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## Aesthetic ability cultivation on autistic college students in music education psychology

Jinji Liu

Weifang University, Weifang 261061, China

**Background.** Autistic patients often exhibit social impairments and have a longer recovery period. The cultivation of musical aesthetic ability will expand the interests and hobbies of the trainees and alleviate social pressure. Therefore, the cultivation of musical aesthetic ability can be used in research on treating students with autism.

**Subjects and Methods.** In order to analyze the effectiveness of cultivating musical aesthetic ability in the treatment of autism among college students, the study randomly selected 60 college students with autism and divided them into two groups. One group is a blank group, which only receives conventional treatment. The other group is the experimental group, where patients in the experimental group receive routine treatment while also developing their musical aesthetic abilities. Two groups of experimental personnel were evaluated using the Children's Autism Rating Scale (CARS) and the Kirschner Autism Behavior Scale (CABS) before and after the experiment.

**Results.** Before the experiment, the CARS scores of the blank group and the experimental group were  $34.83 \pm 1.25$  and  $33.46 \pm 2.06$ , respectively. After the experiment, the scores changed to  $30.26 \pm 2.81$  and  $28.16 \pm 2.05$ , respectively. In the evaluation of the CABS scale, the scores of the blank group and the experimental group before the experiment were  $16.26 \pm 2.06$  and  $16.59 \pm 1.75$ , respectively. After the experiment, the scores of the two groups were  $15.73 \pm 1.74$  and  $13.71 \pm 2.05$ , respectively.

**Conclusions.** The cultivation of musical aesthetic ability in vocal music teaching in universities has an excellent therapeutic effect on autism among college students.

## Blended teaching on bipolar depression among art education majors

Zuochuan Wang

Nanjing University of the Arts, Nanjing 210013, China

**Background.** Bipolar depression usually manifests as a fluctuating mood in patients, with symptoms similar to severe depression yet easily overlooked. The symptoms of bipolar depression among college students are not very obvious. The study used a mixed teaching model to intervene and assist in treatment for students, and combined with oral therapy to compare curing effects.

**Subjects and Methods.** Select 60 students of art education major with bipolar depression from a college and randomly divide them into two groups with 30 cases in each group. Secondly, the control group was treated with fluoxetine, while the observation group was treated with fluoxetine combined with oral therapy. Both groups were assisted by a blended teaching approach. Finally, the thyroid hormone levels before and after treatment were compared between the two groups, using SPSS 23.0 for statistical analysis and t-test.

**Results.** The statistical differences in the levels of Triiodothyronine (T3), Thyroxine (T4), and Thyroid Stimulating Hormone (TSH) in the control group before treatment were not significant ( $P > 0.05$ ). After treatment, the levels of T3, T4, and TSH in the control group decreased and the differences were statistically significant ( $P < 0.05$ ). The thyroid hormone levels in the observation group after treatment were significantly lower than those in the control group, with a statistically significant difference ( $P < 0.001$ ).

**Conclusions.** Patients with bipolar depression experienced abnormal thyroid hormone levels before treatment, and their hormone levels were effectively relieved after treatment, indicating the feasibility of the proposed treatment.

## Art appreciation teaching reform in higher education on college students' anxiety disorders

Dakang Feng

Jiangsu Ocean University, Lianyungang 222000, China

**Background.** At present, the problem of anxiety disorders among college students is becoming increasingly serious. The study aims to analyze the therapeutic effect of the reform of art appreciation teaching in colleges and universities on the anxiety disorder of college students.

**Subjects and Methods.** This study selected college students of a university as research subjects and divided them into an