
7. Swimming	.201**	.127**	.131**	.142**	.169**
8. Locked up	.420**	.329**	.331**	.357**	.398**
9. Snake	.299**	.240**	.265**	.282**	.287**
10. Found money	.220**	.196**	.207**	.206**	.220**

Table 5
Correlation between typical dream themes and SCL-90 factors and total scores of residents in village-in-city (N = 1,190).

	Hostility	Terror	Bigotry	Psychosis	Other	Total score (160)
1. Being chased but not physically injured	.298**	.284**	.313**	.295**	.299**	.350**
2. Physical attack, such as being bitten, stabbed, raped, etc.	.365**	.324**	.372**	.371**	.346**	.387**
3. Repeatedly trying to do something	.350**	.301**	.374**	.345**	.352**	.380**
4. Be paralyzed with fear	.351**	.330**	.356**	.357**	.370**	.395**
5. Enjoying delicious food	.071*	0.038	.070*	0.025	0.048	0.044
6. Being late, e.g., not catching a train	.281**	.194**	.283**	.234**	.231**	.265**
7. Swimming	.204**	.157**	.225**	.189**	.172**	.180**
8. Locked up	.395**	.359**	.408**	.396**	.381**	.405**
9. Snake	.281**	.248**	.276**	.277**	.274**	.296**
10. Found money	.239**	.180**	.271**	.235**	.228**	.235**

positive results for some of the SCL-90 factors. This is probably because the participants' mean age was around 19 years. Most of the adolescents at this age are either attending school [14] (primarily junior college) or have just finished high school and are preparing for college entrance exams. Therefore, the pressure to study manifests itself as dreams about school and teachers.

4.2. Dreaming about "enjoying delicious food"

In the present study, the theme "enjoying delicious food" accounted for 41.08%, ranking among the top ten most frequent dream themes. However, no such dream theme was reported in the study by Hao Renjie and colleagues. This difference may be attributed to the different research objects of the two studies. The study by Hao Renjie and colleagues focused on adults in the Pearl River Delta and North China, with an average age of 28.2 + 8.99 years, while the subjects of the present study were residents in village-in-city, with an average age of 19.67 + 5.47 years, and there are differences in their personality and cognitive experiences. Moreover, the economic situation in the Pearl River Delta and North China is generally better than that in Northwest China [15], and the income of adults is also relatively higher than that of adolescents, while the income of the residents in village-in-city selected for this study was generally less than RMB 1000. According to Maslow's hierarchy of needs theory [16], the first level of needs is basic physiological needs, such as food, water, and sleep. The residents in the village-in-city generally have lower incomes, and they are mainly concerned about meeting their basic needs of food and water. In addition, there are many restaurants and snack stores in a village-in-city, and the residents are generally more exposed to these in their daily lives. Therefore, they are more likely to dream about food.

4.3. Nightmare themes

Five of the top ten typical dreams in this study were nightmares. Why do people have nightmares? [17] One reason is the early experience of some psychological trauma, which manifests in the form of a nightmare; the other reason is a recent mental stimulation. When people are awake, reason weakens these stimuli, while in sleep, the reason is weakened and the subconscious is enhanced, and the psychological wounds manifest as nightmares [18]. German pediatrician Monikihaus warns that a child's repeated nightmares can be traced back to trauma during infancy, leading to mental illness and depression in severe cases. Due to the harsh environment and poor public security in the village-in-city, residents living there are likely to experience more negative mental stimuli.

4.4. Research limitations and future prospects

This study included residents from a village-in-city in Xi'an. However, each region has its customs and cultural characteristics, and people have different educational backgrounds, family relationships, cultural influences, economic status, and psychological development levels. Therefore, limitations remain when the findings from this sample are extrapolated to the larger village-in-city groups.

There is increasing research interest in the relationship between typical dreams and mental health. However, fewer targeted studies for different groups of people are available, especially for groups such as residents in a village-in-city, who either live far away from their hometowns or live in rented houses, or have already experienced or are preparing to experience demolition, and such changes in living conditions makes farmers who originally lived in the countryside experience a change in their living environment, both physically and psychologically [19]. When the place of residence is permanently changed [20], the inner sense of belonging to the land also changes, which may have good or bad effects on an individual's mental health. We can use dream interpretation to make residents in village-in-city more aware of their inner self and thus pay attention to their mental health.

Table 6
Binomial classification of SCL-90 factors and typical dream themes (N = 1,190).

Themes and Factors		B	S.E.	Wald	p	Exp (B)	95% confidence interval of EXP(B)	
							下限	上限
1. Being chased but not physically injured	F3 obsessive-compulsive symptoms	1.310	0.280	21.943	0.000	3.706	2.142	6.412
	Constant	−1.060	0.239	19.706	0.000	0.346		
3. Repeatedly trying to do something	F3 obsessive-compulsive symptoms	0.707	0.235	9.022	0.003	2.028	1.278	3.216
	F8 bigotry	0.876	0.292	8.986	0.003	2.400	1.354	4.255
	F5 anxiety	0.841	0.336	6.268	0.012	2.319	1.200	4.480
	F9 psychosis	−0.729	0.309	5.574	0.018	0.483	0.264	0.884
	F4 depression	−0.608	0.287	4.496	0.034	0.545	0.310	0.955
	Constant	−1.609	0.223	51.852	0.000	0.200		
4. Be paralyzed by fear	F5 anxiety	0.837	0.311	7.247	0.007	2.309	1.256	4.248
	Constant	−1.569	0.205	58.409	0.000	0.208		
5. Enjoying delicious food	F3 obsessive-compulsive symptoms	0.728	0.222	10.752	0.001	2.070	1.340	3.198
	F9 psychosis	−0.783	0.274	8.138	0.004	0.457	0.267	0.783
	F4 depression	−0.646	0.258	6.242	0.012	0.524	0.316	0.870
	Constant	0.144	0.189	0.584	0.445	1.155		
10. Found money	F8 bigotry	0.807	0.245	10.808	0.001	2.241	1.385	3.625
	Constant	−1.123	0.187	35.858	0.000	0.325		
11. Fly or soar straight into the sky	F8 bigotry	0.698	0.246	8.080	0.004	2.010	1.242	3.254
	F6 hostility	0.436	0.198	4.847	0.028	1.547	1.049	2.282
	Constant	−1.452	0.190	58.401	0.000	0.234		
12. Falling	F3 obsessive-compulsive symptoms	0.827	0.268	9.544	0.002	2.287	1.353	3.865
	Constant	−0.904	0.245	13.589	0.000	0.405		
30. School, teacher, study	F3 obsessive-compulsive symptoms	1.699	0.288	34.879	0.000	5.471	3.113	9.617
	F4 depression	−0.669	0.324	4.253	0.039	0.512	0.271	0.967
	F5 anxiety	0.799	0.370	4.656	0.031	2.223	1.076	4.592
	Constant	−0.105	0.219	0.230	0.631	0.900		
36. On the edge of falling	F3 obsessive-compulsive symptoms	0.700	0.221	9.988	0.002	2.014	1.305	3.108
	Constant	−1.569	0.204	59.253	0.000	0.208		
37. Failed exam	F8 bigotry	0.661	0.248	7.089	0.008	1.937	1.191	3.152
	F5 anxiety	0.734	0.290	6.386	0.012	2.083	1.179	3.681
	F1 somatization	0.557	0.256	4.741	0.029	1.746	1.057	2.883
	Constant	−1.299	0.191	46.435	0.000	0.273		

5. Conclusion

5.1 The five most frequent dream themes were "falling"; "school, teacher, study"; "being chased but not physically injured"; "enjoying delicious food"; and "repeatedly trying to do something."

5.2 Total SCL-90 score ≧160 (<160) and each factor score ≧2 (<2) were defined as positive (negative) symptoms, and the percentage of negative results for a factor was greater than the percentage of positive results for the same factor. The most frequent dream theme with negative SCL-90 factors was "falling" and positive SCL-90 factors was "school, teacher, study."

5.3 The SCL-90 factors were significantly correlated with different themes of typical dreams.

5.4 The theme of "enjoying delicious food" was not significantly associated with most of the SCL-90 factors.

Funding

This work is supported by the "2022 Key Research and Development Plan of Shaanxi Province" project "Thematic Analysis of the Dreams of Urban Village Residents: Exploratory Research on the Mental Health Promotion Methods of Urban Village Residents" (Project No.: 2022SF-284).

IRB approval

The study protocol was approved by the Medical Ethics Committee of Xi'an International Medical Center Hospital (No.2022174).

Declaration of competing interest

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

References

[1] Jungian theory of dreaming and contemporarydream research – findings from the research project. 'Structural Dream Analysis'Journal of Analytical Psychology 2020;65(1):44–62.
[2] Levin R, Nielsen TA. Disturbed dreaming, posttraumatic stress disorder, and affect distress: a review and neurocognitive model. Psychol Bull 2007;133:482–528.
[3] Nightmare distress as a mediator between frequent nightmares and depressive symptoms in Chinese adolescents. J Affect Disord 2022;296:363–9.
[4] Erlacher Daniel, Schredl Michael. Practicing a motor task in a lucid dream enhances subsequent performance: a pilot study[J]. Sport Psychol 2010;24(2):157–67.
[5] Hui Li, Dong Yi, Zhou Xiaoqin. The relationship of dream threat simulation level with childhood trauma and life events in depression [J]. Journal of Anhui Medical University 2012;47(8):970–2.
[6] Wu Ning qiang, Wang Qiyi. Investigation of the contents of obsessive-compulsive disorder patients [J]. Clin Study 2013;23(6):386.
[7] Anne-Marie Daoust, Félix-Antoine Lusignan, Braun Claude MJ, Laurent Mottron, Roger Godbout. EEG correlates of emotions in dream narratives from typical young adults and individuals with autistic spectrum disorders. J Psychophysiol 2008;45(2).
[8] Renjie Hao, Yin Fang, He Yu. The relationship between typical dreams and mental health [J]. Chinese Journal of Health Psychology 2021;29(2):187–96. https://doi.org/10.13342/j.cnki.cjhp.2021.02.008.
[9] Jiang Linlin. Content and characteristics of inpatient neurosis patients' dreams [D]. Anhui Medical University; 2011.
[10] Chen Kun, Xiao You, Xie Yi. etc. Investigation report on the typical dreams of Chinese college students [J]. Education Guide 2010;9:46–50.
[11] Yan Juan, Guo Xiaojun. Confidence validity analysis of the SCL-90 scale based on multivariate generalization theory and structural equation model [J]. Journal of Huzhou Normal University 2014;36(4):72–6.
[12] Yin Fang. A survey study on the topic of repetitive dreams among adolescents [J]. New Psychology 2010;30(1):58–62.
[13] Zhang Yin. Research on ideological and moral education of teenagers in urban villages in Dali City [D]. Dali University; 2019. https://doi.org/10.27811/d.cnki.gdixy.2019.000103.
[14] Wang Meiqin. [C]//research center for curriculum reform of basic education of the ministry of education. In: Proceedings of the 2020 seminar on "classroom teaching reform based on core literacy"; 2020. p. 2. https://doi.org/10.26914/c.cnkihy.2020.040849.
[15] Zhou Zhu. Higher education and income, marriage, and fertility [D]. Southwestern University of Finance and Economics; 2022. https://doi.org/10.27412/d.cnki.gxncu.2022.000034.

[16] Sun Ran, Ma Haoteng, Li Xiaoqiong. Urban village renewal strategy based on Maslow's need hierarchy theory [J]. City Building 2022;19(18):12–4. https://doi.org/10.19892/j.cnki.csjz.2022.18.04.
[17] Xue Gang, Fangfang. Why do people have nightmares [J]. Construction workers 2017;38(4):57.
[18] German doctors: nightmares in children suggest mental illness [J]. General Practice in China 2014;17(20):2332.
[19] Fan Yujie, Zhang Tianyao. Analysis of the impact of living environLegal syst socment in urban villages on residents 'mental health [C]//Urban Planning Society of China, Hangzhou Municipal People's Government. In: Sharing and quality —— 2018 China urban planning annual conference proceedings (02 urban renewal). China State Construction Industry Press; 2018. p. 11.
[20] Wang Xiaoyu. From the perspective of modernization, the social role of "villages in the city" is recognized [J]. Legal system and society 2018;(23):133–4. https://doi.org/10.19387/j.cnki.1009-0592.2018.08.182.