

attitude, and actively solve difficulties when facing difficulties. In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, 4 means sufficient influence, in order to reduce the impact Individual subjective causes large errors. A test was conducted on all 100 children in a kindergarten in a city, and the average was finally selected, and the result was determined by rounding. The results of the interview were counted with Excel software.

**Results:** There are five main reasons for children suffering from mental illness, genetic factors, mental stimulation, living environment, physical factors and physiological factors. Table 1 integrates child and adolescent psychiatry into the preschool education curriculum and analyzes the mental state of preschool children, as shown in Table 1. The genetic factor is that the parents or other relatives have severe mental illnesses such as schizophrenia, so children will have a high chance of suffering from mental illnesses. In general, the more blood relatives, the higher the incidence, so it has no effect. The living environment is the current life of the child after birth. Anything that appears around will be transmitted to the central nervous system through the senses and produce corresponding emotional and behavioral responses. If the child's living environment is not good, the parents often quarrel or leave the mother to an unfamiliar environment, it may cause mental illness due to long-term adverse stimulation and insecurity, so the impact is general. And mental stimulation, physical factors and physiological reasons can be improved through the integration of child and adolescent psychiatry.

**Table 1.** The influence of child and adolescent psychiatry on the behavior of preschool children.

Type	Genetic factors	Mental stimulation	Living environment	Physical factors	Physiological reasons
Preschool children	0	4	2	4	3

**Conclusions:** Childhood mental illness, also known as “child mental illness”, is a type of mental illness, often showing some special words and deeds, such as flicking and rotating objects. It has been recognized that the three subtypes are late-onset psychosis, which is similar to adult psychosis and occurs in late childhood and adolescence. The diagnosis and treatment methods are similar to adult psychosis; schizophrenia, which often occurs around 4 years old, is accompanied by social withdrawal symptoms. And the loss of social skills, including loss of speech ability, is mainly caused by the decline of the central nervous system, and its treatment is mainly with sedatives; infant autism, common children with schizophrenia and childhood depression. Therefore, by integrating child and adolescent psychiatry into the preschool education curriculum, the occurrence of adolescent mental illness can be effectively prevented. In daily life, such as genetics, mental stimulation, environmental factors, physical factors, etc., can induce mental illness. Therefore, parents must create a good growth environment for young people, and when the child is hit by a certain kind of shock, they must promptly guide and comfort them. In addition, regular physical exercises for preschool children are required to enhance physical fitness and reduce the incidence of mental illness.

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## ANALYSIS OF THE INFLUENCE OF COMMUNITY MANAGEMENT MODE ON THE MOOD OF DEPRESSION PATIENTS

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**Background:** Depression is a typical psychological and psychiatric disease, with significant and lasting depression as the main clinical feature, and the physical and mental health of patients have been greatly affected. Depression is one of the types of affective disorders, and the most significant feature is usually low mood. The degree of depression varies among patients. The milder manifests as insomnia, depression, lack of pleasure, etc. The severer usually has more severe emotional ups and downs, and the mental activity of the patient is obviously in a state of depression. After a certain degree, even suicidal tendencies may

appear. With the acceleration of the pace of aging in our country and the increase in life pressure, the incidence of depression is gradually increasing. Although antidepressant drugs play an important role in improving the clinical symptoms of patients with depression, the overall quality of life of patients is poor, and the recurrence rate after discharge from the hospital is high. The community management model is a care model that extends hospital services to patients' families. It helps solve the health problems of patients after discharge, can effectively improve the quality of life of depressed patients after discharge, and is of great significance to reducing the recurrence rate of patients.

The community management model mainly refers to the material carrier and operation method by which the community management activities composed of the relevant management organizations of the community and their respective specific management functions can be effectively carried out. The community management model is an external manifestation of the community management system, which takes the corresponding organization and its functions as its basic content. The establishment of community management mode has its historical causes and changes with the development of social economy and environment. The development of a corresponding community management model for depression patients can effectively improve the adaptability of depression patients and promote their own development.

**Objective:** With the development of society and economy, the pressure of competition has increased, and the characteristics of high prevalence, high recurrence rate, and high disability mortality rate of depression have become more and more obvious. Therefore, in-depth analysis of the impact of the current community management model on the mood of patients with depression is undoubtedly of great significance for improving the living standards of patients with depression and stabilizing social development.

**Subjects and methods:** Analyze the influencing factors of depression patients' emotions through the community management model, and 300 depression patients as the survey objects. Using questionnaires to analyze patients with depression, it includes five aspects: psychological field, life field, environmental field, independence field and social relations field. The scale has good reliability and validity. The total score is 10 points. The higher the score, the better the effect of the community management model.

**Results:** The mental world of patients with depression mainly includes five areas, the psychological field, the life field, the environmental field, the independence field and the social relations field. Specific analysis of the mental impact of the community management model on patients with depression, as shown in Table 1. Through the development of supporting community management models, the quality of life of patients with depression can be effectively improved. The community management model has shown special effects on mental illness and depression. As an important part of the treatment of depression, the community management model can effectively improve the perception, mood, behavior and physiology of depression patients, and is beneficial to promote depression Rehabilitation of patients with disease.

**Table 1.** The mental impact of the community management model on patients with depression.

Type	Psychological field	Life field	Environmental field	Field of independence	Social relations field
Depressed patients	8	9	7	6	8

**Conclusions:** Depression is a relatively common disease in psychiatrics, involving various obstacles in perception, thinking, emotion, and behavior, as well as abnormal mental activity, which seriously affects the quality of life of patients. Depression has become an unavoidable social problem in the 21st century. Patients with depression need long-term medication. Misunderstanding of the disease, adverse drug reactions, and lack of family support systems are the main reasons for the poor efficacy of patients and the increase in recurrence rate. The role of the community management model on the specific emotional stability of patients with depression. By clarifying the positioning of the community, the positioning of the community can be reduced, and the scope of activities for patients with depression can be expanded to integrate them into community life. At the same time, a reasonable way of dividing the community is adopted, and the community is divided into four main types: one is the "block-type community" divided according to the natural area of the residents and the unit. In this community, it is necessary to increase the entertainment activities for the depressed patients and enrich them. The spiritual world; the second is a "community-type community" with a closed residential community as a unit, which requires specialized personnel to conduct regular visits to patients with depression in order to understand the psychological state in time; third, the main "unit-type community" can help depression patients get out of their homes and contact the society through the guidance of employees and friends; fourth, according to the different functional characteristics of the district, it can use high-tech development zones, financial and commercial development zones, cultural streets, and commercial districts. The divided "functional communities" need to improve supporting facilities, make psychological and life changes for patients with depression, and improve their sense of social integration. In summary, the community management model expands the field

of nursing services and extends the concept of clinical holistic nursing. Through the community management model, the negative emotions of patients with depression have been improved, and the quality of life of patients has been improved.

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## THE REFINED MODEL OF SMART SERVICE-ORIENTED COMMUNITY GOVERNANCE: TAKING THE EMOTIONAL CONTROL OF PATIENTS WITH DEPRESSION AS AN EXAMPLE

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**Background:** According to relevant data from the World Health Organization: “By 2020, depression in the elderly will become the second largest human killer after cancer, and 50% to 70% of elderly people will commit suicide due to depression in the elderly.” Depression is a mental illness characterized by persistent depression of mood and emotion. Its main characteristics are: persistent depression, slow thinking, decreased volition and accompanying physical symptoms as the main manifestations. If depression cannot be promptly and appropriately dispatched, it will seriously threaten the patient’s physical and mental health. The refined model of smart service-oriented community governance is to establish a mental health service station, which uses the community as a unit to maintain and promote the mental health of the residents through relevant theories, methods and techniques of psychology. By vigorously developing community mental health services, the mental health and social adaptability of community residents can be effectively improved, and the occurrence of mental disorders, mental illnesses and abnormal behaviors can be reduced.

China’s community health services have been in operation for many years, although almost all community doctors believe that the prospects for developing mental health services are very optimistic in terms of economic and social benefits. However, as far as the current development is concerned, the development of community mental health services is relatively lagging and there are many shortcomings. Of course, there are many factors that affect the development of community mental health services. For example, most community health service centers have almost no independent mental health service specialist outpatient clinics, or even some necessary psychological measurement tools; community residents’ misunderstanding of psychological problems also leads to Community mental health services have not been paid attention to the important influencing factors of alienation and neglect; in addition, the narrow coverage of mental health services, the single development method and other factors make the development of community mental health services difficult. Therefore, it is very important to build a smart service-oriented community, and at the same time, mental health service personnel should also have the ability to diagnose and treat common psychological problems.

**Objective:** In the era of big data, if a smart service-oriented community can be established, negative emotional tendencies can be detected in time, and reading therapy can be implemented for early depression symptoms, it will be of great benefit to maintaining people’s mental health and preventing the occurrence of mental illness. Therefore, in-depth research and analysis of the refined model of smart service-oriented community governance can effectively study the emotional control factors of patients with depression, which is of great significance to the analysis of the emotions of patients with depression.

**Subjects and methods:** The influencing factors of depression patients’ emotions were analyzed through the refined model of smart service-type community governance, and 500 depression patients were taken as the survey subjects. Using questionnaires to analyze the emotions of patients with depression, it includes three aspects: cognition, emotion and behavior. In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, and 4 means sufficient influence.

**Results:** By analyzing the impact of the smart service-based community management model on patients with depression (shown in Table 1), the effect can be effectively known. The smart service community can effectively integrate resources, comprehensively integrate various information channels, and achieve “one-stop” services for residents, effectively improving the cognitive level of patients with depression; through harmonious overall planning and refined management, it can collect residents’ information This kind of data is used to analyze the mood of patients with depression; through benign interaction, a communication circle is formed within the community, so that patients with depression can integrate into the community, improve their behavioral expression ability, and realize the organization and management of the community.