

**Results.** Comparing the significance of the four quantitative testing results before and after intervention, data of SAS ( $t=1.308$ ,  $P>0.1$ ), SDS ( $t=2.529$ ,  $P<0.05$ ), HAMA ( $t=11.931$ ,  $P<0.001$ ), and HAND ( $t=6.771$ ,  $P<0.001$ ) were obtained. This indicates that its treatment intervention model is more suitable for the treatment of obstacles in college students.

**Conclusions.** The Intervention of Red Culture and Ideological Education can help promote college students' self-awareness and inner emotional organization, effectively alleviate anxiety, depression, and physical health problems. It provides technical guidance for various intervention and treatment plans.

**Acknowledgement.** Research result of Jiangxi Province graduate innovation project (No. YC2019\_B025); Phased research results of Jiangxi Province Education Science Planning Project 2021 (No. 21YB231).

## College art appreciation teaching on aesthetic psychology of depressed university students

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**Background.** The prevalence of depression is increasing due to the tremendous pressure of life and study. Depression may lead to excessive depression, thinking disorder, cognitive dysfunction, other problems, and extreme behaviors such as suicide. To improve the treatment effect of depression, to study the auxiliary treatment of art appreciation teaching on the psychological influence of patients with depression.

**Subjects and Methods.** Twenty depressed college students who received art appreciation teaching were selected as the experimental group, and 20 other depressed college students were selected as the control group. The 17-item version of the Hamilton Depression Scale (HAM-D) was used to collect data from the two groups of college students. Five art appreciation courses were taken as a cycle, and five courses were taken as a course of treatment. In each process, the two groups of college students were tested for depression scores until the end of three courses.

**Results.** The average scores of the experimental and control groups were 20 and 25 after one session and 15 and 23 after three sessions, respectively. The experimental group significantly improved psychological adjustment and emotion management, while the control group had no significant change.

**Conclusions.** Learning and appreciating artworks can change negative emotions, improve self-awareness and cognition, and cultivate positive emotional experiences. Therefore, colleges and universities should pay attention to and strengthen the teaching of art appreciation and provide effective psychological intervention and aesthetic education help for college students with depression.

## The positive impact of environmentally artistic design in cultural architecture on OCD audience

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**Background.** Recurrent compulsive thoughts and behaviors caused by obsessive-compulsive disorder (OCD) against the subjective wishes of the individual can lead to significant distress and anxiety for the patient. To improve the therapeutic effect on patients with severe OCD, to study the positive impact of environmental art design of cultural architecture under the characteristics of modern aesthetic psychology on patients with OCD.

**Subjects and Methods.** Twenty-five patients with obsessive-compulsive disorder were selected as the experimental group and another 25 patients with obsessive-compulsive disorder as the control group. Maudsley Obsessive-Compulsive Inventory (MOCI) was used to collect data on the two groups. Learning and appreciating seven days of aesthetic art design as a cycle and three cycles as a course of treatment. In each process, the two groups of patients were tested for obsessive-compulsive disorder scores until the end of 5 courses.

**Results.** The mean scores of the experimental and control groups were 33 and 35 after one course of treatment and 22 and 36 after five treatment methods, respectively. The experimental group significantly improved symptom relief, emotion regulation, and psychological comfort, while the control group had no significant change.

**Conclusions.** Creating a building environment with aesthetic value and emotional resonance can significantly alleviate the symptoms of OCD and improve the audience's emotional regulation ability and psychological comfort. Therefore, attention should be paid to the application and publicity of aesthetic and psychological characteristics in cultural architecture design to provide comfortable environmental art experiences for obsessive-compulsive disorder audiences.

## Social psychological factors and strategies for women's incarceration-induced phobias

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**Background.** The incarceration of women is a risk factor for phobias in women. Depth phobia can seriously affect patients' quality of life and even induce the risk of suicide. However, this