

## APPLICATION OF GARDEN LANDSCAPE VISIT IN THE TREATMENT OF PATIENTS WITH DEPRESSION

Qingfeng Mo & Xixian Liang

*Faculty of Science and Engineering, Guangxi University Xingjian College of Science and Liberal Arts, Nanning 530005, China*

**Background:** Depression refers to the emotional disorder or affective disorder caused by various reasons with depression as the main symptom. In other words, depression is a clinical symptom or state-centered on self-experience of depression. Depression has the characteristics of high prevalence, high recurrence rate and high suicide rate. The domestic epidemiological survey of mental diseases shows that the lifetime prevalence of depression is 5.2%-16.2%. About three-quarters of patients are at risk of lifelong recurrence. It can be seen that the harm of depression is huge, and research is necessary. A clinical feature of patients with depression is that they will pay attention to those disturbing events. Recent cognitive studies try to clarify the essence of this phenomenon. Maybe it is just their emotions that make them experience more negative events. However, this phenomenon may also be caused by deviations in some cognitive processes. Maybe they will selectively focus on these events in life, or maybe they think too much about the details of these negative events, which makes it easier for them to remember negative events and enhance depression. So far, the etiology and mechanism of depression are not clear. Because people's thoughts, reasoning, attitudes, the way they explain things, and the way they recall information will increase the risk of depression, and the core symptoms of depression are emotional and cognitive impairment. The cognitive impairment of patients with depression is mainly the decline of attention and memory. Most patients with depression complain of memory and inattention. Even if the symptoms of depression are significantly reduced, they still can't cope with their daily work. Patients with depression have no impairment in short-term memory and recognition, but there are obstacles in free memory. Although they can encode information, specific recall processes are impaired. In short, depression has a serious impact on people's normal life, which should be paid special attention to.

Relevant studies have pointed out that garden landscape visits have important effects on alleviating the disease symptoms of patients with depression, and there are rehabilitation garden landscapes specially used for the rehabilitation treatment of patients with depression. The so-called rehabilitation garden landscape refers to that designers use the planted garden plants, the set activity places, the overall environment of the garden and other means to give full play to the regulation function of the natural environment, promote the gradual improvement of people with special rehabilitation needs, achieve the purpose of rehabilitation of depression, and make such people obtain good treatment results. In short, psychotherapy function is the main feature of rehabilitation landscape. Therefore, from this point of view, excellent rehabilitation landscape design should not only have good environmental construction, but also skillfully use people's psychology to maximize the people who need rehabilitation to obtain better environmental governance effect. In view of this, this study constructed a treatment plan for depression based on garden landscape visit, so as to promote the development of physical and mental balance of patients with depression, help patients release the pressure they bear, relax the mood of patients with depression, and realize the effective treatment of depression.

**Objective:** Based on the garden landscape visit, the treatment scheme for patients with depression is constructed to improve the psychological development of patients as much as possible, so as to enhance the rehabilitation effect of depression treatment.

**Research objects and methods:** 160 patients with depression were randomly divided into control group and experimental group, with 80 patients in each group. Combined with HAMD depression scale, the depressive symptoms of the two groups were measured. The scale has five factors: blocking factor, cognitive impairment, sleep difficulty, somatic anxiety and significant weight loss. The control group was intervened in the conventional treatment mode, while the experimental group was intervened in the garden landscape visit treatment mode on the basis of the conventional treatment mode. The intervention period was 1 month. The improvement of depressive symptoms of the two groups were compared and analyzed.

**Methods:** Complete the data analysis through SPSS19.0 data statistical analysis software.

**Results:** Table 1 shows the improvement of depressive symptoms in the two groups. Compared with the control group of routine intervention, after the intervention of garden landscape visit treatment mode, the depressive symptoms of patients in the experimental group were improved more significantly, and there was significant difference between the two groups ( $P < 0.05$ ).

**Conclusions:** Depression has a serious impact on people's normal life, and all sectors of society should pay special attention to it. For the treatment of depression, this study constructed a treatment scheme based on garden landscape visits. The results show that compared with the conventional treatment scheme, the garden landscape visit treatment scheme has obvious advantages in improving the symptoms of patients

with depression, which is worthy of popularization and application.

**Table 1.** Improvement of depressive symptoms in the two groups (n=160)

Dimensions of anxiety measurement	Control group (n=80)	Experience group (n=80)	P
Retardation factor	23.47	17.44	<0.05
Cognitive impairment	24.34	16.49	<0.05
Difficulty sleeping	23.46	15.44	<0.05
Somatic anxiety	23.35	15.49	<0.05
Significant weight loss	23.47	16.44	<0.05

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## THE CURATIVE EFFECT OF ROCK COLOR PAINTING TEACHING ON PATIENTS WITH ANXIETY DISORDER

Jianyu Wang

*Academy of Fine Arts, Langfang Normal University, Langfang 065000, China*

**Background:** Modern medicine believes that anxiety is related to genetic factors. Anxiety can be found in the families of patients with anxiety. It is an organic disease with physiological and biochemical abnormalities in the brain, especially in the amygdala, hippocampus, hypothalamus and frontal cortex. The role of other brain structures in the development of anxiety. This may be the result of overactive anxiety, but it is not the result of overactive anxiety. In biochemistry, anxiety may be related to the interaction of a variety of neurotransmitters, including norepinephrine, serotonin and GABA. It may also be related to the increase of corticosteroid concentration in the blood and the disorder of central monoamine neurotransmitter metabolism or neurotransmitter system. In the treatment of depression, conventional treatment methods include: norepinephrine and serotonin reuptake inhibitors, benzodiazepines, selective serotonin reuptake inhibitors, and other drugs (antipsychotics, antiepileptics). There are many effective drugs for the treatment of anxiety disorders, mainly including Antidepressants Sertraline, Paroxetine and Venlafaxine, Escitalopram, Duloxetine and Imipramine, Buspirone in Azaspiron, Alprazolam, Diazepam, Lorazepam and Brozepam in Benzodiazepines, Antiepileptic drug Pregabalin, Antihistamines, Hydroxyzine, etc. In short, the clinical manifestations of anxiety disorder are chronic anxiety disorders such as tension, excitement of autonomic nerve function and excessive vigilance, accompanied by a series of symptoms such as muscle tension, autonomic nerve disorder and exercise anxiety, which last for a long time. It is generally believed that over compensation for negative emotions can lead to anxiety disorder. With the development of social economy, people's life and work pressure is increasing. The incidence rate of anxiety disorders is also increasing.

Rock painting refers to the painting works carried out on paper, cloth, board, metal and wall with colored grindstone or colloidal powder as the main medium. Rock paintings painted and carved on rocks all over the world vividly record the daily life and spiritual and cultural beliefs of primitive ancestors. Its existence has greatly made up for the lack of historical materials and restored the rich and colorful life pictures of primitive ancestors. It can be said that rock paintings appear in a macro form, similar to environmental art or earth art. Therefore, the accumulated space-time energy is significantly higher than that of ordinary primitive art forms. Rock painting has experienced a long historical evolution, which can be said to be the treasure of Oriental culture. Although there are ups and downs, it has achieved sustainable development in Japan and Taiwan after all. As an ancient form of painting, rock painting once again attracted the attention of Chinese painting circles and began to explore. Relevant studies have pointed out that rock color painting is of great significance in the treatment of patients with anxiety disorder because of its far-reaching spiritual connotation and long-standing cultural heritage. In view of this, this study launched the application effect of rock painting teaching on the treatment of anxiety disorder, so as to provide a new direction and new ideas for the treatment of anxiety disorder.

**Objective:** In order to increase the methods and schemes of clinical treatment of anxiety disorder, the research on the treatment of anxiety disorder based on rock color painting teaching is carried out, which aims to improve the treatment effect of anxiety disorder and provide a new idea and direction for the treatment of anxiety disorder in the future.

**Research objects and methods:** 60 patients with anxiety disorder were randomly divided into control group and experimental group, with 30 in each group. The patients' anxiety symptoms were measured with