

## 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

before treatment ( $P < 0.05$ ). In the comparison between groups, there were significant differences in anxiety scores between the one-time group and the multiple groups, and the anxiety scores of patients in the one-time group were significantly lower than those in the multiple group ( $P < 0.05$ ). See Table 1 for details.

**Conclusions:** Patients with periapical periodontitis will have obvious psychological anxiety before treatment. Regulating the psychological anxiety of patients has a significant positive effect on the follow-up treatment of patients. The study found that radical treatment can significantly alleviate the psychological anxiety of patients, and it can be seen that the use of one-time treatment can not only achieve the same radical effect as multiple treatment but also significantly reduce the psychological anxiety of patients. Therefore, in the treatment of patients with periapical periodontitis, one-time treatment should be the main treatment means to help patients with radical treatment and reduce patients' psychological anxiety at the same time.

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## STUDY ON THE INFLUENCE OF DEPRESSION REPORT ON THE MOOD OF PATIENTS WITH DEPRESSION

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**Background:** Depression is a kind of psychological disease with depression as the main symptom. The causes are emotional disorder, affective disorder and so on. At present, the clinical manifestations of depression are high prevalence, high recurrence rate and high suicide rate. The domestic epidemiological survey of mental diseases shows that the lifetime prevalence of depression is about 10%, of which 75% of patients are at risk of recurrence. Patients with depression will reduce their self-identity and deny their self-worth, show very negative emotions, and seriously affect their quality of life due to the long-term impact of negative emotions. The attention, memory and other cognitive functions of patients with depression will be damaged in varying degrees poor attention and memory function. Patients cannot achieve normal study, life and work when their condition is relatively mild. At present, the common intervention measures are offering lectures on professional knowledge of mental health and targeted personalized psychological intervention. The former popularizes common psychological problems and the adverse effects of psychological problems to patients through regular lectures on mental health knowledge, and provides patients with channels to obtain psychological assistance. The latter alleviates and improves psychological problems through active psychological intervention measures, and sets up a special psychological counseling room to complete psychological counseling. However, these depression intervention programs are difficult to implement, poor effect and low real-time, so it is difficult to fundamentally solve the psychological problems of patients with depression.

Some research reports claim that depression reports play a positive role in the treatment of depression patients' bad emotions. The reason may be that the thinking of patients with depression is easily affected by the external natural environment and human factors. If patients are in a negative environment for a long time, their thinking will be affected by negative factors, and their depressive psychological problems will further worsen. If patients with depression are in a positive and optimistic environment, their thinking, thoughts and behavior will be positively affected, which will reduce the degree of psychological depression. Depression report can be regarded as creating a positive environment for patients. Patients can understand the causes of depression, the intervention methods of depression, the characteristics of depression population, etc. Through depression report, which can alleviate the psychological problems of patients with depression to a great extent, help them see depression objectively and fairly and face it with a positive and optimistic attitude. In addition to displaying the relevant knowledge of depression diseases, depression reports will also share the actual cases of depression patients cured, which can build the confidence of depression patients to recover and enhance the determination of depression patients to recover themselves.

**Objective:** Analyze the effect of depression reports on the mood of patients with depression, improve the mental health level of patients, and improve the cure rate of patients with depression.

**Research objects and methods:** 200 patients with depression were randomly divided into control group and experimental group, with 100 patients in each group. The study used Hamilton Depression Scale (HAMD) to analyze the measurement of depressive symptoms of two groups of patients, and used the algorithm of ordering points to identify the clustering structure (options) to classify the improvement effect. The scale