

depression score was 8.7, which decreased to 4.9 after psychological treatment. The average score for depression and anxiety reduction was 2.9.

Conclusions. The experimental results indicate that tourism stimulus combined with psychotherapy has a better therapeutic effect on college students with anxiety and depression than using psychotherapy alone.

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Teaching strategies for translation of British and American literature on alleviating cognitive impairment of recognition function

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Background. With the aging of the population, the incidence rate of cognitive dysfunction is also increasing. Cognitive impairment refers to one or more impairments in cognitive function that affect an individual's daily or social abilities.

Subjects and Methods. This study randomly selected 20 patients with cognitive impairment in the hospital and divided them into two groups. The first group was treated with medication supplemented by English and American literature translation teaching. The second group only used medication for treatment. After completing two courses of treatment, the patient's condition and their recovery are evaluated.

Results. The evaluation results showed that among the patients treated with combination therapy, 3 patients with more severe conditions showed significant improvement, 3 patients with moderate conditions showed significant improvement in their condition, 2 patients showed significant improvement, 1 patient showed a slight improvement, and 3 patients with milder conditions were cured. Among patients who only received medication treatment, 2 of the severe patients showed significant improvement, while the remaining 2 showed no significant change. Among the 4 patients with moderate conditions, 1 had a significant improvement, 3 had a minor improvement, and 1 of the 3 patients with mild conditions was cured.

Conclusions. The experimental results indicate that the combination of medication and English literature translation teaching therapy has better therapeutic effects on patients with cognitive impairment of recognition function than the use of medication alone.

The intervention effect of marketing interactive teaching model on student depression

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Background. With the increase of academic pressure, depression has gradually become one of the most important diseases in students, affecting students' learning, life and physical health. As an innovative educational method, interactive teaching model of marketing has the potential to stimulate students' interest and enhance their enthusiasm for learning, and can become an auxiliary means to relieve students' depressive symptoms.

Subjects and Methods. 300 college students were selected as the research subjects, and were divided into the control group and the experimental group according to 150 people in each group. The control group was treated with traditional drug therapy, and the experimental group was treated with marketing interactive teaching model, emphasizing students' interaction and practice. Hamilton Depression Scale (HAMD) and self-rating Depression Scale (SDS) were used to evaluate the depression status of students.

Results. The results showed that the Hamilton Depression Scale score of the experimental group was significantly lower than that of the control group ($P < 0.05$), and the difference was statistically significant. The self-rating depression scale score of the experimental group decreased by 9.1 points on average, and that of the control group decreased by 4.6 points. Statistical analysis showed that the improvement of depressive symptoms in the experimental group was significantly higher than that in the control group ($P < 0.001$).

Conclusions. The results showed that the interactive teaching model of marketing had a positive effect on the treatment of depression, and could significantly reduce the symptoms of depression and anxiety of students.

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Music therapy on depression in college students

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Background. The incidence of depression among college students is increasing year by year, which has a serious impact on