

experimental group was significantly better than that of the control group ( $P < 0.05$ ).

**Conclusions.** Considering the path reform of educational psychology in the construction of the music curriculum system and incorporating it into the treatment of students with borderline personality and personality split can effectively alleviate their symptoms.

## Folk art creation and painting teaching on the rehabilitation effect of depression patients

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**Background.** Painting therapy uses nonverbal tools to meet the psychological needs of painters, with emotional, visual, and motivational characteristics. Integrating painting therapy into the teaching of folk art creation enriches students' emotional experience, effectively alleviates their tense psychology, increases their confidence in innovation, and promotes their healthy psychological development.

**Subjects and Methods.** The study selected 90 patients with depression who were in the recovery stage and were treated at our psychological clinic from January 2022 to December 2022. Randomly divided into two groups: the experimental group and the control group. The control group received medication and routine care, while the experimental group received folk art creation and painting therapy on top of the control group. The treatment period for both groups is three months. After treatment, patients will be followed up to assess their depressive symptoms.

**Results.** The study used the Hamilton Depression Scale (HAMD) and Social Deficiency Screening Scale (SDSS) as evaluation criteria. Use SPSS23.0 software for data statistics. The results showed a significant score difference between the two groups after treatment ( $P < 0.05$ ). The experimental group continued to show a significant decrease ( $P < 0.05$ ) after six months and one year of follow-up, while the control group showed no significant decrease ( $P > 0.05$ ).

**Conclusions.** Relying solely on medication treatment and rest is difficult for patients with depression to recover, while painting therapy can effectively alleviate their depressive symptoms and improve their daily life.

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## Analysis of the guiding effect of image dissemination on students with autism

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**Background.** Childhood autism is a severe and widespread disorder characterized by social interaction disorders, speech development disorders, and language communication deficits accompanied by stereotypical behavior. The growth of children with autism requires guidance, and video images greatly appeal to children due to their rich content and images. The video has brought about changes in popular culture and can spread positive influences and values.

**Subjects and Methods.** The study selected 90 children with autism in our hospital and randomly divided them into experimental and control groups. The control group received conventional treatment, while the experimental group received auxiliary treatment guided by imaging and video based on the control group to alleviate symptoms of autism in children. The treatment lasted for 16 weeks, and after the end of the treatment, the symptoms of autism in both groups of patients were evaluated and analyzed.

**Results.** The study used SPSS23.0 software to analyze data statistically, and the results showed that the experimental group that applied image dissemination to adjuvant treatment for autism patients had a significant increase in indicators such as social communication, cognitive ability, and emotional understanding ability after treatment ( $P < 0.05$ ). After the intervention, the control and experimental groups showed a decrease in the values of various indicators, with the experimental group showing a more significant decrease ( $P < 0.05$ ).

**Conclusions.** The method of image dissemination has a specific guiding effect. In treating students with autism, this method can effectively alleviate children's symptoms and provide new ideas for treating autism.

## The life impact of mindfulness training on employees with mental anxiety disorders

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**Background.** Mindfulness training helps employees better cope with work and life stress by enhancing individual attention and self-awareness. At the same time, mindfulness training can help