

way to mislead patients into another kind of area. Years of clinical research by psychiatrists on “Dipu Yin” music therapy, exercise therapy, reflex therapy, women’s hormone replacement therapy, HRT experimental therapy, alternative therapy, electroconvulsive therapy have summarized a set of treatment standards for mild and severe depression - brain biogenic amine balance therapy, which is a scientific and appropriate treatment for the severity of depression symptoms, classification and treatment. Because the cause of its induced seizures for the psychological role, so pay attention to regulate and control the mood of patients is very important. The film and television cultural dissemination activities, not only to guide the psychological direction of patients, but also to ease the negative psychology of patients.

At present, network culture, film and television culture, cell phone culture, idol culture and so on are widely popular in society, affecting people’s life style, aesthetic taste, values. Film and television culture absorbs the essence of various arts, has a variety of forms of expression and means of communication, is an important carrier of entertainment and access to information. Film is a kind of world language art, and the product of the fusion of different cultures. Modern film, as the carrier of national culture, can express to the world and achieve the goal of dissemination and development. For the object and audience of communication, the concept of information, whether in material form or intangible, needs to be spread in a happy and broad way. The spread of culture is not a preaching chatter, but attracting the audience’s own appreciation and experience and find resonance from it.

Objective: The evaluation of a movie, mainly in the visual, auditory, sensory aspects of the audience to bring shock and can arouse the audience’s resonance. Vision is the picture of a movie and the impression it conveys to the audience. Sensation refers to the psychological feelings of the audience. This feeling can be directly conveyed to the audience from the film itself through the screen and music, and can also indirectly allow the audience to think, associate, taste. People’s senses are interlinked, feeling directly affect people’s mood, so film and television dissemination of activities on the treatment of depressive psychosis will also play a positive role.

Subjects and methods: Select a mental health center hospitalized 60 patients with depressive psychosis as the study subjects, using a random number table was divided into study group and control group of 30 cases. The study lasted one month. There was no significant difference between the two groups ($P > 0.05$) in sex, age and other general data. The control group was only treated with normal medication and normal nursing. On the basis of the control group, the study group increased the time of film and television transmission activity by two hours every day. The first half of the films to choose to take a positive, optimistic and humorous, family-based harmony. The second half of the month to education, publicity and cultural films mainly. While the patients in the study group watched the movie, the psychological changes and expression changes of the patients in the study group were recorded, and the patients in the study group were allowed to communicate, talk and speak out their ideas. At the end of the experiment, the data were analyzed by interview. Talk with control group and experimental group, visit time 20 min-30 min. After the interview, according to the performance of the two groups for statistical analysis.

Methods: Using Excel statistics of the importance of video communication activities in the treatment of depressive psychosis.

Results: The results of this test, with 1 to 4 levels of quantitative specific factors influence value, 1 means irrelevant, 2 means general, 3 means great, 4 means deeply affected. In order to reduce the subjective errors in the evaluation, 60 patients were evaluated and the results were rounded. The statistical table is shown in Table 1.

Table 1. Importance of video communication activities in the treatment of depressive psychosis

Groups	Emotional aspect	Pressure relief aspect	Affective aspect
Participants	4	3	4

Conclusions: Through the investigation and research, it is found that the activity of film and television transmission plays an important role in the treatment of patients with depression and psychosis. Film and TV communication is a kind of leading intervention, which is different from other psychological interventions, and it is more effective in improving people’s mental state, and it is more acceptable.

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OVERCOMING MEMORY BARRIER IN COGNITIVE TEACHING OF MATHEMATICS

THEORY FOR COLLEGE STUDENTS

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Background: Modern cognitive psychology holds that learning is the process of acquiring, storing, processing and using knowledge to form a new cognitive structure in the human brain, that is, the process of interacting or integrating the original cognitive structure in the brain into a new cognitive structure. Cognition plays an important role in mathematics learning in colleges and universities: on the one hand, the cognitive level of college students affects their mathematics learning to a great extent. on the other hand, the abstract knowledge of mathematics affects the cognitive structure and cognitive level of students, which makes the students' mathematical ability and cognitive structure in mind change, and lays a foundation for later learning. Cognitive impairment is a kind of concentrated embodiment of mathematics theory learning impairment of college students, and it is also a kind of universal and important obstacle. Mathematics theory plays an important role in the process of learning in colleges and universities. Only by making clear what obstacles exist in students' cognitive process and analyzing the causes of these obstacles, can we carry out teaching and help students eliminate the obstacles in learning mathematics theory, so as to enable them to make certain progress in mathematical thinking and cognitive level while mastering knowledge.

Objective: Based on the definition of mathematics learning disability and cognition disability, this paper defines the definition of learning disability, the definition of mathematics learning disability and the scope of the concept of cognition disability. Based on the analysis of the characteristics of the content and cognition of mathematical theory learning of college students, this paper tries to find out what obstacles exist in the cognitive process of mathematical theory learning by means of questionnaire survey, the degree of obstacles and the correlation between obstacles by means of statistical software analysis, and whether there is a significant correlation between obstacles at different stages and grades.

Subjects and methods: This questionnaire mainly test the pros and cons attitude of the students to the questions in the questionnaire, so the questionnaire adopts the form of Richter's five-level state scale. Each question in the questionnaire gives five answers: "Complete Match, Comparison Match, Match with Dismatch, Comparison Dismatch, Complete Dismatch". Participants were asked to choose the closest answer to their own ideas. For each question, the five answers were recorded as 1, 2, 3, 4, 5 points, the total score of the whole question is the sum of the scores of each question, this score shows his attitude to the problem. The subjects of this study are randomly selected 300 college students of different grades in a university. After the questionnaire is collected, the students are tested and the invalid questionnaires are removed. Using SPSS 20.0 software for data statistics.

Results: Statistical students' satisfaction with the curriculum design, the results are shown in Table 1.

Table 1. Statistical results / number ratio

Factor	Unsatisfied	Commonly	Basically satisfied	Satisfy
Value/%	17	48	23	12

In the teaching of mathematical theoretical knowledge with relatively little difficulty, teachers are apt to form a teaching mode that lays stress on the conclusion rather than the process. They do not pay attention to the process of the occurrence and development of knowledge, and do not pay attention to the students' understanding of knowledge and opportunities for practice. Instead, they emphasize the students' memory of the conclusion and the picture of formula. Such teaching methods and teaching modes have become one of the obstacles for students. If teachers do not pay attention to strengthen the students' understanding and grasp of the essence of knowledge, it will often cause the students to remember the conclusion mechanically, but do not understand the background of the knowledge, the derivation of the formula and their scope of application, which will lead to obstacles in students' learning.

Conclusions: The development of students' logical thinking and dialectical thinking is not mature, and they cannot analyze and solve problems completely and thoroughly. The degree of knowledge understanding is only superficial, and the lack of understanding and understanding of the essence of knowledge leads to obstacles in the application of formulas and images in the study of mathematical theory. The immature development of students' broad, profound and flexible thinking also makes students unable to be flexible in learning knowledge and solving problems, and give answers quickly and accurately, so that the knowledge

of mathematical theory becomes a barrier to learning. Mathematics teaching is no longer a simple and objective process of imparting mathematics knowledge, but a process of mutual communication between teachers and students to make students discover new knowledge, construct new knowledge meaning and form their own knowledge system. The teaching of mathematics theory in colleges and universities not only pays attention to students' learning of mathematics knowledge, but also emphasizes the cultivation of students' various mathematical abilities and ideas, the cultivation of students' ability to learn mathematics, and the cultivation of students' ability to learn mathematics, so that students can learn mathematics and make it become a lifelong learning knowledge.

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INFLUENCE OF INNOVATIVE TEACHING MODEL OF SHU EMBROIDERY SPECIALTY IN COLLEGES AND UNIVERSITIES ON COLLEGE STUDENTS' ANXIETY DISORDER

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Background: Anxiety refers to the frustration of self-esteem and self-confidence, or the increase of sense of failure and guilt due to people's inability to achieve goals or overcome the threat of obstacles, forming an emotional state of tension and fear. Because only experienced people can directly evaluate the intensity of anxiety state, researchers must have an indirect way to evaluate his phenomenon and physiological characteristics. Competition in various fields has become a current social phenomenon. People are under increasing psychological pressure, especially the mental health problems of college students are on the rise, and the social psychology of anxiety is particularly prominent. How to reduce or eliminate the level of anxiety has been related to the physical and mental health of college students. Shu embroidery teaching plays a positive role in improving people's mental health. The release of the Declaration on intangible cultural heritage education has defined the direction of intangible education inheritance and opened the prelude to a series of work of intangible cultural heritage into the campus and classroom. As an important institution for cultural inheritance, development and innovation, colleges and universities should shoulder the mission of intangible cultural heritage education inheritance and provide effective platform and technical support. Local universities play a leading role in regional culture. They should give full play to their geographical advantages and actively explore the way of educational inheritance of local intangible cultural heritage. Shu embroidery is one of the four famous embroideries in China and has been listed in the first batch of national intangible cultural heritage list. As a textile intangible cultural heritage, Shu embroidery has the most essential function of decorating clothes. In today's diversified fashion, this form can still serve real life. Introduce Shu embroidery into the teaching of clothing design major in colleges and universities, give full play to the discipline and professional expertise, transform intangible cultural heritage into resources for modern design, and explore the living inheritance from "heritage" to "resources" with the help of fashion culture. The teaching of Shu embroidery specialty adopts the combination of theoretical teaching, technical study and design practice, in order to realize the inheritance and innovation of intangible cultural heritage.

Objective: Anxiety is a common negative emotional state. It is a negative emotion caused by feeling nervous, worried, uneasy and unable to cope with external pressure. It hinders individual psychological adjustment. Anxiety will affect daily behavior and life enthusiasm. The long-standing anxiety tendency is a negative emotional response. Research shows that anxiety and anxiety disorders account for 5 to 10 percent of the total number of college students. However, they rarely take the initiative to go to the hospital. Therefore, they have great concealment. At the same time, they will seriously damage the body and mind of college students, reduce their learning efficiency and quality of life, and have a negative impact on their adaptation to college life and their own healthy development. Therefore, effectively alleviating college students' psychological anxiety is one of the focuses of current research.