

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

Longfan Cui

Academy of Fine Arts, Langfang Normal University, Langfang 065000, China

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

score. The higher the score on the scale, the more serious the anxiety of patients. The anxiety level is divided into four levels: no anxiety, possible anxiety, obvious anxiety and serious anxiety. The improvement rate was selected as the final evaluation index.

Methods: The effect of visual communication design on anxiety of patients with depression was analyzed by the latest version of SASD data statistical analysis software.

Results: Table 1 refers to the improvement rate of anxiety psychology of patients with depression before and after the application of visual communication design. It can be seen from Table 1 that the anxiety psychology of patients with depression has been significantly improved after the intervention of visual communication design, and the improvement rate has increased significantly over time, mainly because visual communication design can reduce the psychological anxiety of patients with depression to a certain extent through diversified visual symbols.

Table 1. Improvement rate of anxiety in patients with depression before and after the application of visual communication design

Mental health indicators	After 1 month	After 3 months	After 6 months
Spirituality	81.0	86.0	89.0
Somatization	82.0	87.0	92.0

Conclusions: The Institute proposed that visual communication design can improve the psychological anxiety of patients with depression, and this method can have strong popularization value in the anxiety intervention of patients with depression. Later, this method can be applied to the intervention of patients with other types of depression, so as to maximize the scope of application.

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THE NECESSITY OF PSYCHOLOGICAL COUNSELING IN POSTOPERATIVE NURSING OF BURN AND SCALD

Bei Ge, Jingjing Zhang & Jingjing Yuan

Burn Plastic Surgery Department of the Main Department, Qingdao Municipal Hospital, Qingdao 266011, China

Background: Burn and scald is a special type of surgical diseases. Burns and scalds are mostly sudden and unexpected. Patients often have a variety of negative emotions, which lead to psychological problems. Such as tension, anxiety, fear, irritability, etc. Burns and scalds are mostly accidents. Patients do not have enough psychological preparation and psychological buffer zone. Coupled with the lack of burn knowledge, patients cannot correctly face their own injuries, which will produce anxiety. The pain, the change of appearance, the worry about the future and the fear of death will make the patients have the psychology of fear and fear. After operation, continuous pain, dressing change, dressing, venipuncture and other nursing work will lead to irritability of patients. Burn patients need surgery for complete treatment, and patients generally lack relevant knowledge of burn surgery, resulting in patients' fear of surgery. In addition, due to the unacceptability of accidents, patients will also have negative emotions such as anger and depression. The above psychological problems will lead to anxiety symptoms. The treatment compliance of anxiety patients will be reduced, which will slow down the recovery speed of patients, cause greater economic burden for patients' families, and waste medical resources at the same time. Therefore, it is necessary to conduct psychological counseling for patients.

Behavioral psychology is a subject that studies the relationship between human behavior and psychological activities. Behavioral psychology holds that human behavior is an active and conscious behavior under the guidance of consciousness. Human consciousness is composed of intention and cognition, which is the result of the interaction of these two factors. Based on behavioral psychology, the study analyzes the behavior patterns and psychological laws of patients, and then formulates targeted psychological counseling strategies to alleviate the negative emotions of patients. Including: establishing a good doctor-patient relationship with patients, rational use of nonverbal communication, minimize the pain of patients during operation. Carry out corresponding medical knowledge education for patients. Psychological counseling based on behavioral psychology can effectively alleviate the anxiety of patients, improve the recovery speed of patients, reduce the economic burden of patients' families, and save hospital medical resources.