

## EFFECT OF STRUCTURED GROUP COGNITIVE BEHAVIOR THERAPY ON IMPROVING ADAPTABILITY OF COLLEGE STUDENTS WITH MILD DEPRESSION

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**Background:** Depression is a mental disease characterized by depression, slow thinking, and decreased speech and motor ability. Depression seriously puzzles patients' life and work, and brings a heavy burden to families and society. About 15% of patients with depression die of suicide. A joint study by the World Health Organization, the world bank and Harvard University shows that depression has become the second largest disease in China's disease burden. According to the third edition of Chinese Classification and Diagnostic Criteria of Mental Disorder (CCMD-3), depression can be divided into mild depression and severe depression according to the degree of social function impairment. According to the existence of psychotic symptoms such as hallucinations, delusions or tension syndrome, depression can be divided into depression without psychotic symptoms and depression with psychotic symptoms. According to whether there has been another depression attack before (at least 2 months apart), depression can be divided into first-episode depression and recurrent depression. It can be said that depression can be understood as psychological depression, anxiety and pessimism, and there is a certain deviation in the understanding of social things. In severe cases, the thought or behavior of death will occur, so as to end the mental pain caused by depressive diseases. Because there are many causes of depression, targeted therapy for depressive diseases also adopts different treatment methods according to the severity of the disease. Long term clinical studies have found that the main inducing factors of depression are closely related to their own psychology. It is pointed out that depressive diseases should be treated from the psychological level, so as to avoid additional side effects caused by drug treatment and misdiagnosis of patients with depression without appropriate methods. The basic principle of depression treatment developed in the 1960s is that patients with depression have a negative perception of themselves, the world around them and the future. Due to cognitive bias, they treat positive and negative events with a negative attitude. The purpose of treatment is to make patients aware of their wrong reasoning mode and take the initiative to correct it. The course of treatment was 12-15 weeks, and there was no significant difference between the curative effect and drugs. If used in combination, the curative effect may be better. In recent years, computer-assisted cognitive therapy has been widely used.

The prevalence of depression in China is 3.02%, but the treatment rate is less than 10%. There are many reasons for the low treatment rate, one of which is the resistance of patients to drug treatment, especially some patients with mild depression, including mild depression-mild depression, dysthymia and mild depression. Compared with drug treatment, patients with depression are more likely to receive psychotherapy. Structured group cognitive behavioral therapy refers to a psychotherapy method that uses cognitive technology and behavioral technology to guide group members to change cognition, emotion and behavior according to pre-designed procedures, goals and tasks. Group cognitive behavioral therapy originated in the 1970s, and its earliest formal application and evaluation object is depression. At present, it has been widely used in patients with depression, panic disorder, social anxiety disorder and obsessive-compulsive disorder, and has been proved to have obvious curative effect on depression, can significantly alleviate depressive symptoms, and effectively improve patients' social function and quality of life. Based on the standardized treatment manual, structured group cognitive behavioral therapy can benefit more patients in a short time. Therefore, the psychological intervention guide for adults with mental disorders of the National Institute of mental health lists group cognitive behavioral therapy as a very effective intervention measure for depression.

**Objective:** In order to alleviate the common psychological problems of depression among college students, this paper studies the effect of structured group cognitive behavior therapy on improving the adaptability of mildly depressed college students, so as to ensure the physical and mental health of college students.

**Subjects and methods:** 220 college students with depressive psychosis were randomly selected. According to the equal group matching control variable method, the college students were divided into experimental group and control group, with 110 students in each group. The control group implemented the conventional intervention mode, and the experimental group implemented the structural group cognitive behavior intervention mode. One week after the intervention, the depression status of the two groups of college students before and after the intervention was compared.

**Methods:** Relevant data are calculated and counted by Excel software, SPSS17.0 software and process plug-in.

**Results:** Table 1 shows the improvement of depression of college students in the two groups before and after the intervention. Compared with the control group, the depressive symptoms of college students

improved significantly after the implementation of structural group cognitive behavior therapy, and there was significant difference between the two groups.

**Table1.** The depression of the two groups of college students improved before and after the intervention

Project	Experience group	Control group	P
Total score of help seeking attitude	90.95±11.69	99.96±10.88	<0.05
Total score of social recognition	72.20±14.19	75.74±14.92	<0.05
Overall bad	2.84±1.11	4.78±1.17	<0.05
Serious individual impact	1.77±0.87	4.61±1.02	<0.05
Difficult to handle	1.89±0.62	3.91±0.68	<0.05
Predictable behavior	2.21±1.02	4.98±1.14	<0.05
Serious social harm	1.73±0.67	4.57±0.88	<0.05
Acting weird	1.45±0.76	3.31±0.82	<0.05
The reason is controllable	2.63±0.84	4.63±0.83	<0.05
The reason is difficult to understand	2.27±0.92	4.46±0.84	<0.05

**Conclusions:** In order to alleviate the widespread psychological problems of depression among college students, this paper carried out a study on the effect of structured group cognitive behavior therapy on improving the adaptability of mildly depressed college students, so as to ensure the physical and mental health of college students. The results show that the depressive symptoms of college students are significantly improved after the implementation of structured group cognitive behavior therapy. This shows that structured group cognitive behavior therapy is of great value in improving the adaptability of college students with mild depression, which is worthy of clinical application.

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## RESEARCH ON THE INFLUENCE OF THE CULTIVATION AND INNOVATION OF ART DESIGN EDUCATION ON ALLEVIATING THE PSYCHOLOGICAL ANXIETY OF THE AUDIENCE

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**Background:** College students have high psychological pressure and poor psychological quality, so they are easy to fall into mental anxiety. Anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat or imminent threat of an individual to something. Many studies have shown that maintaining moderate anxiety can help students concentrate, so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life. In addition, some studies have conducted in-depth analysis on the middle amount psychological anxiety of college students, and learned from long-term experiments that students' anxiety psychology is different from that in social industries. The generation of students' anxiety psychology is generally affected by teaching, that is, the difficulty in the teaching process will lead to students' sense of inferiority and then psychological anxiety. At the same time, in the teaching process, teachers' curriculum teaching scheme is too traditional, which will also lead to students' loss of interest in learning. In the long run, students' psychology cannot bear the boring learning atmosphere, resulting in the thought of dropping out of school and deeply evolving into anxiety. In order to alleviate the psychological anxiety of college students, a large number of studies have proposed that extracurricular art training can alleviate students' sense of inferiority, improve students' enthusiasm for life, and finally alleviate psychological anxiety.

With the development of society and economy, people's quality of life is also improved, which brings people's attention to the beautiful things in daily life. In the development of world civilization, the most exciting is works of art, and the innovative thinking of works of art is advocated by artists. Art design is one of the art disciplines, including environmental design, graphic design, visual communication design, product design and other professional directions. At the same time, it is also a comprehensive discipline including