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## Integrating visual communication technology with film communication on the mental health of depression patients

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**Background.** Depression is a type of mental disorder, and patients with it often exhibit symptoms such as low mood, delayed thinking, and fatigue. With the development of society, the incidence rate of depression is also gradually increasing, however, the pathogenesis of the disease has not yet been clear.

**Subjects and Methods.** To analyze the impact of integrating visual communication technology from the perspective of film communication on the mental health of depression patients, 100 depression patients were selected and randomly divided into two groups: the research group and the control group, with 50 patients in each group. Both groups used medication for basic treatment. In addition, patients in the control group underwent regular movie viewing twice a week. The patients in the research group underwent movie viewing that incorporates visual communication technology twice a week. The treatment period for both groups of patients was 4 weeks. The analysis tools used in the study include the Hamilton Depression Scale, Hamilton Anxiety Scale, Comprehensive Quality of Life Assessment Scale, and SPSS23.0.

**Results.** The results showed that after treatment, the depression and anxiety scores of the study group patients showed a significant decrease ( $P < 0.05$ ), and there was a significant difference compared to the pre-treatment scores. In addition, the physical health, mental health, and social function scores of the study group patients showed a significant increase ( $P < 0.05$ ), and there was a significant difference compared to the pre-treatment scores.

**Conclusions.** The integration of visual communication technology from the perspective of film communication is beneficial for the mental health of patients with depression.

## Visual art on psychological anxiety in film and television animation scene design

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**Background.** The negative emotions of anxiety can cause a decrease in the body's immune system, and endocrine disorders, and lead to cardiovascular diseases. Therefore, improving psychological anxiety is of great necessity in the current social context.

**Subjects and Methods.** To explore the impact of visual art on psychological anxiety in the design of film and television animation scenes, 286 random platelet donors were selected and divided into a control group and an observation group. The observation group watched the selected film and television animations during platelet donation, while the control group did not watch the images. During the donation process, the anxiety scores of the two groups were recorded using the State Anxiety Inventory (SAI), and the heart rate and pain values of the two groups were recorded using a desktop sphygmomanometer and a linear visual analog scale (VAS).

**Results.** There was no significant difference in physiological and psychological indicators among the control group, with an anxiety score of  $(42.02 \pm 0.40)$  kPa, a heart rate of  $(72.46 \pm 8.13)$  beats/min, and a pain score of  $(2.35 \pm 0.66)$  points. The anxiety score of the observation group was  $(35.49 \pm 7.67)$  kPa, the heart rate was  $(70.67 \pm 8.46)$  beats/min, and the pain score was  $(1.98 \pm 2.64)$  points.

**Conclusions.** The difference between the two groups was statistically significant ( $P < 0.05$ ). Therefore, visual art in film and television animation scene design has a positive impact on psychological anxiety.

## Cultural landscape design on anxiety disorders of students in public space design

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**Background.** The anxiety disorder among students in modern public space design has become a common phenomenon, which can affect their learning efficiency and life health. Therefore, it is necessary to study the theoretical basis of environmental psychology on the relationship between environment and anxiety and explore the impact of humanistic environmental landscape design