

principles. Artificial intelligence deeply learns and simulates and replicates standardized acupuncture manipulations, which can apply traditional double acupuncture manipulations to the clinic in a new form of operation.

**Conclusion:** The intelligentization of acupuncture technology has an important and positive effect on clinical, scientific and educational aspects, but the authors have not yet found the research results of the integration of artificial intelligence and traditional compound acupuncture techniques. The traditional compound acupuncture manipulations represented by "burning mountain fire", "cooling the sky" and "flying through the meridian and moving qi" have significant clinical curative effects, but the manipulation techniques are complicated, and the individual differences among practitioners make acupuncture. The operation is difficult to quantify and standardize, and many factors, such as acupuncture time, frequency, angle, strength, amplitude, and depth, have a direct impact on the treatment results. Through the technical integration of artificial intelligence and traditional duplex acupuncture techniques, complex duplex acupuncture operations can be programmed and standardized, and the stimulation volume can be fed back and quantified, resulting in better clinical effects.

**Acknowledgements:** This work was supported by the Nature Scientific Foundation of Heilongjiang Province (LH2021H091).

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## OBSERVATION ON THE THERAPEUTIC EFFECT OF GOUACHE COLOR APPLIED TO PSYCHOLOGICAL MEDIATED PERSONALIZED TRAINING ON COGNITIVE IMPAIRMENT IN PATIENTS WITH SEVERE DEPRESSION

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**Objective:** To explore the effect of using gouache color matching psychology mediated personalized training on cognitive dysfunction in patients with severe depression.

**Methods:** 86 patients with major depression admitted to the Affiliated Hospital of a University Medical College from June 2019 to March 2022 were selected as the study subjects, and were randomly divided into observation group and control group, with 43 patients in each group. Patients in both groups were treated with non-convulsive electroconvulsive therapy (MECT); Patients in the observation group were also treated with gouache color matching psychology mediated personalized training while carrying out MECT. On the 3rd, 6th, 12th and 24th day after the treatment, MMSE was used to evaluate the treatment effect of the two groups.

**Results:** after treatment, the MMSE total score and each item score of the two groups decreased compared with that before treatment ( $P < 0.05$ ); Comparison of scores between the two groups: on the first 3 days, there was no statistical difference between the two groups ( $P > 0.05$ ). On the sixth day after treatment, the total MMSE score and scores of other items except memory items of the patients in the observation group were significantly higher than those on the first day of treatment ( $P < 0.05$ ); After 24 days of treatment, the total MMSE scores and individual scores between the two groups were not significantly different from those before treatment ( $P > 0.05$ ).

**Conclusion:** after MECT treatment, patients may have cognitive dysfunction in a short period of time. Implementing psychological mediated personalized training of gouache color matching has a significant effect on cognitive dysfunction in patients with severe depression in a short period of time.

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## EFFECT OF PERSONALIZED MUSIC THERAPY ON PSYCHOTHERAPY AND NURSING OF CEREBRAL INFARCTION PATIENTS

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**Objective:** To observe the difference of clinical efficacy of individualized music in treating patients with acute cerebral infarction.

**Methods:** 112 in patients with acute cerebral infarction treated in a University Affiliated Hospital from January 2019 to December 2021 were divided into control group and music treatment group, with 56 patients in each group. After 12 weeks of continuous treatment, the patients in the two groups were scored by the consciousness disorder scale in the National Institutes of Health Stroke Scale (NIHSS), and the consciousness states of the two groups were compared. After treatment, the clinical efficacy of the two groups of patients was judged.

**Results:** the daily living ability of patients in both groups was improved after treatment. However, 31 cases were cured in the music treatment group and 17 cases were cured in the acute control group. The difference between the two groups was statistically significant ( $P < 0.05$ ).

**Conclusion:** music therapy is more beneficial to the rehabilitation of patients with acute cerebral infarction.

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## A STUDY ON THE RELATIONSHIP BETWEEN COLLEGE STUDENTS' CORE SELF-EVALUATION AND SOCIAL ANXIETY

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**Background:** According to relevant literature, contemporary college students always face some pressure in learning, life, interpersonal, employment and other aspects. The tracking survey in the United States also found that in less than ten years, the suicide tendency, serious depression rate and self-mutilation rate of American college students have more than doubled. According to the National College Health Assessment of the American College Health Association in the autumn of 2018, 63% of American college students felt unhappy and extremely anxious in the past year. In the same survey, 23% of people said they had been diagnosed or treated with anxiety disorders by mental health experts in the past year. In another survey, from 2007 to 2018, more than 177000 college students participated in the survey. The prevalence of moderate to severe anxiety increased from 17.9% in 2013 to 34.4% in 2018. According to the data obtained from two annual large-scale surveys on college students from 2007 to 2018, the mental health indicators of college students have deteriorated widely, including overall depression, anxiety, depression, suicide plans and attempts, especially in the second half of the study period. Faced with these pressures, contemporary college students often have problems such as interpersonal communication and social anxiety, which are becoming more and more serious.

**Subjects and Methods:** Randomly select 300 college students from the first to fourth grades and 300 college students from the first to third grades, a total of 600 college students as the survey objects. Use the Core Self-assessment Scale and the Communication Anxiety Scale to collectively test college students, and use SPSS23.0 to statistically analyze the survey data to explore the relationship between college students' core self-evaluation and social anxiety.

**Results:** The results show that: There are some differences in college students' social anxiety as a whole, mainly manifested in the significant differences between college students and undergraduate students, the significant differences between boys and girls, and the significant differences between liberal arts students and science students; The overall differences of college students' core self-evaluation are mainly shown in the differences between the only child and the non-only child. There are significant differences between the four grades from freshman to senior; College students have high core self-evaluation and low social anxiety.

**Conclusions:** College students' core self-evaluation can predict social anxiety, and college students with good core self-evaluation can reduce the level of social anxiety.

**Acknowledgments:** 1. Special Topic of 2021 Education Reform in the Fourteenth Five Year Plan of Fujian Education Science (Fjjgzx21-132); 2. Achievements of the Basic Theory Research Project of Philosophy and Social Sciences Subject Guided by Marxism in Fujian Universities (JSZM2020076).

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## AN ANALYSIS OF THE ARTISTIC FEATURES AND PSYCHOLOGICAL THERAPEUTIC FUNCTIONS OF CHINESE PAPER CUTTING: TAKE PAPER-CUTTING IN NORTHERN ANHUI AS AN EXAMPLE

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**Background:** As a subject with the greatest development potential, psychology has great social application and culture background. As art therapy comes into the public eye, it not only treats mental illness, but also has the function of prevention. Similarly, the paper cutting is also a unique spiritual pillar for the rural group in our country. It is the rich natural resources and long cultural history of north Anhui that gives birth to the north Anhui folk paper cutting art with great regional characteristics. Psychotherapy has also gone beyond the original aim to cure a "disease", it also help people to live and to better understand the people and the life. Nowadays, paper cutting has become a part of psychotherapy in medical fields to cure patients. During the epidemic, home isolation has become a normality, which brings a strong sense of loneliness and causes serious mental health problems.

**Subjects and Methods:** As an important part of Chinese customs, paper cutting is familiar to almost each Chinese people. With a large number of practitioners and recipients at all ages, paper-cut art therapy can be widely accepted, which makes people become their own art healers. The operation of paper-cutting therapy is routine and simple. Patients' inner image are expressed through their artistic creation and their conditions are treated and improved with the cooperation of psychology.