

artistic appreciation ability, but also having potential therapeutic value. For special groups, such as patients with schizophrenia, music education may provide a way for them to express and communicate, thereby promoting mental health. This study is based on actual cases and discusses the intervention effect of music on mental illness patients in primary and secondary schools.

Subjects and Methods. This study selected 60 primary and secondary school age group schizophrenia patients and designed a specific music education course for 12 weeks. This course includes music appreciation, vocal music, and instrument training. The effectiveness is measured through the Minnesota Multiple Personality Inventory (MMPI), music composition assessment, and feedback from parents and teachers. Statistical analysis was performed on experimental data using SPSS 24.0.

Results. After the course, participants showed significant progress in emotional expression, social interaction, and self-awareness. Music education not only enhances their music skills, but also promotes communication and self understanding with others. Parents and teachers have also reported that students perform more stably and positively in their daily lives.

Conclusions. Case-based music teaching in primary and secondary schools has significant benefits for patients with schizophrenia. Through music education, these students can better communicate with the outside world, express themselves, and have a deeper understanding of themselves. It is recommended to further explore the diverse applications of music teaching in the field of special education.

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Art education on students' ADHD in the era of self-media

Rui Guo¹ and Qibing He^{2*}

¹Huaibei Normal University, Huaibei 235000, China and ²University of Electronic Science and Technology of China, Chengdu 611731, China

*Corresponding author.

Background. Students cannot concentrate too much in their adolescence. With the popularization of self-media, high school students' attention is attracted by diverse information, leading to the symptoms of attention deficit hyperactivity disorder (ADHD) appearing or worsening among those students. Art education, as a multimodal discipline, has the potential to assist students in directing their attention and mitigating the symptoms associated with ADHD.

Subjects and Methods. The research encompassed 150 high school students diagnosed with ADHD, meticulously selected as participants. These students were subsequently allocated at random into three distinct groups: Experimental Groups A and B, as well as a Control Group, with each group consisting of 50 participants. The Control Group remained devoid of any specific interventions, while Experimental Group A underwent traditional behavioral therapy. In contrast, Experimental Group B received an augmented approach, involving an art-centric

curriculum intertwined with behavioral therapy principles. The evaluation of the intervention's efficacy was undertaken through established ADHD assessment scales and feedback garnered from teachers.

Results. After three months, all groups participating in the treatment showed improvement in ADHD symptoms. Moreover, experimental group B showed significant improvements in attention concentration, impulse control, and social behavior compared to the other two groups. In addition, the academic performance and artistic creativity of experimental group B have also been improved.

Conclusions. In the era of self-media, the role of high school art education takes on a pivotal significance, offering a potent instrument to aid in the concentration of ADHD-afflicted students and improve social skills. The amalgamation of traditional behavioral therapy and art education may provide a more comprehensive and effective treatment plan for this special group.

Educational psychology on the construction of music curriculum system: taking borderline personality disorder and personality splitting students as examples

Xiaosong Jia

Jining Normal University, Wulanchabu 012000, China

Background. Art therapy is a unique and magical psychological treatment method with a particularly significant therapeutic effect on patients with mental illness. Under the pressure of employment and life, many students may experience psychological problems to some extent. And the psychological development of educational teaching methods is the future academic development trend. The research focuses on the music curriculum system, combining it with educational psychology theory to explore teaching paths and teaching courses with drug therapy to assist in treatment.

Subjects and Methods. The study selected 200 college students with borderline disorders and personality split as the subjects and divided them into experimental and control groups. The control group received traditional medication treatment and received routine music education. Based on the control group, the experimental group reformed the music teaching curriculum system to assist in therapy. The treatment cycle is 16 weeks.

Results. The study used the Personality Diagnosis Questionnaire (PDQ-4+) as an evaluation tool and processed the data using SPSS23.0 software. The results showed no statistically significant difference in the baseline PDQ-4+edge subscale scores between the two groups of patients before intervention ($P>0.05$). After intervention treatment, the marginal symptoms of both groups of patients were improved, and the improvement effect of the

experimental group was significantly better than that of the control group ($P < 0.05$).

Conclusions. Considering the path reform of educational psychology in the construction of the music curriculum system and incorporating it into the treatment of students with borderline personality and personality split can effectively alleviate their symptoms.

Folk art creation and painting teaching on the rehabilitation effect of depression patients

Yi Jiang

Sichuan University of Science & Engineering, Zigong 643000, China

Background. Painting therapy uses nonverbal tools to meet the psychological needs of painters, with emotional, visual, and motivational characteristics. Integrating painting therapy into the teaching of folk art creation enriches students' emotional experience, effectively alleviates their tense psychology, increases their confidence in innovation, and promotes their healthy psychological development.

Subjects and Methods. The study selected 90 patients with depression who were in the recovery stage and were treated at our psychological clinic from January 2022 to December 2022. Randomly divided into two groups: the experimental group and the control group. The control group received medication and routine care, while the experimental group received folk art creation and painting therapy on top of the control group. The treatment period for both groups is three months. After treatment, patients will be followed up to assess their depressive symptoms.

Results. The study used the Hamilton Depression Scale (HAMD) and Social Deficiency Screening Scale (SDSS) as evaluation criteria. Use SPSS23.0 software for data statistics. The results showed a significant score difference between the two groups after treatment ($P < 0.05$). The experimental group continued to show a significant decrease ($P < 0.05$) after six months and one year of follow-up, while the control group showed no significant decrease ($P > 0.05$).

Conclusions. Relying solely on medication treatment and rest is difficult for patients with depression to recover, while painting therapy can effectively alleviate their depressive symptoms and improve their daily life.

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Analysis of the guiding effect of image dissemination on students with autism

Xuebing Qin¹ and Zhibin Jiang^{2*}

¹East China Normal University, Shanghai 200241, China and ²Shanghai International Studies University, Shanghai 200083, China

*Corresponding author.

Background. Childhood autism is a severe and widespread disorder characterized by social interaction disorders, speech development disorders, and language communication deficits accompanied by stereotypical behavior. The growth of children with autism requires guidance, and video images greatly appeal to children due to their rich content and images. The video has brought about changes in popular culture and can spread positive influences and values.

Subjects and Methods. The study selected 90 children with autism in our hospital and randomly divided them into experimental and control groups. The control group received conventional treatment, while the experimental group received auxiliary treatment guided by imaging and video based on the control group to alleviate symptoms of autism in children. The treatment lasted for 16 weeks, and after the end of the treatment, the symptoms of autism in both groups of patients were evaluated and analyzed.

Results. The study used SPSS23.0 software to analyze data statistically, and the results showed that the experimental group that applied image dissemination to adjuvant treatment for autism patients had a significant increase in indicators such as social communication, cognitive ability, and emotional understanding ability after treatment ($P < 0.05$). After the intervention, the control and experimental groups showed a decrease in the values of various indicators, with the experimental group showing a more significant decrease ($P < 0.05$).

Conclusions. The method of image dissemination has a specific guiding effect. In treating students with autism, this method can effectively alleviate children's symptoms and provide new ideas for treating autism.

The life impact of mindfulness training on employees with mental anxiety disorders

Tao Han¹, Dongwei Kang^{2*}, Ying Han² and Yuxuan Liu²

¹Hannam University, Daejeon 34430, Korea and ²Hebei University of Engineering, Handan 056038, China

*Corresponding author.

Background. Mindfulness training helps employees better cope with work and life stress by enhancing individual attention and self-awareness. At the same time, mindfulness training can help