

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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Background: Anxiety psychology refers to people's emotional reflection caused by the serious deterioration trend of the value characteristics of real things or unknown things in the future. In other words, anxiety is a kind of negative psychological emotion generated by individuals for unknown or dangerous things, mainly including tension, worry, anxiety, worry, etc. Anxiety is mainly divided into two types: realistic anxiety and pathological anxiety. The former refers to people's basic emotional reflection in the process of adapting and solving problems, which will disappear with the disappearance of realistic threats or problems. The latter refers to anxiety without specific reasons, usually accompanied by obvious autonomic nerve dysfunction, continuous subjective pain, impairment of social function and other symptoms. College students are in a critical period of social role transformation and mental maturity, which is likely to produce serious tension under the influence of external pressure or setbacks. At present, a large number of college students will feel confused or uneasy about their employment prospects during the graduation season. They usually have difficulties in maintaining their concentration, losing interest in the things around them, excessive pride or inferiority. College students' anxiety psychology will have a huge negative impact on their study, employment and interpersonal communication, which is not conducive to the improvement of their professional ability and the realization of the goal of all-round development. In recent years, the positive influence of music on individual physical and mental health has been paid more and more attention. Music has been widely used in many fields, such as psychological counseling, clinical treatment and so on. Music has many types. Different types of music can convey different emotional or artistic expressions. Appropriate music can effectively alleviate tension to a certain extent, so as to eliminate anxiety and relax. The pitch, rhythm, melody, mode and timbre of music have strong diversity and richness, which can have different effects on people's emotions. In all the elements of music, mode is the best expression of music emotional characteristics, which can effectively arouse people's emotional changes and relieve their anxiety. In the process of diagnosis and treatment of college students' anxiety psychology, only relying on drug treatment cannot effectively alleviate their anxiety psychology, and it is difficult to obtain significant treatment effects. Therefore, nondrug treatment methods such as cognitive-behavioral therapy and acceptance commitment therapy need to be adopted. As an effective auxiliary treatment, music therapy not only has the characteristics of low cost and easy to control, but also plays a great positive role in alleviating college students' anxiety.

Objective: At present, college students face more external pressure and are prone to anxiety under the negative influence of pressure sources such as study and employment. Therefore, it is imperative to find an effective way to alleviate their anxiety. This study explores the music of different modes and applies it to the relief process of college students' anxiety, in order to effectively alleviate their anxiety and improve their mental health level.

Research objects and methods: 113 college students with anxiety psychology were randomly selected in colleges and universities to give them different mode types of music to explore the impact of different mode types of music on students' anxiety psychology, mainly divided into major fast, major slow, minor fast and minor slow. Self-assessment Manikin (SAM) and Hamilton Anxiety Scale (HAMA) were used to evaluate their anxiety psychology.

Research design: Using different modes of music as an intervention means to explore the changes in college students' anxiety before and after the intervention. Sam's rating standard is 1-9 points. The higher the score, the lower its pleasure. HAMA contains 20 evaluation items in total and adopts 5-level evaluation standard. From 0 to 4, it indicates asymptomatic, mild, moderate, severe and extremely severe. HAMA's score threshold for judging whether there is psychological anxiety is 14 points. If it is greater than 14 points, it means that the subject must be accompanied by anxiety.

Methods: The evaluation results were classified by MATLAB software and support vector machine algorithm, and the relevant scoring data were counted and analyzed.

Table 1. Evaluation results of Sam subscale of college students under different modes and types of music intervention

Intervention mode	Valence	Arousal
Fast in major	4.27±0.85	4.14±1.02
Slow in major	6.56±0.92	6.73±0.89
Minor fast	5.26±1.09	4.25±1.07
Minor slow	7.02±0.97	7.13±1.15

Results: Table 1 shows the SAM score results of college students under different modes and types of music intervention, mainly divided into two aspects: pleasure and arousal. According to Table 1, in terms of

the evaluation results of pleasure degree, the rapid intervention effect in major is the best, and its pleasure degree is the highest, indicating that the anxiety psychology of college students can be effectively alleviated. According to the evaluation results of arousal degree, the arousal degree of the fast major and fast minor is better, and the former has a more significant effect on the improvement of college students' anxiety psychology.

Conclusions: Different modes of music can have different degrees of positive effects on college students' anxiety psychology. Four modes of music can effectively alleviate college students' anxiety psychology, among which the rapid intervention effect of major is the best.

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EFFECT OF VISUAL COMMUNICATION DESIGN ON ANXIETY OF PATIENTS WITH DEPRESSION

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Background: Depression is a kind of psychological disease dominated by depression. It also shows decreased interest and depression. The most common pathogenic factor is mental disorder. Specifically, the typical symptoms of patients with depression include core symptoms, psychological symptoms and physical symptoms. The core symptoms include depression, decreased interest or loss of pleasure. Psychological symptoms include anxiety, thinking retardation, cognitive symptoms, self-blame and self-sin, attempted suicide and behavior, psychomotor changes and self-knowledge. Physical symptoms include sexual dysfunction, depression, light day and night, energy loss, eating and weight disorders, and sleep disorders. Depression patients have low self-identity and self-worth, which seriously affects the quality of life due to the long-term impact of negative emotions, and even suicidal tendencies in serious cases. Patients with depression have different degrees of impairment of cognitive functions such as attention and memory, which are manifested as poor attention and memory function. Patients cannot achieve normal study, life and work when their condition is relatively mild. According to the severity, type and quantity of depression, clinical medicine can divide depression into three types: mild, moderate and severe. According to the characteristics of different populations, depression can also be divided into postpartum depression, child depression and senile depression. Aiming at the etiology of the disease, relatively mature studies believe that the pathogenesis and psychosocial factors, genetics, brain imaging, neuroimmunology, neuroendocrine, biochemistry and so on.

At present, the common intervention measures are offering lectures on professional knowledge of mental health and targeted personalized psychological intervention. 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 effect of these common depression intervention programs is poor and the scope of application is greatly limited. The psychological problems of patients with depression cannot be fundamentally treated, and the effect of clinical application is not particularly ideal. Some research reports claim that visual communication design plays a positive role in the treatment of bad emotions in patients with depression. Visual communication design is the active behavior of transmitting specific things through visual form, which is usually realized with the help of two-dimensional space such as electronic equipment, color, illustration, graphic design, painting, logo and typesetting. In visual communication design, the visual symbols that human visual organs can feel have specific functions. The reason may be that the thinking of patients with depression is easily affected by the external natural environment. Covering green, red and another favorable visual impacts can make patients with depression in a relatively relaxed and comfortable range, which helps them temporarily stay away from their bad emotions and maintain the dimension of space that makes them happy and flexible.

Objective: To analyze the influence of visual communication design on the anxiety psychology of patients with depression, in order to improve the mental health level of patients and improve the cure rate of patients with depression.

Research objects and methods: 100 patients with different degrees of depression in two cities were selected as the research object. The mental health status of patients before and after the application of visual communication design was analyzed by Hamilton Anxiety Rating Scale (HAMA), and the anxiety of patients was analyzed by Density-Based Clustering (DENCLUE), which lasted for 6 months. The scale is divided into mental and physical factors, including a total of 14 items, and each item is evaluated by 4-level