

Before and after the experiment, the psychological mood of the experimental group showed significant changes. According to the change of the mean, the teenagers' depression symptoms were relieved. Through dance practice, communication with classmates gradually increased. Soothing music also played a certain psychological comfort. During the 12-week dance practice, the young people's mood improved significantly, their physical fitness also improved, and their low self-esteem mentality weakened.

**Conclusions:** Dance involves complex emotional factors, so long-term dance training may be an effective intervention for adolescent depression. At the same time as dance practice, it is necessary to intervene the psychology of adolescent depression in the early stage. The specific countermeasures are: 1. Family therapy. This method of treatment is carried out through changes in the way family members interact in response to the patient's symptoms. By improving the bad interaction patterns between family members, it increases the trust of young patients in the family and promotes their communication, so as to achieve the purpose of alleviating depression. 2. Cognitive behavioral therapy. This method is also the most researched treatment method so far. In cognitive therapy, it is necessary to help patients recognize pessimistic and negative thinking, and prompt them to recognize their neglected achievements. 3. Interpersonal psychotherapy. In view of the psychological characteristics of adolescents, interpersonal psychotherapy for adolescents can effectively promote depression caused by interpersonal relationship problems. For adolescents facing parental separation, interpersonal role conflict and peer tension, etc., select the more prominent issues as the focus of attention. Continuous follow-up and resolution can effectively alleviate the depression of teenagers and improve their interpersonal skills.

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## THE FEASIBILITY OF INTEGRATING CHILD AND ADOLESCENT PSYCHIATRY INTO PRESCHOOL EDUCATION CURRICULUM

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**Background:** Currently, approximately 4.5 billion people worldwide suffer from mental illness. According to estimates by the World Health Organization, mental illness ranks first in disability-adjusted life years, exceeding the impact of physical diseases such as the cardiovascular system. The development of psychiatry originated more than 100 years ago. The field of psychiatry research has made rapid progress in the past 30 years. The current four main research directions include child and adolescent psychiatry, molecular genetics, neuroimaging research, and diagnosis and classification. Standard research. Among them, the research of child and adolescent psychiatry is combined with the other three research directions, dedicated to the pathogenesis, disease classification, diagnosis and treatment of neurodevelopmental disorders and other mental disorders.

Under the requirements of modern education, preschool education must not only develop children's intelligence, but also cultivate children's healthy psychology, help children establish the correct three views, and lay the foundation for children's future growth. In the process of building and developing a socialist country, in order to cultivate more high-quality talents who meet the requirements of modern society and can promote social progress and development, it is necessary to start with preschool education and integrate child and adolescent psychiatry into preschool education. Through the integration and application of child and adolescent psychiatry, the effect and level of preschool education will be comprehensively improved, so that children can develop good moral qualities and ideas while developing their intelligence. With the progress and development of society, my country's educational model, thought, and concept have also undergone certain changes. In order to adapt to the requirements of modern education, preschool education has carried out corresponding reforms and innovations.

**Objective:** Preschool education can develop children's intelligence and improve children's brain functions, and has a great role in promoting children's future growth and development. Under the requirements of modern education, preschool education should not only focus on increasing children's intelligence, but also cultivate children's correct values, outlook on life and world outlook. For this reason, child and adolescent psychiatry can be integrated into preschool education. This article has made relevant elaboration and analysis.

**Subjects and methods:** Child and adolescent psychiatry includes examination of mental symptoms, speech and language development disorders, behavioral disorders, and anxiety disorders. The learning of these contents can effectively improve the cognitive ability of preschool children, cultivate an optimistic

attitude, and actively solve difficulties when facing difficulties. In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, 4 means sufficient influence, in order to reduce the impact Individual subjective causes large errors. A test was conducted on all 100 children in a kindergarten in a city, and the average was finally selected, and the result was determined by rounding. The results of the interview were counted with Excel software.

**Results:** There are five main reasons for children suffering from mental illness, genetic factors, mental stimulation, living environment, physical factors and physiological factors. Table 1 integrates child and adolescent psychiatry into the preschool education curriculum and analyzes the mental state of preschool children, as shown in Table 1. The genetic factor is that the parents or other relatives have severe mental illnesses such as schizophrenia, so children will have a high chance of suffering from mental illnesses. In general, the more blood relatives, the higher the incidence, so it has no effect. The living environment is the current life of the child after birth. Anything that appears around will be transmitted to the central nervous system through the senses and produce corresponding emotional and behavioral responses. If the child's living environment is not good, the parents often quarrel or leave the mother to an unfamiliar environment, it may cause mental illness due to long-term adverse stimulation and insecurity, so the impact is general. And mental stimulation, physical factors and physiological reasons can be improved through the integration of child and adolescent psychiatry.

**Table 1.** The influence of child and adolescent psychiatry on the behavior of preschool children.

Type	Genetic factors	Mental stimulation	Living environment	Physical factors	Physiological reasons
Preschool children	0	4	2	4	3

**Conclusions:** Childhood mental illness, also known as “child mental illness”, is a type of mental illness, often showing some special words and deeds, such as flicking and rotating objects. It has been recognized that the three subtypes are late-onset psychosis, which is similar to adult psychosis and occurs in late childhood and adolescence. The diagnosis and treatment methods are similar to adult psychosis; schizophrenia, which often occurs around 4 years old, is accompanied by social withdrawal symptoms. And the loss of social skills, including loss of speech ability, is mainly caused by the decline of the central nervous system, and its treatment is mainly with sedatives; infant autism, common children with schizophrenia and childhood depression. Therefore, by integrating child and adolescent psychiatry into the preschool education curriculum, the occurrence of adolescent mental illness can be effectively prevented. In daily life, such as genetics, mental stimulation, environmental factors, physical factors, etc., can induce mental illness. Therefore, parents must create a good growth environment for young people, and when the child is hit by a certain kind of shock, they must promptly guide and comfort them. In addition, regular physical exercises for preschool children are required to enhance physical fitness and reduce the incidence of mental illness.

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## ANALYSIS OF THE INFLUENCE OF COMMUNITY MANAGEMENT MODE ON THE MOOD OF DEPRESSION PATIENTS

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**Background:** Depression is a typical psychological and psychiatric disease, with significant and lasting depression as the main clinical feature, and the physical and mental health of patients have been greatly affected. Depression is one of the types of affective disorders, and the most significant feature is usually low mood. The degree of depression varies among patients. The milder manifests as insomnia, depression, lack of pleasure, etc. The severer usually has more severe emotional ups and downs, and the mental activity of the patient is obviously in a state of depression. After a certain degree, even suicidal tendencies may