

STUDY ON PSYCHOLOGICAL RESILIENCE OF ACTORS AND ARTISTS' DEPRESSION SUICIDE

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SUMMARY

Background: Depression is an emotional change caused by the social environment and physiological effects. It is a group of diseases with high incidence rate, high recurrence and high suicide rate characterized by low mood, slow thinking and decreased interest, which seriously affects the social function of patients. Research shows that the psychological elasticity of patients with depression is significantly lower than that of healthy controls. Good psychological elasticity can reduce the risk of depression in adulthood for individuals who have suffered trauma in childhood. Many actors and artists look bright and have a rich life, but as public figures, there is no place to express their depressed emotions. They have been in a depressed state for a long time. They accumulate more and more things in their hearts, gradually lose interest in everything, and finally choose death to free themselves. Some scholars pointed out that the probability of suicide in patients with depression is 33 times that of ordinary people, and more than 90% of patients with depression have committed suicide. Suicide begins with suicidal ideation, that is, there is suicidal intention. The more frequently patients have suicidal ideation, the higher the possibility of suicidal behavior.

Subjects and methods: Questionnaires were distributed to 200 performers with depression, and 180 valid questionnaires were collected to analyze whether psychological resilience is an effective protective factor for implicit and explicit suicidal ideation. The questionnaire includes Beck Suicidal Ideation Scale (BSICV), Hamilton Depression Scale (HAMD), Psychological Resilience Scale (cd-RISC) and implicit suicidal association test (ISAT). The relevant data adopts Excel software and SPSS17.0 software, Pearson correlation analysis and logistic multiple regression analysis were carried out.

Results: Among the respondents, the explicit suicidal ideation (78%) was significantly higher than that without explicit suicidal ideation (22%), and the difference was statistically significant ($P < 0.01$).

Conclusions: There is a significant negative correlation between psychological resilience and implicit suicidal ideation and explicit suicidal ideation. Its optimism is an important protective factor of suicidal ideation.

Key word: actors and artists - depression - suicide - psychological elasticity

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INTRODUCTION

Many actors and artists look bright and prosperous, but there are still some actors and artists who choose to commit suicide and end their short lives. This is mainly because they are different from ordinary people. As public figures, they have nowhere to express their depressed emotions and have been in a depressed state for a long time. Actors and artists can't be themselves like ordinary people. They may have nowhere to talk about their inner unhappiness. The more things accumulate in their hearts, it's not so easy to untie their heart knot. Secondly, the life pressure is too great, and they may suffer from severe depression. Actors and artists usually dare not live a normal life, suppress themselves everywhere and dare not reveal their hearts. They are in a state of psychological depression for a long time. In the long run, they will suffer from severe depression. They gradually lose interest in everything and finally choose death to free themselves (Apfelbaum et al. 2017; George & Brown 2019). Some actors and artists suffer from depression without timely treatment, which makes them unable to return to normal life, and finally the whole person collapses (Monira et al. 2020). According to statistics, more than 280000 people commit suicide in China every year, and more than 2 million attempt suicide (Chang et al. 2020).

Research shows that among suicide deaths, people

with psychological diseases or a history of psychological diseases account for 95% of the total number of suicides, among which depression is the most common psychological disease leading to suicide (Xu et al. 2019). Some scholars pointed out that the probability of suicide in patients with depression is 33 times that of ordinary people, and more than 90% of patients with depression have committed suicide (lexandrino-Silva et al. 2019). Suicide begins with suicidal ideation, that is, there is suicidal intention. The more frequently patients have suicidal ideation, the higher the possibility of suicidal behavior (Avasthi & Grover 2018). At present, the commonly used explicit measurement tools to evaluate the severity of suicidal ideation mainly include Beck suicidal ideation scale and suicidal risk assessment scale. In recent years, more and more scholars began to use Implicit Association Test (IAT) to indirectly measure suicidal ideation. Some foreign studies have shown that IAT measurement is effective in assessing suicide risk and behavior prediction, and implicit connection can predict patients' suicide attempt after 6 months (Ford & Almeida 2017). Some scholars have also obtained the identity of implicit and explicit thoughts of suicide through research, and the results obtained after passing the Single Category Implicit Association Test (SC-IAT) also show that the explicit and implicit measurement results are moderately consistent (Bornstein et al. 2021). However, the relationship between implicit and explicit

attitude is still controversial. Identity theory holds that implicit attitude is the individual's real attitude, and implicit measurement technology is the through train to understand the subjects' real attitude. Separation theory holds that implicit and explicit attitudes are different internal psychological structures and have different processing mechanisms. The occurrence and development of depression is related to a series of physiological, psychological and social factors, such as protective factors and psychological elasticity. Psychological resilience refers to the dynamic process of successful coping and positive adaptation when individuals experience adversity, trauma or pressure. Psychological resilience can help individuals recover from adversity and trauma. The factors that play an important role in psychological elasticity are divided into internal and external protection factors. The internal protection factors include self-esteem, positive temperament, self-efficacy and hope, and the external protection factors include family and social support. Depression is a group of diseases with high incidence rate, high recurrence and high suicide rate, which is characterized by low mood, slow thinking and decreased interest. It seriously affects the social function of patients. Research shows that the psychological elasticity of patients with depression is significantly lower than that of healthy control group. Good psychological elasticity can reduce the risk of depression in adults of individuals who have suffered trauma in childhood (Wang et al. 2020). Domestic research on implicit suicidal ideation mostly focuses on college students, while there is little research on implicit suicidal ideation in patients with depression. Resilience is a protective factor for depressive symptoms, but it is unclear whether resilience can also help reduce suicidal ideation. Therefore, this study takes patients with depression, a high-risk suicide group, as the research object, to investigate the relationship between their psychological elasticity and implicit and explicit suicidal ideation, and to explore whether psychological elasticity is an effective protective factor for implicit and explicit suicidal ideation, so as to provide empirical basis for suicide intervention research in patients with clinical

depression.

SUBJECTS AND METHODS

Study setting

Through the form of questionnaire, the questionnaire was distributed to 200 performers with depression, and 180 valid questionnaires were recovered. According to the questionnaire results, it was analyzed whether psychological elasticity was an effective protective factor for implicit and explicit suicidal ideation.

Design

The questionnaire of this study includes Beck suicidal ideation scale (BSICV) (Krishna et al. 2021), Hamilton Depression Scale (HAMD) (Young et al. 2021), Psychological Resilience Scale (CD-RISC) (Kool et al. 2021), implicit suicidal association test (ISAT) (Kok 2017). Among them, the BSICV scale is a questionnaire used to quantify and evaluate suicidal ideation, with 19 items in total, which need to answer the real feelings within 1 week. The score is level 3, 0-2 points, and the total score is 38 points. The first five items mainly evaluate the intensity of suicidal ideation, and the last 14 items evaluate the risk of suicide, and finally get the possibility of patients themselves. The higher the score of BSICV, the greater the risk of suicide. The subjects with "no" in items 4 and 5 are determined as the group without explicit suicidal ideation, otherwise, they are determined as the group with explicit suicidal ideation. HAMD has 17 items in total, which is a commonly used depression evaluation scale in clinic. Cd-RISC scale mainly includes three dimensions of tenacity, strength and optimism, with a total of 25 items. The score is grade 5, 0-4, and the total score is 100. The reliability and validity are good ($\alpha=0.92$), the higher the score, the better the psychological elasticity. ISAT scale sets the experimental task and process through previous studies (Booij et al. 2021), and the specific experimental paradigm is shown in Table 1.

Table 1. Suicide / self-implicit connection experimental paradigm

Block	Task description	Target concept words	
1	Target word discrimination	Self	Not me
2	Attribute word discrimination	Death	Alive
3	Initial joint discrimination exercise	Self / death	Not me / alive
4	Initial joint discrimination	Self / death	Not me / alive
5	Opposite target word discrimination	Not me	Self
6	Instead, combine discrimination exercises	Non self / death	Self / alive
7	Contrary joint discrimination	Non self / death	Self / alive

ISAT scale adopts e-prime2.0 software to compile the experimental task, and measure the subjects' implicit attitude towards living and suicide. There were 10 attribute words (suicide related words and survival

related words) and 10 concept words (self-words and non-self-words) in the task. In the experiment, the subjects identified the target concept words of self-related words (I, myself, myself, myself, my) and

non-self-related words (he, them, others, others, others) in the task, and identified the attribute concept words of suicide related words (death, dead, suicide, death, death) and alive Related words (life, alive, surviving, breathing, life), And the “compatible task” and “incompatible task” formed by the combination of target words and attribute words. “Compatible task” refers to that the object concepts and attribute concepts classified into one category are consistent with the subjects’ implicit cognitive structure, and the relationship between the object concepts and attribute concepts classified into “incompatible task” is inconsistent with the subjects’ implicit cognition. The difference of reaction time between incompatible tasks and compatible tasks is an indicator of implicit attitude intensity, that is effect. In order to avoid the influence of experimental sequence on D value, odd numbered subjects completed the test according to sequence 1 (block 1-2-3-4-5-6-7) and even numbered subjects completed the test according to sequence 2 (block 5-2-6-7-1-3-4). The D value is calculated by the standard D algorithm. When $d < 0$, it shows that the response speed of the consistent task is slower than that of the inconsistent task. When $d > 0$, the opposite is true. The greater the absolute value of D value, the greater the difference between the subjects’ attitudes towards the two things. Implicit suicidal ideation judgment: when $d \leq 0$, there was no implicit suicidal ideation group; When $d > 0$, the opposite is true. The calculation of Cronbach alpha coefficient of the above scale is shown in formula (1).

$$\alpha = (k / k - 1) * (1 - (\sum S_1^2) / S_T^2) \quad (1)$$

In formula (1), k represents the number of questions for the same survey objective, S_1^2 represents the variance of the i -th question of all respondents, and S_T^2 represents the variance of the total result of the case (the sum of the answers to all questions). The relevant data adopts Excel software and SPSS17.0 software, Pearson correlation analysis and logistic multiple regression analysis were carried out.

RESULTS

Psychological resilience is a research hotspot in sociology and psychology in recent years. With the development of positive psychology, it is widely used in the psychological research of children and college students and the psychological recovery after disaster. It has also attracted more and more attention in patients with depression. As shown in Table 2, among all the respondents, the explicit suicidal ideation (78%) was significantly higher than that without explicit suicidal ideation (22%), and the difference was statistically significant ($P < 0.01$), reflecting the high suicidal ideation of patients with depression. In addition, 36 cases had implicit suicidal ideation and both implicit and explicit suicidal ideation. The consistency test results show that the kappa value is 0.3 ($P < 0.001$), and the two evaluation methods have low consistency, as shown in Table 2.

Table 2. Consistency evaluation of implicit and explicit suicidal ideation measurement in patients with depression

Implicit suicidal ideation	Explicit suicidal ideation		Total	Kappa	Degree of consistency	Project
	Existence	Non-existent				
Existence	36	0	36	0.3	Poor	0.000
Non-existent	40	24	64			
Total	76	24	100			

The dual attitude model is the most persuasive theory supporting the separation theory of implicit and explicit attitudes. The model believes that people can have two different evaluations of the same attitude object at the same time, one is the explicit attitude that can be recognized and recognized, the other is the unconscious implicit attitude that can be activated automatically, and the implicit attitude and explicit attitude can coexist in the memory system (Hesdorffer et al. 2010; Larkin et al. 2011). Taking the traditional IAT experiment as the measurement tool, it is found that there is no implicit suicidal ideation in the explicit suicidal ideation group ($d < 0$, $P < 0.05$), which is similar to the results of our traditional IAT experiment. The reason may be that in the IAT test, the subjects make relative attitude judgment and cannot independently reflect the connection strength between self and death (Asarnow & Miranda 2014).

The results of ISAT scale showed that the D values of test order 1 and order 2 were -0.18 ± 0.42 and -0.21 ± 0.54 respectively, and there was no significant difference

between them ($P > 0.05$). It reflects that the evaluation of ISAT scale has no significant effect on the test sequence. Table 3 shows the scores of various scales in the group with or without explicit suicidal ideation. For explicit suicidal ideation, the scores of BSICV, each dimension, D value and HAMD in the suicidal ideation group were significantly higher than those in the non-suicidal ideation group ($P < 0.001$), indicating that the suicidal ideation group was more sensitive to death words, faster response, closer implicit connection, and the more serious the degree of depression, the more likely it was to produce suicidal ideation. The scores of resilience and all dimensions in the group with suicidal ideation were significantly lower than those in the group without suicidal ideation ($P < 0.05$), indicating that the group with suicidal ideation had lower ability to deal with stress, frustration and trauma. Secondly, the total score of resilience and the scores of tenacities, strength and optimism in the group with suicidal ideation were significantly lower than those in the group without

suicidal ideation, and the difference was statistically significant ($P < 0.05$), indicating that the ability of suicidal ideation group to deal with negative life events

such as stress, frustration and trauma was significantly lower than that in the group without suicidal ideation.

Table 3. Scores of various scales in the group with or without explicit suicidal ideation

Project	Suicidal ideation group	No suicidal ideation group	P
Age	26.36±11.51	28.91±11.86	0.369
Years of Education	11.07±3.51	10.18±2.68	0.278
Total course of disease	32.76±48.36	23.68±23.44	0.398
HAMD	20.14±3.27	18.41±2.65	0.026
D value	-0.05±0.40	-0.67±0.36	<0.001
BSICV total score	15.85±8.86	0.23±0.43	<0.001
Suicidal ideation intensity	5.39±2.91	0.23±0.43	<0.001
Suicide risk	10.46±6.45	0	<0.001
CD RISC total score	44.15±17.57	56.32±20.54	0.008
Tenacity	22.13±10.45	28.36±11.26	0.018
Strength	15.56±5.94.	19.36±6.99	0.013
Optimism	6.47±2.74.	8.59±3.55	0.004

A represents the D value of ISAT effect, B represents the total score of BSICV, C represents the total score of cd-RISC, D represents tenacity, e represents strength and f represents optimism. Pearson correlation analysis showed that the total score of psychological elasticity, tenacity, strength and optimism were significantly negatively correlated with the D value of implicit

suicidal ideation. There was a significant negative correlation between the total score of psychological elasticity, strength and optimism and the total score of explicit suicidal ideation. The D value of implicit suicidal ideation is significantly positively correlated with the total score of explicit suicidal ideation, as shown in Table 4.

Table 4. Correlation between psychological resilience and implicit and explicit suicidal ideation in patients with depression

Project	Score	a	b	c	d	e	f
a	-0.21±0.48	1	-	-	-	-	-
b	12.20±10.22	0.34**	1	-	-	-	-
c	47.01±18.88	-0.33**	-0.26*	1	-	-	-
d	23.60±10.92	-0.33**	-0.18	0.98**	1	-	-
e	16.46±6.38	-0.24*	-0.30**	0.93**	0.82**	1	-
f	6.98±3.07	-0.34**	-0.34**	0.83**	0.73**	0.74**	1

Note: * $P < 0.05$; ** $P < 0.01$.

Taking the above evaluation results as the predictive variables and the presence or absence of explicit suicidal ideation and the presence or absence of explicit suicidal ideation as the dependent variables, the results are analyzed by logistic multiple regression method. The results are shown in Table 5. It can be seen from Table 5 that the years of education and the level of depression have a significant positive predictive effect on the presence or absence of explicit suicidal ideation, and optimism has a significant negative predictive effect on the presence or absence of explicit suicidal ideation ($P < 0.01$). Years of education had a significant positive predictive effect on whether there was implicit suicidal ideation ($P < 0.01$), and optimism had a significant negative predictive effect on whether there was implicit suicidal ideation.

The results of logistic multiple hierarchical regression analysis showed that the level of depression

had a significant positive predictive effect on whether there was explicit suicidal ideation, which was consistent with the results of relevant foreign studies. A large number of previous studies have confirmed that depression is a stable predictor of suicidal ideation. The heavier the depressive symptoms, the more frequent or intense the suicidal ideation. Secondly, previous studies have found that the length of education is the influencing factor of suicidal ideation. The longer the length of education, the heavier the degree of suicidal ideation. The results of regression analysis showed that the years of education had a significant positive predictive effect on suicidal ideation, which was consistent with the results of previous studies. Therefore, highly educated patients with depression are also the main object of prevention and intervention. The results of logistic multiple level regression analysis show that the optimism dimension of psychological elasticity has a

significant negative predictive effect on whether there is suicidal ideation, which further shows that the optimism in psychological elasticity is a protective factor of suicidal ideation or suicidal tendency. As a stable personality trait, optimism has a positive predictive effect on psychological resilience. Specifically, it refers to that individuals can deal with pressure through positive problem-solving methods, obtain positive attention from others, maintain an optimistic attitude even in difficulties, be willing to seek new experience,

self-understanding and self-esteem, and hold a firm belief that problems can be solved. The patients with depression have poor optimism, negative avoidance, lack of enthusiasm, and are easy to take extreme behaviors (such as suicide) to deal with depression. Therefore, in addition to drug treatment, psychological intervention to improve the level of psychological elasticity of patients with depression, especially optimism, is of great significance to reduce suicidal ideation of patients with depression.

Table 5. Regression analysis of explicit and implicit suicidal ideation

Model		B	S. E	Wald	OR (95.0% C.I)	χ^2	R ²
Explicit suicidal ideation	Years of Education	0.18	0.09	4.13	1.19 (1.01-1.41)**	$\chi^2(3) = 17.37^{**}$	0.25
	depressed	0.24	0.1	5.33	1.27 (1.04-1.56)*		
	optimistic	-0.28	0.1	8.31	0.76 (0.63-0.91)**		
	constant	-3.21	2.34	1.88	-		
Implicit suicidal ideation	Years of Education	0.23	0.08	8.46	1.26 (1.08-1.48)**	$\chi^2(2) = 13.24^{**}$	0.18
	optimistic	-0.19	0.08	4.9	0.83 (0.70-0.98)*		
	constant	-1.91	0.96	3.96	-		

CONCLUSIONS

This study verified the relationship between psychological resilience and suicidal ideation in patients with depression from two aspects of implicit and explicit suicidal ideation. The results showed that among all respondents, explicit suicidal ideation (78%) was significantly higher than that without explicit suicidal ideation (22%). The difference was statistically significant ($P < 0.01$), reflecting that patient with depression had higher suicidal ideation. For explicit suicidal ideation, the scores of BSICV, each dimension, D value and HAMD in the suicidal ideation group were significantly higher than those in the non-suicidal ideation group ($P < 0.001$), indicating that the suicidal ideation group was more sensitive to death words, faster response, closer implicit connection, and the more serious the degree of depression, the more likely it was to produce suicidal ideation. The scores of resilience and all dimensions in the group with suicidal ideation were significantly lower than those in the group without suicidal ideation ($P < 0.05$), indicating that the group with suicidal ideation had lower ability to deal with stress, frustration and trauma. The years of education and the level of depression had a significant positive predictive effect on the presence or absence of explicit suicidal ideation, while optimism had a significant negative predictive effect on the presence or absence of explicit suicidal ideation ($P < 0.01$). Years of education had a significant positive predictive effect on whether there was implicit suicidal ideation ($P < 0.01$), and optimism had a significant negative predictive effect on whether there was implicit suicidal ideation. This study used cross-sectional method to study suicidal ideation, which has limitations in guiding clinical practice. In the

future research, the respondents can be followed up to investigate the incidence of suicidal behavior of explicit suicidal ideation, implicit suicidal ideation and mixed suicidal ideation, so as to better compare the effectiveness of explicit and implicit measurement methods.

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THE THERAPEUTIC EFFECT OF TRAUMA EXPRESSION AND HEALING FUNCTION OF FILM ON PATIENTS WITH MENTAL ANXIETY

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SUMMARY

Background: In recent years, there have been “healing” films shining brightly at international film festivals. These “healing” films have common characteristics. They take care of the reality and reconstruct the authenticity of the image, so as to finally achieve the effect of healing the soul and integrating life. Anxiety is an inevitable psychological experience of people in the situation of free choice. It is also the reaction of individuals when they regard conflict as a dangerous or unpleasant signal. When individuals suffer from conflicts or setbacks, they will produce complex negative emotions in their own psychology. Research shows that although group psychological counseling, sports, mental health education courses, reading therapy and other intervention methods can help alleviate the anxiety level of anxiety patients, they are limited in controlling debugging time and rebound speed. The trauma expression and healing function therapy of film is a novel means of psychological counseling and treatment, which has its unique advantages and characteristics. This study mainly investigates the effect of film therapy as an intervention on college students’ anxiety.

Subjects and methods: 200 college students with mental anxiety in a university were randomly divided into experimental group and control group, with 100 people in each group. The experimental group was treated with wound expression and healing function therapy, and the control group was treated with traditional therapy. Before and after the intervention, the mental anxiety status of the two groups of students was evaluated by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS), Beck lavanson mania scale (BRMS) and General Rating Scale (GAS).

Results: After the intervention, the BRMS score of the students in the experimental group was significantly lower than that in the control group ($P < 0.05$), and the gas score was significantly higher than that in the control group ($P < 0.05$).

Conclusions: The positive impact of film therapy on alleviating college students’ anxiety is not only supported by the advantages and characteristics of the therapy itself, but also inseparable from the joint efforts of therapists and participants.

Key word: film - trauma expression - healing function - mental anxiety - college student

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INTRODUCTION

Anxiety is an inevitable psychological experience of people in the situation of free choice, and it is also the reaction of individuals when they regard conflict as a dangerous or unpleasant signal (Short & Schmidt 2020). When individuals suffer from conflicts or setbacks, they will produce complex negative emotions in their own psychology. If anxiety is only regarded as a tense and restless subjective emotional experience, it is often accompanied by anxiety, irritability, impulse and other psychological states and corresponding physiological reactions, which can be triggered by uncertain situations or specific threatening situations. However, in the actual clinical diagnosis and treatment, the behavior that meets the screening criteria of relevant measurement scales will be defined as anxiety (Ganesan & Carter-Sowell 2021; Lin et al. 2017). In recent years, there have been “healing department” films shining brightly at international film festivals. These “healing department” films have common characteristics. They take care of the reality and reconstruct the authenticity of the image, so as to finally achieve the effect of healing the soul and integrating life (Pengpid & Peltzer 2019). Whether it is live action or animation presentation, “healing” films are abstract Metaphors of life experience, sincerely express

universal emotions, and explore the function of film art in another dimension, that is, the healing function of images. It realizes the cross-border dialogue between film ology and psychology, and makes the audience see the possibility of image exploration and healing the spiritual world (Heo et al. 2021).

Research shows that although group psychological counseling, sports, mental health education courses, reading therapy and other intervention methods can help alleviate the anxiety level of patients with anxiety disorder, they are limited in controlling debugging time and rebound speed (Avasthi & Grover 2018). Some scholars also pointed out that the trauma expression and healing function therapy of film is a novel means of psychological counseling and treatment, which has its unique advantages and characteristics (Alladin 2017). Film has become an important part of today’s social and cultural life. Film therapy is very suitable for patients with mental anxiety disorder and can be accepted by the public. The therapy is novel and interesting, which can improve the participation of the treatment object to a great extent. The comprehensive characteristics of film therapy make it widely applicable to all kinds of people and psychological problems (Ford & Almeida 2017; Kumar et al. 2020). Nowadays, film has become an important part of contemporary college students’ campus