

includes seven factors: despair, sleep disorder, block, day and night change, weight, cognitive disorder and anxiety. Set the evaluation index of improvement effect as no improvement, improvement and obvious improvement. The improvement rate is the ratio of the number of people and the total number of people at the two levels of improvement and obvious improvement. The control group took the routine psychotherapy mode for intervention, while the experimental group increased the report of depression on this basis. The whole intervention cycle was one month. The improvement of depressive symptoms of the two groups were compared and analyzed.

Methods: The latest version of SPLM data statistical analysis software was used to analyze the effect of depression reports on the mood of patients with depression.

Results: Table 1 shows the improvement of depressive symptoms in the two groups after the experiment. The depressive symptoms of patients in the experimental group improved more significantly, while the depressive symptoms of patients in the control group improved to a certain extent. Therefore, the introduction of depression report in the experimental group has a significant effect on the intervention of patients.

Table 1. The Improvement of depressive symptoms in the two groups after the experiment (%)

Dimensions of anxiety measurement	Control group (n=100)	Experience group (n=100)
Sense of despair	82.21	89.36
Sleep disorder	83.23	89.67
Block	82.36	90.22
Diurnal variation	85.32	91.23
Weight	84.35	92.31
Cognitive barriers	84.65	93.14
Anxious	86.35	92.14

Conclusions: Depression has a serious impact on people's normal life, and all sectors of society should pay special attention to it. The results show that compared with the general psychological intervention program, the psychological intervention program of depression report has obvious advantages in improving the symptoms of patients with depression, which is worthy of clinical application.

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EFFECT OF URBAN PUBLIC SPACE LANDSCAPE ON ADJUVANT TREATMENT OF PATIENTS WITH DEPRESSION

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Background: Depression is a psychological disease with high prevalence, high recurrence rate and high suicide rate. In clinical practice, patients can pay attention to the people, things and things around them that worry them. At present, there is no mature theory to explain the causes of depression. Analyze the reasons, which may be related to the negative emotions they have been exposed to in the past. Patients with depression are likely to focus on the negative emotions that make them sad, which will further aggravate their depression. A large number of medical studies have pointed out that the mood of patients with depression will be affected by their memories, thoughts, thoughts and other factors in their brain. At present, the common intervention measures are lectures on professional knowledge of mental health and personalized psychological intervention. Lectures on mental health knowledge can not only provide a channel for patients with depression to obtain psychological assistance, but also enable patients to understand and learn the adverse effects of common psychological problems and psychological problems on themselves and their relatives and friends. Positive psychological intervention measures need to be completed by setting up a special psychological counseling room. Psychological counseling can alleviate and improve the psychological problems of patients with depression. However, the implementation of these common depression intervention programs is difficult, the effect is poor, and the real-time performance is low. It is difficult to fundamentally solve the psychological problems of patients with depression. The effect of clinical application is not particularly ideal.

The latest research points out that urban public space landscape can play an important role in the intervention of patients with depression, and experts in the fields of spatial healing and psychological counseling have begun to apply this treatment. Urban public space landscape is a unique landscape formed for different regional styles, times, environment and so on. It has publicity, artistic value, social value, medical value and so on. The manifestations of urban public space landscape are landscape art, green environmental protection, urban sculpture, flexibility, public space field and so on. At present, the design elements usually contained in urban public space for patients with depression have attracted extensive attention from all walks of life. Healing urban public space has unique healing elements, landscapes and other natural scenery. These elements can not only cure patients through their senses, but also bring good spatial feelings to patients with depression. Therefore, the landscape design of urban public space should not only have good environmental construction, but also skillfully use people's psychology to maximize the effect of environmental governance.

Objective: Analyze the adjuvant treatment effect of urban public space landscape on patients with depression, in order to alleviate the symptoms of depression and provide some help for the adjuvant treatment of patients with depression.

Research objects and methods: 100 patients with depression were randomly divided into control group and experimental group, with 50 patients in each group. The study used Hamilton Depression Scale (HAMD) to measure the depressive symptoms of patients, and classified the improvement effect through Balanced Iterative Reduction and Clustering Using Hierarchies (BIRCH). The HAMD scale includes seven dimensions: despair, sleep disorder, block, day and night change, weight, cognitive disorder and anxiety. Each dimension is evaluated with a five-level scoring standard of 0-4 points. Set the improvement effect evaluation index into four levels: no improvement, slight improvement, improvement and obvious improvement. The improvement rate is the ratio of the number of people with slight improvement, improvement and obvious improvement to the total number of people. The control group took the general psychotherapy mode to intervene with the patients, while the experimental group increased the urban public space landscape intervention on this basis. The whole intervention lasted for 3 months. After the experiment, the improvement of depressive symptoms of the two groups were compared and analyzed.

Methods: Through the latest version of Epi Info data statistical analysis software, the improvement effect of urban public space landscape on patients with depression was analyzed.

Results: Table 1 shows the improvement degree of depression in the experimental group in the whole experimental cycle. The depressive symptoms of patients in the experimental group improved significantly, and the degree of improvement was gradually obvious with the increase of treatment time. Therefore, the introduction of urban public space landscape in the experimental group has an obvious effect on the intervention of patients.

Table 1. The Improvement of depressive symptoms in the two groups after the experiment (%)

Dimensions of anxiety measurement	After 1 month	After 2 months	After 3 months
Sense of despair	82.21	85.36	89.36
Sleep disorder	82.36	86.57	91.23
Block	81.28	86.34	91.24
Diurnal variation	84.28	86.29	91.23
Weight	83.68	87.56	93.17
Cognitive barriers	85.21	84.16	89.35
Anxious	84.14	83.25	93.26

Conclusions: Patients with depression will not only have a significant impact on their physical and mental health, but also have a bad impact on the quality of life of their family and friends. Through the urban public space landscape, the degree of depression of patients can be greatly improved. This adjuvant treatment method has a certain promotion value in the intervention of depression.

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STUDY ON THE INFLUENCE OF DIFFERENT MODE TYPES OF MUSIC ON COLLEGE STUDENTS' ANXIETY PSYCHOLOGY

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