

Table 1. Comparison of HAMD and BRMS scores of patients before and after the experiment

| Group | HAMD score | | BRMS score | |
|--------------------|------------------|--------------------------|------------------|-------------------------|
| | Before treatment | After treatment | Before treatment | After treatment |
| Control group | 38.10±8.84 | 22.45±8.92 [#] | 20.54±6.15 | 9.47±6.56 [#] |
| Experimental group | 40.12±7.05 | 11.65±7.08 ^{*#} | 19.28±3.49 | 3.71±3.85 ^{*#} |

Note: * indicates that compared with the control group after treatment, $P < 0.05$; [#] Compared with that before treatment, $P < 0.05$.

Analysis of the effect of art design combined with drug therapy on college students' depression

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Background. With the increasing social employment pressure, the psychological pressure of college students in their daily study and life is also increasing. Because students' physical and mental growth is not sound, it is difficult for them to carry out targeted self-intervention and adjustment against psychological pressure, which leads to long-term accumulation of negative psychology and eventually forms depressive symptoms. In recent years, the number of depression patients in colleges and universities has been increasing. It is necessary to form a daily treatment strategy system that is in line with students' psychological characteristics.

Subjects and Methods. 90 students diagnosed with depression were selected and divided into three groups. The first group was a single drug intervention group, which only used the common form of depression drug intervention. The second group was a single art design appreciation intervention, which used professional art design and appreciation psychological intervention strategies to intervene students' depression. The third group is the design appreciation and drug combined intervention group. The students in this group participated in professional art design and appreciation psychological intervention while taking antidepressant drug treatment. The study collected the depression psychological status of the three groups of patients before and after treatment, and used the collected data for quantitative analysis.

Results. The research results showed that before the start of treatment, the Self-Rating Depression (SDS) scores of the three groups of students with depression were 63.21 points in the single drug intervention group, 64.32 points in the single art design appreciation intervention group and 63.54 points in the art design appreciation and drug combined intervention group. It showed that the levels of depression symptoms of the three groups of students before the intervention were similar. After intervention, the SDS score of the single drug intervention group decreased to 45.22 points, the SDS score of the single art design appreciation intervention group decreased to 46.51 points, and the SDS score of art design appreciation and drug combined intervention decreased to 40.13 points. It can be seen that the intervention

effect of art design appreciation and drug intervention is the most obvious. Compared with the other two methods, this method is more conducive to the depression intervention for students.

Conclusions. From the comparison of the patients' condition in the single drug intervention group, the single art design appreciation intervention group, and the art design appreciation and drug combination intervention group before and after the intervention, it can be seen that the art design appreciation and drug combination intervention strategy designed by the research is more conducive to forming a better intervention effect in the student group, helping them to establish a psychological reaction mechanism in life with antidepressant drugs and reduce the severity of self-depression.

Table 1. Group intervention effect

| Group | Number of group members | SDS score before treatment | SDS score after treatment |
|---|-------------------------|----------------------------|---------------------------|
| Single drug intervention | 30 | 63.21 | 45.22 |
| Single art design appreciation intervention | 30 | 64.32 | 46.51 |
| Art design appreciation and drug joint intervention | 30 | 63.54 | 40.13 |

Effect of olanzapine combined with art therapy on self harmony and cognitive function in patients with BD

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Background. Bipolar disorder (BD) is a mental disorder accompanied by mania and depression. Patient's mood is sometimes high and sometimes low, and its presentation is complex and irregular. Olanzapine is a commonly used antipsychotic drug, which can improve the condition of patients with BD. However, simple drug treatment cannot achieve the desired effect. In recent years, the means of art intervention in psychological diseases has attracted much attention by enabling the patient's body and mind in a relaxed and comfortable state through artistic activities. Therefore, it can improve the patient's cognitive function and promote the patient's self-harmony. Therefore, this experiment used olanzapine combined with art therapy to treat patients with BD, and observed the improvement of self-harmony and cognitive function of the patients.

Subjects and Methods. 56 patients with BD admitted to our hospital from September 2021 to April 2022 were randomly selected and divided into experimental group (28 cases) and control group (28 cases). The patients in the control group were treated with olanzapine and basic drugs. The experimental group added the activity of appreciating famous paintings on this basis, aiming to improve the patients' cognitive and memory abilities. After 2 months of the experiment, the self-harmonious psychological state of the patients was analyzed by observing the Self Consistency and Congruence Scale (SCCS) scores of the two groups of patients; The cognitive function of patients was analyzed by Wisconsin Card Sorting Test (WCST), Wechsler Adult Intelligence Scale (WAIS-RC), and Trail Making Test-A (TMT-A).

Results. Table 1 shows the changes of SCCS scores of the two groups of patients before and after the intervention. After the intervention, the total scores, and scores of each factor of the experimental group decreased significantly, and the scores of self-disharmony factors were significantly lower than those of the control group. For the improvement of cognitive function of the two groups of patients before and after the intervention, the scale score results showed that the WCST index values and TMT-A index values of the experimental group were significantly reduced after the intervention; All indicators of WAIS-RC increased significantly. The test results of the three types of scales in the experimental group were better than those in the control group.

Conclusions. This experiment intervened patients with BD through olanzapine combined with art therapy. The results show that olanzapine combined with art therapy can effectively improve the cognitive function of patients with BD and promote their self-harmony, which is conducive to improving the prognosis of patients.

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Table 1. Comparison of SCCS scores between the two groups before and after intervention ($\bar{x} \pm s$)

| Factor | Group | Before intervention | After intervention |
|------------------|--------------------|---------------------|--------------------|
| Self-flexibility | Experimental group | 49.54±8.65 | 45.22±7.98 |
| | Control group | 46.97±6.72 | 45.31±7.43 |
| Self-stereotype | Experimental group | 23.22±4.65 | 18.21±3.72 |
| | Control group | 23.43±3.65 | 20.21±3.65 |
| Self-disharmony | Experimental group | 48.21±9.65 | 42.24±9.98 |
| | Control group | 48.97±9.73 | 47.81±11.65 |
| Total score | Experimental group | 94.27±12.75 | 87.21±13.65 |
| | Control group | 96.07±13.03 | 94.50±14.21 |

Effect of curable clothing on self-objectified depressive symptoms in professional women

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Background. Women tend to evaluate and define themselves from people's judgments about their appearance, which leads to depression symptoms of women in the workplace, specifically manifested as anxiety about their appearance, anxiety about safety, social disorder, cognitive disorder, emotional disorder, etc. The intervention principle of curative clothing is that women's self-emotion is interpreted in the visual and tactile aspects of clothing, and depressed women are always aware of their existence and free will, and have a sense of spiritual satisfaction, so as to achieve the effect of intervention in depressive symptoms. The intervention mechanism of healing clothing is to induce the desire for self-protection, self-respect emotion and body image satisfaction of women in the workplace.

Subjects and Methods. The subjects of this study are 120 female patients with depression aged from 16 to 60 years old. The research method is mainly to carry out group intervention treatment. The patients were divided into two groups on average. The first group was conventional psychiatric care for depression and was set as the control group. The second group was set as the experimental group. On the basis of conventional treatment, the dressing of patients was standardized, and healing clothes were introduced into the intervention. The intervention last 4 weeks, and then the patients were observed by OBCS (The Objectified Body Consciousness Scale) and EMA (Ecological Momentary Assessment) dynamic test. Finally, the scale scores and EMA dynamic test results of the two groups of patients were analyzed through SPSS25.0. The experimental data is shown in Figure 1.

Results. The experimental results showed that the average OBCS score of patients in the control group was 40.1 ± 4.6 points, and the average OBCS score of patients in the experimental group was 37 ± 5.9 points. In the EMA assessment, the level of self-objectification of the patients in the experimental group and the control group decreased during the intervention period, but compared with the control group, the decline trend of the experimental group was more obvious.

Conclusions. According to the data comparison of the intervention results, the treatment measures of the aty group reduced the objectification level of female patients with depression. At the same time, the EMA evaluation results showed that the curative clothing intervention made female patients pay more attention to their own state, and the healing material texture of the clothing provided positive psychological hints for patients, effectively reducing the non-suicidal self-injury behavior of patients.

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