

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

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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

the Self-rating Anxiety Scale (SAS). Among them, the control group adopted the conventional treatment mode, while the experimental group added rock color painting teaching content intervention in the conventional treatment mode for 6 months. The improvement of anxiety symptoms of the two groups were compared and analyzed.

Methods: Complete the data analysis through SPSS23.0 data statistical analysis software.

Results: Table 1 shows the improvement of anxiety symptoms in the two groups after 6 months of intervention. Compared with the control group with routine treatment, the anxiety symptoms of patients in the experimental group improved more significantly after rock painting intervention, and there was significant difference between the two groups ($P < 0.05$).

Table 1. After 6 months of intervention, the anxiety symptoms of the two groups improved ($n=60$)

Factor	Control group ($n=30$)	Experience group ($n=30$)	P
Somatization	2.38±0.47	1.37±0.48	0.00
Obsessive compulsive symptoms	2.64±0.59	1.62±0.58	0.00
Interpersonal sensitivity	2.75±0.61	1.66±0.61	0.00
Depressive status	2.69±0.59	1.52±0.60	0.00
Anxiety state	2.47±0.43	1.39±0.43	0.00
Hostile situation	2.54±0.55	1.45±0.56	0.00
Psychological state of terror	2.36±0.41	1.25±0.43	0.00
Paranoid mental state	2.44±0.56	1.43±0.57	0.00
Psychotic	2.29±0.42	1.28±0.43	0.00

Conclusions: The accumulated space-time energy of rock painting is significantly higher than that of ordinary primitive art forms. Rock painting has experienced a long historical evolution and can be said to be the treasure of Oriental culture. 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 was carried out. The results show that after the implementation of rock painting teaching intervention, the anxiety symptoms of patients with anxiety disorder have been significantly improved, because it can provide new ideas and new directions for clinical treatment of anxiety disorder. In short, because of its profound spiritual connotation and long-standing cultural heritage, rock color painting is of great significance in the treatment of patients with anxiety disorder.

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INFLUENCE OF PROJECT-BASED TEACHING OF “PHOTOGRAPHY” COURSE ON STUDENTS’ PSYCHOLOGICAL COGNITIVE IMPAIRMENT IN HIGHER VOCATIONAL COLLEGES

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Background: According to psychological theory, cognitive disorder is a psychological disorder developed from the perspective of cognitive psychological disorder. Psychological cognitive disorder can be called a neurocognitive disorder. Patients mainly have psychological disorders in problem solving, perception, memory, learning and so on. In the field of medicine, psychological cognitive impairment is defined as six cognitive impairments: social cognition, complex attention, language, perceptual motor function, learning and memory, and executive function. Individuals usually have a decline in these cognitive abilities, and in severe cases, they can have a brain decline. At present, the pathogenesis of the disease is still controversial. Mature theories believe that the cognitive neural process of patients with psychological cognitive impairment can analyze the relationship between psychological impairment and behavioral inhibition. These psychological and emotional responses related to stimuli include a variety of cognitive neural processes, such as attention process, working memory, consciousness and so on. Some studies believe that mental problems such as social anxiety, social fear, panic disorder, compulsion and depression are caused by psychological cognitive impairment. Psychological cognitive impairment is a disease that clinical