

improved significantly after the implementation of structural group cognitive behavior therapy, and there was significant difference between the two groups.

Table 1. The depression of the two groups of college students improved before and after the intervention

Project	Experience group	Control group	P
Total score of help seeking attitude	90.95±11.69	99.96±10.88	<0.05
Total score of social recognition	72.20±14.19	75.74±14.92	<0.05
Overall bad	2.84±1.11	4.78±1.17	<0.05
Serious individual impact	1.77±0.87	4.61±1.02	<0.05
Difficult to handle	1.89±0.62	3.91±0.68	<0.05
Predictable behavior	2.21±1.02	4.98±1.14	<0.05
Serious social harm	1.73±0.67	4.57±0.88	<0.05
Acting weird	1.45±0.76	3.31±0.82	<0.05
The reason is controllable	2.63±0.84	4.63±0.83	<0.05
The reason is difficult to understand	2.27±0.92	4.46±0.84	<0.05

Conclusions: In order to alleviate the widespread psychological problems of depression among college students, this paper carried out a study on the effect of structured group cognitive behavior therapy on improving the adaptability of mildly depressed college students, so as to ensure the physical and mental health of college students. The results show that the depressive symptoms of college students are significantly improved after the implementation of structured group cognitive behavior therapy. This shows that structured group cognitive behavior therapy is of great value in improving the adaptability of college students with mild depression, which is worthy of clinical application.

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RESEARCH ON THE INFLUENCE OF THE CULTIVATION AND INNOVATION OF ART DESIGN EDUCATION ON ALLEVIATING THE PSYCHOLOGICAL ANXIETY OF THE AUDIENCE

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Background: College students have high psychological pressure and poor psychological quality, so they are easy to fall into mental anxiety. Anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat or imminent threat of an individual to something. Many studies have shown that maintaining moderate anxiety can help students concentrate, so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life. In addition, some studies have conducted in-depth analysis on the middle amount psychological anxiety of college students, and learned from long-term experiments that students' anxiety psychology is different from that in social industries. The generation of students' anxiety psychology is generally affected by teaching, that is, the difficulty in the teaching process will lead to students' sense of inferiority and then psychological anxiety. At the same time, in the teaching process, teachers' curriculum teaching scheme is too traditional, which will also lead to students' loss of interest in learning. In the long run, students' psychology cannot bear the boring learning atmosphere, resulting in the thought of dropping out of school and deeply evolving into anxiety. In order to alleviate the psychological anxiety of college students, a large number of studies have proposed that extracurricular art training can alleviate students' sense of inferiority, improve students' enthusiasm for life, and finally alleviate psychological anxiety.

With the development of society and economy, people's quality of life is also improved, which brings people's attention to the beautiful things in daily life. In the development of world civilization, the most exciting is works of art, and the innovative thinking of works of art is advocated by artists. Art design is one of the art disciplines, including environmental design, graphic design, visual communication design, product design and other professional directions. At the same time, it is also a comprehensive discipline including

social, cultural, economic, market, science and technology and other disciplines. In college learning, experienced college teachers have begun to formulate art teaching plans according to the learning situation of students. The reason is that some studies have proposed that art education can help students establish a good psychological defense line, so as to reduce the probability of students' psychological anxiety. However, in teaching practice, the effect of alleviating psychological anxiety brought by art design education is unknown. Therefore, this study proposes to analyze the influence mechanism of art design education on students' psychological anxiety, so as to construct an innovative scheme of art design education and explore the changes of students' anxiety psychology under the new scheme. Summarize the specific impact of art design on students' psychological anxiety.

Objective: The mental health problem of college students is an important problem in the development of students, so it is necessary to put forward effective measures to alleviate students' psychological anxiety. The research explores the current situation of psychological anxiety of middle school students in colleges and universities. This paper puts forward the specific impact of art design education on students' psychological anxiety, puts forward innovative art design training strategies in the traditional education mode, and analyzes the deeper impact of art design education and training innovation on students' psychological anxiety.

Subjects and methods: Taking 120 students majoring in art design in a university as the research object, the students' anxiety was obtained by using the Self-rating Anxiety Scale. According to the students' anxiety evaluation results, the students were divided into no anxiety group, mild anxiety group, moderate anxiety group and severe anxiety group. Based on art design education, this paper analyzes the influencing factors causing students' psychological anxiety, formulates the innovative scheme of art design education, applies the scheme to students' daily teaching, and evaluates the changes of students' psychological anxiety under the innovative scheme.

Results: The changes and differences of anxiety scores of all students before and after teaching are shown in Table 1. It can be seen that under the influence of innovative training program, the anxiety scores of students with severe anxiety decreased significantly. Comparing the score differences before and after teaching, it shows that the data difference is statistically significant ($P < 0.05$), and the student group without anxiety has maintained a relatively stable low score stage for a long time.

Table 1. Changes of scores of students with different degrees of anxiety before and after teaching

Project	Before teaching	After teaching	P
No anxiety	71.32±2.18	49.57±1.86	<0.05
Mild anxiety	63.92±2.17	45.38±1.77	<0.05
Moderate anxiety	49.16±1.42	40.39±1.63	<0.05
Severe anxiety	32.14±0.93	31.07±0.85	>0.05

Conclusions: The daily mental health training of college students is an important work outside the professional teaching of colleges and universities. How to alleviate students' psychological anxiety is also a key issue that colleges and universities need to consider at present. In the study, taking an art major student as an example, this paper puts forward the influencing factors of students' psychological anxiety by art design education, and formulates the innovative training scheme of art design education. In the teaching practice of the innovative scheme, the anxiety score of students with psychological anxiety continues to decline, and students without anxiety can maintain the original state for a long time. The above results show that art design education and innovation can effectively alleviate students' psychological anxiety. Therefore, innovative teaching schemes should be put forward in college teaching to alleviate students' anxiety and promote students' growth.

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RESEARCH ON INTERACTIVE TEACHING MODE IN COLLEGES AND UNIVERSITIES CONSIDERING AUDIENCE PSYCHOLOGY

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Background: Audience psychology is a psychological science that studies social groups in psychological research. In audience psychology, it is proposed that audience psychology has certain psychological effects,