

effect. Listening to some light music before going to bed can also improve sleep quality and promote sleep. In short, the intervention of Yaji music can alleviate the listener's mood. This study mainly investigates the changes of patients' emotion, the influence of stress and the psychological changes of emotion.

**Study design:** A questionnaire survey was conducted and 100 people were randomly selected as participants. A total of 100 questionnaires were distributed and 93 questionnaires were recovered, with a recovery rate of 93%. There were 87 valid questionnaires, and the effective rate was 87%. Among them, 6 questionnaires are invalid because the answers on the questionnaire are completely the same or the number of answers is less than 50% of the questionnaire questions.

**Methods:** Excel was used to calculate the effect of Yaji music on the alleviation of psychological problems in patients with affective disorder.

**Results:** For the test results, four grades 1-4 are used to quantify the impact value of specific factors. 1 means irrelevant, 2 means average impact, 3 means great impact, and 4 means deeply affected. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation value of 100 participants is taken as the average and the results are rounded. The specific statistical table is shown in Table 1.

**Table 1.** Effect of Yaji music on alleviating psychological problems of patients with affective disorder

Group	Emotional aspect	Pressure relief	Emotional aspect
Participant	4	4	4

**Conclusions:** Yaji music intervention is a soothing intervention, which is different from other psychological interventions, and this intervention method can more effectively alleviate people's psychological depression and irritability. The intervention effect of Yaji music on people's emotional release is more obvious, and this intervention method is more acceptable, so that people can not only improve, but also cultivate their sentiment by constantly listening to Yaji music. So that people can release their pressure in music, which is very helpful for everyone's future development.

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## CLINICAL EFFECT OF SYSTEMATIC PSYCHOLOGICAL INTERVENTION COMBINED WITH DRUG THERAPY ON NON-EROSIVE GASTROESOPHAGEAL REFLUX DISEASE

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**Background:** Nerd is a common digestive system disease, which is mainly characterized by clinical symptoms such as upper abdominal burning, acid reflux and chest pain, but there is no esophageal mucosal damage in endoscopy. Many clinical literatures suggest the routine use of proton pump inhibitors in the treatment of this disease, but some patients have poor curative effect, and the symptom relief rate is lower than that of erosive gastroesophageal reflux disease (GERD). In recent years, it is considered that psychological factors may play an important role in the pathogenesis of GERD. Studies have shown that proton pump inhibitors can strongly inhibit gastric acid secretion. They are widely used in the treatment of GERD clinically, but the effective rate is 75%, and the curative effect of nerd is even worse. Therefore, the importance of psychological intervention for nerd patients while routine acid inhibition treatment has been recognized by more and more people. We applied psychological intervention combined with drugs to treat nerd patients and achieved satisfactory results. The report is as follows.

**Objective:** To explore the clinical effect of systematic psychological intervention combined with drug treatment on non-erosive gastroesophageal reflux disease.

**Subjects and methods:** The 90 items symptom checklist (SCL-90) 100 nerd patients whose scores were higher than the normal norm of our hospital from February 2020 to February 2021 was selected and were randomly divided into two groups. There were 50 cases in the combined intervention group and 50 cases in the single intervention group. Both groups took omeprazole orally. On this basis, the combined intervention group carried out psychological intervention for 8 weeks. The reflux symptoms such as upper abdominal burning, acid reflux and chest pain were evaluated before treatment. After 8 weeks of treatment, the continuous improvement of symptoms, clinical efficacy and adverse reactions of the two groups were

observed respectively, and the results were analyzed according to the efficacy observation standard.

**Results:** The scores and total scores of heartburns, acid regurgitation, food regurgitation and poststernal pain in the combined intervention group before intervention were (3.51±0.15), (3.63±0.37), (3.57±1.13), (4.74±1.27), (15.48±0.67) and (1.67±0.23), (1.53±0.27), (1.04±0.07), (1.25±0.21) and (5.52±0.41) respectively. The scores of patients in the single intervention group were (3.47±0.14), (3.77±0.45), (3.61±1.25), (4.67±1.33), (15.55±0.81) before intervention and (2.33±0.37), (2.27±0.33), (1.82±0.31), (2.64±0.47) and (9.11±0.75) after intervention. The scores of heartburns, acid reflux, food reflux, post sternal pain and total scores in the two groups after intervention were lower than those before intervention ( $P < 0.05$ ). After the intervention, the scores of heart burn, acid reflux, food reflux, retrosternal pain and total scores in the combined intervention group were lower than those in the single intervention group ( $P < 0.05$ ). Among the 50 cases of patients in the combined intervention group, 26 cases were markedly effective, 18 cases were effective, and 6 cases were ineffective. The total effective rate was 88.00% (44/50). Among the 50 cases of patients in the single intervention group, 12 cases were significantly effective, 20 cases were effective and 18 cases were ineffective. The total effective rate was 64.00% (32/50). The total effective rate of the combined intervention group was higher than that of the single intervention group ( $P < 0.05$ ). The scores of somatization, compulsion, interpersonal relationship, depression, anxiety, hostility, terror, paranoia and psychosis in the combined intervention group before intervention were (2.31±0.31), (2.48±0.45), (2.03±0.33), (2.56±0.41), (2.84±0.42), (1.73±0.21), (2.08±0.38), (1.53±0.23) and (1.38±0.21) respectively, After the intervention, the scores were (1.75±0.27), (1.87±0.22), (1.60±0.21), (1.55±0.23), (1.95±0.35), (1.35±0.22), (1.64±0.26), (1.64±0.25) and (1.27±0.20) respectively. The scores of patients in the single intervention group before intervention were (2.33±0.32), (2.48±0.42), (2.00±0.32), (2.53±0.45), (2.79±0.41), (1.72±0.24), (2.03±0.35), (1.52±0.21), (1.37±0.22), and after intervention were (2.01±0.30), (2.08±0.37), (1.85±0.23), (2.02±0.23) respectively (2.41±0.41), (1.65±0.27), (1.94±0.23), (1.50±0.25), (1.30±0.21) after intervention, the scores of somatization, compulsion, interpersonal relationship, depression, anxiety, hostility, terror, paranoia and psychosis in the two groups were lower than those before intervention ( $P < 0.05$ ). After the intervention, the scores of somatizations, compulsion, interpersonal relationship, depression, anxiety, hostility, phobia, paranoia and psychosis in the combined intervention group were lower than those in the single intervention group ( $P < 0.05$ ). Among the 50 cases of patients in the combined intervention group, there were 1 case of dizziness, 1 case of insomnia, 1 case of excitement, 1 case of constipation and 1 case of delayed menstruation. The incidence of adverse reactions was 10.00% (5/50) There were 1 case of dizziness, 1 case of constipation, 1 case of lactation, 1 case of nausea and 1 case of transient transaminase elevation in the single intervention group. The incidence of adverse reactions was 10.00% (5/50). There was no significant difference between the two groups ( $P > 0.05$ ).

**Conclusions:** The clinical efficacy of systematic psychological intervention combined with drugs in the treatment of non-erosive gastroesophageal reflux disease is significantly better than that of single drug treatment, which is worthy of popularization. Proton pump inhibitors combined with psychological counseling in the treatment of nerd has a high symptom relief rate. Today, when medical science has changed from biomedical model to biological psychological social medical model, psychological problems have attracted more and more attention, and reasonable psychological prevention has become an important part of comprehensive treatment. Therefore, gastroenterologists should pay attention to psychological intervention for nerd patients while drug treatment, so as to improve the treatment effect and improve the quality of life.

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## SIGNIFICANCE AND STRATEGIES OF INFILTRATING MENTAL HEALTH EDUCATION IN COUNSELORS' WORK

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**Background:** University belongs to the most colorful period of student stage, which always means that students begin to plan and build their more independent lifestyle and psychological world. This period also belongs to the critical period of independence. In this process, after the integration of various contradictions and conflicts, China's society is in the direction of social transformation and change. Some social influences and their own defects make college students face certain psychological problems. Contemporary youth bring positive energy and positive things to social development. Most college students are optimistic, innovative and energetic, which can inject fresh power into the society. However, college students also have varying