

## Kindergarten space design on preschool teachers with OCD: an intervention analysis

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**Background.** OCD is common among kindergarten *teachers*, and environmental space design is considered an intervention measure that can have a positive impact on OCD patients. The aim of this study is to explore the intervention effect of kindergarten environmental space design on preschool teachers with obsessive-compulsive disorder.

**Subjects and Methods.** The study selected classrooms of preschool teachers with OCD in several kindergartens as the research subjects and divided them into an experimental group and a control group. The classrooms in the experimental group underwent interventions in environmental space design. The control group's classroom was arranged in a conventional manner. The study collected OCD scores and mental health questionnaire survey data from preschool teachers with OCD as research indicators and used SPSS22.0 statistical software for data processing and analysis.

**Results.** In the experimental results, the OCD scores of preschool teacher patients in the experimental group were significantly reduced. The OCD score of preschool teacher patients in the experimental group decreased from the initial 32.6 to 24.1, while the OCD score of preschool teacher patients in the control group decreased from the initial 31.9 to 30.5.

**Conclusions.** The research results indicate that the design of kindergarten environmental space has a positive intervention effect on OCD preschool teacher patients. By providing comfortable seating and soothing colors, and providing natural lighting, environmental design measures can significantly reduce the OCD score of preschool teachers' patients, which can help improve their mental health status.

## Library management and reader service on students' psychological well-being

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**Background.** The library, as a quiet and warm learning place, provides a good reading environment and learning resources for college students. Study the impact of library management and reader service improvement on readers' mental health and

personality improvement, in order to further provide a good learning environment and services for college students.

**Subjects and Methods.** The study selected two freshmen from the same class with different majors in a certain university for an experiment. Class A adopted traditional library management and reader service models and served as the control group; Class B adopts the upgraded library management and reader service model as the experimental group, with an experimental period of one semester. A questionnaire survey was conducted on the psychological health and personality improvement of two groups of students before and after the experiment, and Excel and SPSS22.0 were used as analysis and statistical tools.

**Results.** The research results indicate that there is a significant difference in the level of mental health and personality improvement between the experimental group and the control group after the experiment. The average mental health level and personality improvement level of the experimental group students were higher than those of the control group, with results of  $(93.27 \pm 0.25)$  and  $(80.24 \pm 1.63)$ , respectively.

**Conclusions.** The management and reader service improvement of university libraries have a positive impact on the psychological health and personality improvement of college students' readers.

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## Landscape design and the therapeutic effect of haloperidol on BD

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**Background.** Landscape design and art psychotherapy are two widely used methods in the field of mental health. Haloperidol is a common drug for treating bipolar disorder. Based on the theory of art psychotherapy, the relief effect of landscape design combined with haloperidol on patients with bipolar disorder will be studied.

**Subjects and Methods.** Select 80 patients with bipolar disorder and randomly divide them into two groups: the experimental group and the control group. The control group patients were treated with haloperidol, while the experimental group was treated with garden design combined with haloperidol. Both groups were treated based on the theory of artistic psychotherapy. Compare the treatment effects of patients after a course of treatment, and use SPSS23.0 as a statistical analysis tool.

**Results.** The research results indicate that there is a significant difference in the relief effect of patients between the experimental group and the control group after the end of the experiment. The relief effect of the experimental group patients was significantly better than that of the control group, with an average relief effect