

education specialty, at the same time, it can also alleviate students' psychological anxiety, improve the mental health level and quality of higher vocational college students, and promote the all-round development of the comprehensive quality of higher vocational college students.

Objective: Through the statistical analysis of the mental health status of students majoring in preschool education in higher vocational colleges, to understand the level of psychological anxiety of students in higher vocational colleges, and to analyze the causes of psychological anxiety of students in higher vocational colleges in combination with family, social background and other factors. Based on the analysis of the current situation and incentives of students' psychological anxiety in higher vocational colleges, this paper puts forward the direction of innovative development of preschool music education in higher vocational colleges, and expects to alleviate the psychological anxiety of students in higher vocational colleges through the reform and optimization of music education of preschool education major in higher vocational colleges.

Research design: With the help of the review and investigation activities of higher vocational college students' mental health level carried out by a city in 2021, this paper grasps the mental health level of higher vocational college students at this stage, understands the current situation of higher vocational college students' psychological anxiety, analyzes the causes of students' psychological anxiety, and discusses the entry point of alleviating higher vocational college students' psychological anxiety. Combined with the analysis of students' psychological anxiety in higher vocational colleges, using the evaluation method of artificial neural network and the powerful data mining and deep learning ability of BP neural network, this paper analyzes the effect of preschool music innovation education in higher vocational colleges on alleviating students' psychological anxiety. The research uses BP neural network to construct the preschool music innovation education model, takes the psychological anxiety status data of higher vocational college students as the model input vector, obtains the changes of higher vocational college students' psychological anxiety under preschool music innovation education, and analyzes the role of preschool music innovation education in higher vocational colleges in alleviating students' psychological anxiety.

Results: The review results of psychological anxiety of students in higher vocational colleges are shown in Table 1. The psychological anxiety of students in higher vocational colleges is generally high.

Table 1. Review results of psychological anxiety of students in higher vocational colleges

Survey object	Freshman	Sophomore	Junior	Senior
Family anxiety	4	3	3	4
Academic anxiety	4	3	4	3
Employment anxiety	3	4	3	4

Conclusions: With the advancement of social process and increasing social pressure, the mental health status of higher vocational students is not optimistic, and the number of higher vocational students with various psychological disorders such as psychological anxiety is increasing. The fundamental purpose of education is to cultivate high-quality compound talents needed by society under the needs of the times. Therefore, higher vocational education must pay attention to students' mental health problems and actively alleviate students' psychological anxiety and other negative psychological states through various ways. Therefore, research on the innovation and reform of preschool music education in higher vocational colleges, through the special form of music, through various music education and teaching activities for students, improve students' aesthetic consciousness and music appreciation ability, so as to alleviate students' psychological anxiety.

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EFFECT OF LITERATURE THERAPY ON DEPRESSION OF COLLEGE STUDENTS

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Background: With the development of urbanization, the psychological pressure of urban residents is increasing day by day. At present, there are nearly 350 million patients with depression worldwide, and the number of suicides caused by depression has reached about 1 million every year. According to the clinical characteristics of high recurrence and difficult diagnosis of depression, as well as the social and

psychological characteristics that have not been paid attention to by the majority of social groups. There are still a large number of potential depression groups around the world who have failed to successfully diagnose depression. Depression has become an important mental health problem to be solved all over the world. Depression is an affective mental disorder characterized by psychological symptoms such as depression, slow thinking speed and fading of personal will. On the one hand, patients themselves suffer from psychological depressive symptoms and concurrent symptoms brought by depressive symptoms, such as physiological changes and out-of-control behavior. On the other hand, they bear great psychological pressure in the social environment and are prone to negative emotions such as self-blame and inferiority complex. These negative emotions will have a serious impact on the treatment process of patients themselves. For patients with depression, the social environment cannot improve the individual's sense of well-being, but will continuously lower the individual's sense of well-being, and the low sense of well-being will further aggravate the symptoms of depression and form a vicious circle. Among all depressive symptoms, the impairment of social function has the most serious impact on the quality of life of patients. Therefore, in the clinical research of depression, some researchers have suggested that the final quality of life of patients with depression should be the focus of clinical trials. At present, there are both drug intervention and psychological intervention in the treatment of depression. Drug intervention often causes patients' physiological dependence, while psychological intervention is relatively more conducive to patients' physical and mental health. This study uses literary therapy to intervene the depression of college students, give play to the maintenance effect of literary works on human mental health, help college students with depression get rid of depression and establish a normal personal social life.

Objective: This study uses the mental health maintenance function of literary works to help college students get rid of depression by applying literary therapy to the treatment of depression among college students.

Subjects and methods: This study combines the factor analysis method with the experimental comparison method, studies the key factors that play an active role in the depressive symptoms of college students in the literary treatment method by means of correlation analysis and comparative analysis, and verifies the effectiveness of the literary treatment method.

Study design: This study analyzes the relationship between psychological elements and depression elements of literary works through factor analysis, establishes the specific intervention mechanism of literary therapy, and then analyzes the intervention effect of literary therapy through comparative experiments.

Methods: In this study, Excel was used to make statistics and analysis on the depression-related data of college students.

Results: The analysis of variance of different depression levels of college students before and after the test is shown in Table 1.

Table 1. Analysis of variance of different depression levels before and after test

Level	Light (M±SD)	Moderate (M±SD)	Severe (M±SD)	P	F
Pretest	0.523±0.026	0.652±0.027	0.705±0.006	0.000	65.332*
Post-test	0.478±0.045	0.468±0.055	0.675±0.022	0.011	6.187*

Note: * indicates $P < 0.05$, ** indicates $P < 0.01$, *** indicates $P < 0.001$.

In Table 1, there are extremely significant statistical differences in the comparison of different levels of depressive symptoms among college students before the test ($P < 0.01$), while there are extremely significant statistical differences in the comparison of different levels of depressive symptoms after the test ($P < 0.05$).

Conclusions: Drug intervention for depression often leads to the dependence of patients with depression on drugs. Once separated from drug maintenance, depressive symptoms are likely to relapse. Therefore, in addition to drug intervention, psychological intervention therapy for patients with depression is also very important. This study uses the maintenance effect of literary works on human mental health to apply literary therapy to the intervention of depressive symptoms of college students. Through literary works, literary works can meet the inner emotional needs of patients with depression from the perspective of aesthetic appreciation, promote patients with depression to have a deeper sense of happiness and enhance the inner richness of patients with depression in daily life. At the same time, literature can provide alternative satisfaction for the instinctive desire of patients with depression, help patients establish a more healthy and perfect personality and get rid of the influence of depression.

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EFFECTS OF PERIAPICAL PERIODONTITIS ROOT CANAL THERAPY ON PATIENTS' PSYCHOLOGY AND ANXIETY

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Background: Periapical infection is an infection caused by the necrosis of dental pulp under the influence of pulpitis, and the toxin enters the dental pulp tissue and destroys the apical foramen. There are acute and chronic periapical periodontitis. In the field of medicine, acute periapical periodontitis has a great impact on the physical and mental health of patients. In addition, the incidence of periapical periodontitis is not only pulp necrosis caused by late pulpitis, but also iatrogenic infection, external force and poor eating habits. In recent years, with the gradual increase of incidence rate of periapical periodontitis, the psychological anxiety of patients after illness has gradually increased, and the increase of patients' psychological anxiety has increased the infection degree of periapical periodontitis to some extent. Psychology believes that people's anxiety psychology is affected by external attention. In the long-term infection of patients with periapical periodontitis, the degree of destruction of dental pulp tissue is related to the degree of attention of patients. When patients receive more attention, their inner anxiety will increase rapidly, which will have a negative impact on the follow-up treatment and rehabilitation of patients.

With the proposal of root canal treatment technology, the treatment effect of periapical periodontitis began to be significantly improved. In the process of patient treatment, on the one hand, it is to carry out radical treatment for patients with periapical periodontitis, on the other hand, it is to regulate the psychological mood of patients. Previous studies have shown that in the radical treatment of patients with periapical periodontitis, radical treatment is divided into one-time and multiple treatments. One-time treatment is to take one-time treatment operation in the treatment to reduce the number of follow-up visits of patients. Multiple treatment is to take multiple operations in the treatment. Patients will have regular follow-up visits within a certain period of time after the first treatment, and they will be treated again during the follow-up visit. Only after the doctor determines that the treatment of periapical periodontitis is completed, there is no need for follow-up visits. For the psychological changes of patients during radical treatment of periapical periodontitis, some studies have pointed out that either one-time or multiple treatments can alleviate the psychological anxiety of patients, but it is worth mentioning that few studies have analyzed the differences of psychological anxiety after one-time and multiple treatments, It is impossible to understand the specific impact mechanism of radical treatment of periapical periodontitis on patients' psychological anxiety. Therefore, in order to scientifically and reasonably regulate the psychological anxiety of patients with periapical periodontitis, it is necessary to deeply study the regulation effect of one-time and multiple radical treatment, and select a more effective treatment scheme for patients.

Objective: To investigate the psychological anxiety status of patients with periapical periodontitis, and explore the impact of radical treatment on the psychological anxiety of patients with periapical periodontitis, so as to provide theoretical support for the follow-up treatment and mental health regulation of patients with periapical periodontitis.

Study design: Fifty patients with periapical periodontitis were selected for follow-up investigation. The patients' psychological anxiety was collected before the patients received radical treatment. SAS anxiety rating scale was used for anxiety evaluation, and excel was used to count the patients' psychological anxiety. After treatment, the patients were divided into one-time group and multiple groups according to the treatment methods received by the patients. The psychological anxiety of the two groups was investigated, and the inter group and intra group comparisons were made to evaluate the regulation effect of the two treatment methods on the psychological anxiety of the patients.

Table 1. Changes of psychological anxiety in patients

Group	Before treatment	After treatment	P
Disposable group	65.63±2.34	37.44±1.26	<0.05
Multiplicity group	67.32±2.11	52.44±1.43	<0.05
P	>0.05	<0.05	-

Results: Before treatment, there was no significant difference in anxiety score between the two groups, which was not statistically significant. After treatment, in the intra group comparison, the post-treatment anxiety scores of patients in the one-time group and multiple groups were significantly lower than those