

**Table 1.** Comparison of HAMD and BRMS scores of patients before and after the experiment

Group	HAMD score		BRMS score	
	Before treatment	After treatment	Before treatment	After treatment
Control group	38.10±8.84	22.45±8.92 <sup>#</sup>	20.54±6.15	9.47±6.56 <sup>#</sup>
Experimental group	40.12±7.05	11.65±7.08 <sup>*#</sup>	19.28±3.49	3.71±3.85 <sup>*#</sup>

Note: \* indicates that compared with the control group after treatment,  $P < 0.05$ ; <sup>#</sup> Compared with that before treatment,  $P < 0.05$ .

## Analysis of the effect of art design combined with drug therapy on college students' depression

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**Background.** With the increasing social employment pressure, the psychological pressure of college students in their daily study and life is also increasing. Because students' physical and mental growth is not sound, it is difficult for them to carry out targeted self-intervention and adjustment against psychological pressure, which leads to long-term accumulation of negative psychology and eventually forms depressive symptoms. In recent years, the number of depression patients in colleges and universities has been increasing. It is necessary to form a daily treatment strategy system that is in line with students' psychological characteristics.

**Subjects and Methods.** 90 students diagnosed with depression were selected and divided into three groups. The first group was a single drug intervention group, which only used the common form of depression drug intervention. The second group was a single art design appreciation intervention, which used professional art design and appreciation psychological intervention strategies to intervene students' depression. The third group is the design appreciation and drug combined intervention group. The students in this group participated in professional art design and appreciation psychological intervention while taking antidepressant drug treatment. The study collected the depression psychological status of the three groups of patients before and after treatment, and used the collected data for quantitative analysis.

**Results.** The research results showed that before the start of treatment, the Self-Rating Depression (SDS) scores of the three groups of students with depression were 63.21 points in the single drug intervention group, 64.32 points in the single art design appreciation intervention group and 63.54 points in the art design appreciation and drug combined intervention group. It showed that the levels of depression symptoms of the three groups of students before the intervention were similar. After intervention, the SDS score of the single drug intervention group decreased to 45.22 points, the SDS score of the single art design appreciation intervention group decreased to 46.51 points, and the SDS score of art design appreciation and drug combined intervention decreased to 40.13 points. It can be seen that the intervention

effect of art design appreciation and drug intervention is the most obvious. Compared with the other two methods, this method is more conducive to the depression intervention for students.

**Conclusions.** From the comparison of the patients' condition in the single drug intervention group, the single art design appreciation intervention group, and the art design appreciation and drug combination intervention group before and after the intervention, it can be seen that the art design appreciation and drug combination intervention strategy designed by the research is more conducive to forming a better intervention effect in the student group, helping them to establish a psychological reaction mechanism in life with antidepressant drugs and reduce the severity of self-depression.

**Table 1.** Group intervention effect

Group	Number of group members	SDS score before treatment	SDS score after treatment
Single drug intervention	30	63.21	45.22
Single art design appreciation intervention	30	64.32	46.51
Art design appreciation and drug joint intervention	30	63.54	40.13

## Effect of olanzapine combined with art therapy on self harmony and cognitive function in patients with BD

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**Background.** Bipolar disorder (BD) is a mental disorder accompanied by mania and depression. Patient's mood is sometimes high and sometimes low, and its presentation is complex and irregular. Olanzapine is a commonly used antipsychotic drug, which can improve the condition of patients with BD. However, simple drug treatment cannot achieve the desired effect. In recent years, the means of art intervention in psychological diseases has attracted much attention by enabling the patient's body and mind in a relaxed and comfortable state through artistic activities. Therefore, it can improve the patient's cognitive function and promote the patient's self-harmony. Therefore, this experiment used olanzapine combined with art therapy to treat patients with BD, and observed the improvement of self-harmony and cognitive function of the patients.