

**Subjects and Methods.** 56 patients with BD admitted to our hospital from September 2021 to April 2022 were randomly selected and divided into experimental group (28 cases) and control group (28 cases). The patients in the control group were treated with olanzapine and basic drugs. The experimental group added the activity of appreciating famous paintings on this basis, aiming to improve the patients' cognitive and memory abilities. After 2 months of the experiment, the self-harmonious psychological state of the patients was analyzed by observing the Self Consistency and Congruence Scale (SCCS) scores of the two groups of patients; The cognitive function of patients was analyzed by Wisconsin Card Sorting Test (WCST), Wechsler Adult Intelligence Scale (WAIS-RC), and Trail Making Test-A (TMT-A).

**Results.** Table 1 shows the changes of SCCS scores of the two groups of patients before and after the intervention. After the intervention, the total scores, and scores of each factor of the experimental group decreased significantly, and the scores of self-disharmony factors were significantly lower than those of the control group. For the improvement of cognitive function of the two groups of patients before and after the intervention, the scale score results showed that the WCST index values and TMT-A index values of the experimental group were significantly reduced after the intervention; All indicators of WAIS-RC increased significantly. The test results of the three types of scales in the experimental group were better than those in the control group.

**Conclusions.** This experiment intervened patients with BD through olanzapine combined with art therapy. The results show that olanzapine combined with art therapy can effectively improve the cognitive function of patients with BD and promote their self-harmony, which is conducive to improving the prognosis of patients.

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**Table 1.** Comparison of SCCS scores between the two groups before and after intervention ( $\bar{x} \pm s$ )

Factor	Group	Before intervention	After intervention
Self-flexibility	Experimental group	49.54±8.65	45.22±7.98
	Control group	46.97±6.72	45.31±7.43
Self-stereotype	Experimental group	23.22±4.65	18.21±3.72
	Control group	23.43±3.65	20.21±3.65
Self-disharmony	Experimental group	48.21±9.65	42.24±9.98
	Control group	48.97±9.73	47.81±11.65
Total score	Experimental group	94.27±12.75	87.21±13.65
	Control group	96.07±13.03	94.50±14.21

## Effect of curable clothing on self-objectified depressive symptoms in professional women

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**Background.** Women tend to evaluate and define themselves from people's judgments about their appearance, which leads to depression symptoms of women in the workplace, specifically manifested as anxiety about their appearance, anxiety about safety, social disorder, cognitive disorder, emotional disorder, etc. The intervention principle of curative clothing is that women's self-emotion is interpreted in the visual and tactile aspects of clothing, and depressed women are always aware of their existence and free will, and have a sense of spiritual satisfaction, so as to achieve the effect of intervention in depressive symptoms. The intervention mechanism of healing clothing is to induce the desire for self-protection, self-respect emotion and body image satisfaction of women in the workplace.

**Subjects and Methods.** The subjects of this study are 120 female patients with depression aged from 16 to 60 years old. The research method is mainly to carry out group intervention treatment. The patients were divided into two groups on average. The first group was conventional psychiatric care for depression and was set as the control group. The second group was set as the experimental group. On the basis of conventional treatment, the dressing of patients was standardized, and healing clothes were introduced into the intervention. The intervention last 4 weeks, and then the patients were observed by OBCS (The Objectified Body Consciousness Scale) and EMA (Ecological Momentary Assessment) dynamic test. Finally, the scale scores and EMA dynamic test results of the two groups of patients were analyzed through SPSS25.0. The experimental data is shown in Figure 1.

**Results.** The experimental results showed that the average OBCS score of patients in the control group was  $40.1 \pm 4.6$  points, and the average OBCS score of patients in the experimental group was  $37 \pm 5.9$  points. In the EMA assessment, the level of self-objectification of the patients in the experimental group and the control group decreased during the intervention period, but compared with the control group, the decline trend of the experimental group was more obvious.

**Conclusions.** According to the data comparison of the intervention results, the treatment measures of the aty group reduced the objectification level of female patients with depression. At the same time, the EMA evaluation results showed that the curative clothing intervention made female patients pay more attention to their own state, and the healing material texture of the clothing provided positive psychological hints for patients, effectively reducing the non-suicidal self-injury behavior of patients.

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**Table 1.** OBSC score of two groups of patients

Grouping	Age span	OBSC	<i>t</i>	<i>P</i>
Control group	20.33±2.52	40.10±4.60	-17.34	0.00
Experimental group	20.04±2.17	37.00±5.90	-13.69	0.00

## A Study on the improving effect of ancient Chinese poetry on depression — A case study of Dongpo Ci

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**Background.** In today's society, the prevalence of depression in China is increasing year by year. It will not only affect the quality of life of patients but also endanger their lives. The generation of depression is inseparable from long-term negative emotions, which are the feedback of deep mental and spiritual problems. Therefore, the exploration of depression should not be limited to the physiological and genetic levels, and it is also closely related to the traditional social culture. The ancient Chinese culture has an important enlightenment on the regulation of depression. For instance, Dongpo's poems, with a bold and uninhibited style, conveys the poet's optimistic and open-minded mood and enables readers to immerse themselves in a positive mood. Therefore, this experiment aims to explore the improvement effect of Dongpo's poems on patients' depression.

**Subjects and Methods.** In the experiment, 34 students with depression screened by psychological tests in two universities were selected as the research objects, and they were equally divided into the experimental group (17) and the control group (17). The students in the control group were given general psychological counseling and care. On this basis, the students in the experimental group organized a weekly Dongpo word evaluation and exchange meeting, each lasting 90 minutes. The effect of depression was evaluated by the Self-Rating Depression Scale (SDS) and Hamilton Depression Scale (HAMD), and the results were observed 8 weeks later.

**Results.** Table 1 shows the improvement effect of depression of the two groups of students. It can be seen from the data in the table that the depression of 34 students has improved to some extent. Among them, the HAMD score and SDS score of students in the experimental group decreased significantly after the Dongpo poems intervention, and their scores were lower than those of the control group, and the differences between the two groups were statistically significant.

**Conclusions.** Long-term depression easily turns into depression, which is very likely to cause depression and seriously endanger life and health. People should keep a good positive mood and avoid depression. This experiment verified that Dongpo poems had a

positive effect on improving negative emotions because of its open-minded and positive values. Therefore, we should pay more attention to the positive impact of ancient Chinese poetry on patients when exploring depression.

**Table 1.** Comparison of HAMD and SDS scores between the two groups before and after intervention ( $\bar{x} \pm s$ )

Gauge	Group	Before Intervention	After Intervention	<i>t</i>	<i>P</i>
HAMD	Experimental group	37.38±3.65	15.22±2.98	3.612	0.001
	Control group	37.67±3.72	23.33±2.43		
SDS	Experimental group	80.12±7.65	63.21±5.72	5.132	0.001
	Control group	81.22±6.65	71.01±5.63		

## Clinical application of souvenir design based on Cao's kite visual elements in the treatment of autistic children

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**Background.** Autism occurs in infancy. Its clinical symptoms are mainly social disorder, communication disorder, interest limitation, etc., and are accompanied by different degrees of intellectual development disorders. Cao's kite was carved by descendants of the Kong Xiangze family according to the kite binding method recorded in Cao Xueqin's works. The kite contains the pursuit and yearning for a better life inside, and its external patterns and composition features are quite attractive. Therefore, the research applies the souvenir design of Cao's kite visual elements to the treatment of autistic children for clinical auxiliary diagnosis and treatment.

**Subjects and Methods.** The more obvious externalization of autistic children is their picky eating behavior. Therefore, 30 autistic children were taken as the research object, of which 18 children were still treated in the traditional way as the control group, and the other 12 children were treated as the experimental group using the souvenir design of Cao's kite visual elements as an auxiliary way of diagnosis and treatment. The mental health status was analyzed by observing the behavioral changes in their diet. A total of three experimental interventions were carried out to calculate the average number of nausea and retching during the three intervention periods, and SPSS20.0 statistical software was used to conduct statistics and analysis of relevant data. The results are shown in Table 1.