

and consumers' consumption intention. The above results show that in order to promote consumer behavior in the market, products can be designed through visual communication to meet the psychological needs of consumers and improve the market economy in the group.

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EFFECTS OF ANXIETY AND DEPRESSION ON CARDIOVASCULAR SYSTEM FUNCTION

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Background: At the psychological level, anxiety belongs to a negative emotion. It is an emotional state of tension, anxiety and fear that individuals are frustrated in their self-confidence and self-esteem because they are unable to achieve their goals or overcome obstacles. Long term and excessive anxiety will damage the patient's body function and reduce the patient's mental health level. Usually, anxiety will lead to physiological reactions such as rapid heartbeat, elevated blood pressure, trembling, sweating, dizziness and so on. Patients with excessive anxiety often have a sense of near death, loss of control and mental breakdown, so patients will lose confidence in life, leading to the idea of suicide. Depression is a psychological disease characterized by depression, slow thinking, reduced language and movement and retardation. With the increasing pace and fierce competition, anxiety and depression have become more common diseases, affecting people's physical and mental health. Many studies have shown that psychological factors can have a significant impact on the occurrence, development and prognosis of cardiovascular diseases. Anxiety, depression and other negative emotions are one of the important risk factors of cardiovascular disease. Therefore, it is necessary to find appropriate intervention methods to alleviate personal anxiety and depression and reduce the risk of cardiovascular disease.

Modern emotional psychology and cognitive psychology believe that cognitive process is not only the main factor affecting individual emotion, but also the main way to cause emotional changes. Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception, thinking and language. The orientation of cognitive psychology focuses on the mode of thinking and reasoning by using cognition, which is mainly to explain the law of individual psychological changes in the process of cognition. Based on cognitive psychology, this study proposes cognitive psychological intervention and cognitive behavior intervention to alleviate negative emotions and reduce the risk of cardiovascular disease.

Objective: Psychological factors will have a significant impact on the occurrence, development and prognosis of cardiovascular diseases. Anxiety, depression and other negative emotions are one of the important risk factors of cardiovascular disease. Using cognitive psychology, this paper puts forward cognitive psychological intervention and cognitive behavior intervention to alleviate negative emotions, improve treatment effect and reduce the risk of cardiovascular disease.

Subjects and methods: 40 patients with anxiety or depression were selected as the research objects in a city. The mental health status of patients was evaluated by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist 90 (SCL-90). Myocardial Ischemia Threshold (MIT) was used to evaluate the cardiovascular function of patients.

Study design: Using the random number table method, 40 subjects were randomly divided into study group and control group, with 20 people in each group. The patients in the study group were intervened with cognitive psychological intervention and cognitive behavior intervention based on cognitive psychology, while the patients in the control group did not take intervention measures. After a period of time, the degree of anxiety and depression and the function of cardiovascular system were compared between the two groups.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: After the intervention, the scores of somatizations, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia and psychosis in the study group were significantly lower than those in the control group ($P < 0.05$). The SCL-90 scores of the two groups are shown in Table 1.

Conclusions: With the increasing pace and fierce competition, anxiety and depression are common diseases, which affect people's physical and mental health. Many studies have shown that psychological factors can have a significant impact on the occurrence, development and prognosis of cardiovascular diseases. Anxiety, depression and other negative emotions are one of the important risk factors of cardiovascular disease. Therefore, it is necessary to find appropriate intervention methods to alleviate

personal anxiety and depression and reduce the risk of cardiovascular disease. Based on cognitive psychology, this study proposes cognitive psychological intervention and cognitive behavior intervention to alleviate negative emotions and reduce the risk of cardiovascular disease. The results showed that after the intervention, the scores of somatizations, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia and psychosis in the study group were significantly lower than those in the control group ($P < 0.05$). The above results show that the intervention of patients based on cognitive psychology can effectively reduce the degree of anxiety and depression, improve the function of cardiovascular system and avoid the risk of cardiovascular diseases.

Table 1. SCL-90 scores of two groups

Project	Group		t	P
	Research group	Control group		
Somatization	25.7±8.2	34.2±10.7	7.025	<0.001
Obsessive compulsive symptoms	23.1±7.3	27.3±7.6	5.048	<0.001
Interpersonal sensitivity	20.1±3.2	28.4±6.3	7.639	<0.001
Depression	28.5±4.5	38.3±9.7	7.638	<0.001
Anxiety	25.7±6.2	32.6±8.1	8.424	<0.001
Hostile	8.6±1.8	16.6±6.1	7.088	<0.001
Terror	15.2±3.2	21.6±4.7	6.304	<0.001
Paranoid	11.2±6.4	15.4±6.5	7.319	<0.001
Psychotic	19.8±4.8	27.9±5.3	6.309	<0.001

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STUDY ON THE INFLUENCE OF TRAGIC PICTURES IN THE MEMORY OF THE ANTI JAPANESE WAR ON THE PSYCHOLOGICAL STRESS OF CHILDREN IN SHANDONG BASE AREA

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Background: The memory of the Anti-Japanese War not only includes people's memory of bravery, humiliation and beating, peace and rejuvenation, but also has a close relationship with international, national, national, social and other levels. China's memory of the war of resistance against Japan reflects the relevant contents of cultural psychology, which refers to remembering hard work and sweet thoughts in the historical memory and cherishing the hard-won peace and development while not forgetting the contributions made by the historical ancestors. Memory is not only collective, diverse, but also individualized. What carries the memory of the war of resistance against Japan is the precious film and television materials left. The memory of the war of resistance against Japan shows the hardships and difficulties of a nation since its development, from the political memory of the war of resistance to the social memory of the war of resistance, and then to the personalized memory of the war of resistance against Japan. To remind people not to forget history and keep peace in mind, many writers and artists have created film and television works related to the memory of the Anti-Japanese war after relying on historical materials and textual research, so that more people can construct their personal memory under the collective memory. Since October 1937, when the Japanese army invaded Shandong, the Shandong provincial Party committee of the Communist Party of China quickly mobilized the masses to carry out guerrilla war and established Shandong Anti-Japanese base area. The establishment of Shandong base area opened up and created North China base area for our party, which is an important historical transformation and important main battlefield of the Anti-Japanese war. The tragic pictures and historical memory review of the Anti-Japanese war film and television works related to Shandong base area all make the audience feel greatly touched after watching. Among them, children's psychological tolerance is poor, and they are more vulnerable to the interference and influence of external things. It is very easy to produce certain psychological pressure and emotional burden on the tragic pictures in the Anti-Japanese war film and television, affecting their mental health.

The standard of mental health refers to that all aspects of psychology and its activity process are in a