

## Kindergarten space design on preschool teachers with OCD: an intervention analysis

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**Background.** OCD is common among kindergarten *teachers*, and environmental space design is considered an intervention measure that can have a positive impact on OCD patients. The aim of this study is to explore the intervention effect of kindergarten environmental space design on preschool teachers with obsessive-compulsive disorder.

**Subjects and Methods.** The study selected classrooms of preschool teachers with OCD in several kindergartens as the research subjects and divided them into an experimental group and a control group. The classrooms in the experimental group underwent interventions in environmental space design. The control group's classroom was arranged in a conventional manner. The study collected OCD scores and mental health questionnaire survey data from preschool teachers with OCD as research indicators and used SPSS22.0 statistical software for data processing and analysis.

**Results.** In the experimental results, the OCD scores of preschool teacher patients in the experimental group were significantly reduced. The OCD score of preschool teacher patients in the experimental group decreased from the initial 32.6 to 24.1, while the OCD score of preschool teacher patients in the control group decreased from the initial 31.9 to 30.5.

**Conclusions.** The research results indicate that the design of kindergarten environmental space has a positive intervention effect on OCD preschool teacher patients. By providing comfortable seating and soothing colors, and providing natural lighting, environmental design measures can significantly reduce the OCD score of preschool teachers' patients, which can help improve their mental health status.

## Library management and reader service on students' psychological well-being

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**Background.** The library, as a quiet and warm learning place, provides a good reading environment and learning resources for college students. Study the impact of library management and reader service improvement on readers' mental health and

personality improvement, in order to further provide a good learning environment and services for college students.

**Subjects and Methods.** The study selected two freshmen from the same class with different majors in a certain university for an experiment. Class A adopted traditional library management and reader service models and served as the control group; Class B adopts the upgraded library management and reader service model as the experimental group, with an experimental period of one semester. A questionnaire survey was conducted on the psychological health and personality improvement of two groups of students before and after the experiment, and Excel and SPSS22.0 were used as analysis and statistical tools.

**Results.** The research results indicate that there is a significant difference in the level of mental health and personality improvement between the experimental group and the control group after the experiment. The average mental health level and personality improvement level of the experimental group students were higher than those of the control group, with results of  $(93.27 \pm 0.25)$  and  $(80.24 \pm 1.63)$ , respectively.

**Conclusions.** The management and reader service improvement of university libraries have a positive impact on the psychological health and personality improvement of college students' readers.

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## Landscape design and the therapeutic effect of haloperidol on BD

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**Background.** Landscape design and art psychotherapy are two widely used methods in the field of mental health. Haloperidol is a common drug for treating bipolar disorder. Based on the theory of art psychotherapy, the relief effect of landscape design combined with haloperidol on patients with bipolar disorder will be studied.

**Subjects and Methods.** Select 80 patients with bipolar disorder and randomly divide them into two groups: the experimental group and the control group. The control group patients were treated with haloperidol, while the experimental group was treated with garden design combined with haloperidol. Both groups were treated based on the theory of artistic psychotherapy. Compare the treatment effects of patients after a course of treatment, and use SPSS23.0 as a statistical analysis tool.

**Results.** The research results indicate that there is a significant difference in the relief effect of patients between the experimental group and the control group after the end of the experiment. The relief effect of the experimental group patients was significantly better than that of the control group, with an average relief effect

of 0.95 and 0.89 after the experiment, respectively. The treatment method of combining garden design with haloperidol is better than that of haloperidol alone.

**Conclusions.** Based on the theory of artistic psychotherapy, the combination of landscape design and haloperidol can help patients with bipolar disorder better understand and manage emotional fluctuations, improve emotional stability, and thus facilitate the relief of bipolar disorder patients.

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## Psychological influence of emerging niche clothing culture on youth with OCPD

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**Background.** Subculture is a unique cultural group formed outside the mainstream culture, and emerging niche clothing culture usually refers to some non-traditional, independent brand or style clothing culture. Compulsive personality disorder is a psychological disorder in which patients tend to overly focus on details, order, and perfectionism. For young people with obsessive-compulsive personality disorder, participating in emerging niche clothing culture may have some psychological effects.

**Subjects and Methods.** Select 100 patients with obsessive-compulsive personality disorder and randomly divide them into two groups: the experimental group and the control group. The experimental group of patients adopted emerging niche clothing culture and conventional psychological treatment methods, while the control group adopted conventional psychological treatment methods. The experimental period is 3 months, and the treatment effects of patients after 3 months are compared and statistically analyzed using Excel and SPSS23.0.

**Results.** The research results indicate that the combination of emerging niche clothing culture and conventional psychotherapy methods is more likely to obtain a different way of relaxation and decompression compared to conventional psychotherapy methods. This novel rather than traditional clothing style can become a way for them to alleviate the pressure of compulsive thinking and behavior, providing physical and mental comfort.

**Conclusions.** The emerging niche clothing culture can provide a unique way for young people with obsessive-compulsive personality disorders to express their individuality and uniqueness. By choosing clothing and styles that are different from mainstream clothing styles, they can express their independent thinking and aesthetic preferences.

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## The therapeutic effect of mechanical motion sensor technology and emotion recognition technology on hyperactivity disorder

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**Background.** Hyperactivity disorder is a common childhood mental disorder characterized by inattention, hyperactivity, and impulsive behaviors. Adolescent children often experience various problems due to their own developmental differences, which can lead to the symptoms of hyperactivity disorder. Therefore, the experiment proposes the use of mechanical motion sensor technology combined with emotion recognition for the treatment of hyperactivity disorder in children.

**Subjects and Methods.** This study selected 120 children diagnosed with hyperactivity disorder and randomly divided them into two groups, each consisting of 60 children. The experimental group received treatment intervention using mechanical motion sensor technology combined with emotion recognition technology; The control group received routine treatment. The observation period is 3 months, and the data generated during the process is statistically analyzed by SPSS24.0. Conners rating scale is used to provide feedback on therapeutic effects.

**Results.** Compared with the control group, all patients in the experimental group showed a reduction in symptoms of hyperactivity disorder, with over 60% of children. It showed that the experimental method has a positive therapeutic effect. Body functions like impulse control and physical movement of the children are significantly improved.

**Conclusions.** This indicates that mechanical motion sensor technology combined with emotion recognition technology has potential therapeutic effects in the treatment of hyperactivity disorder. This study provides new ideas and methods for the treatment of hyperactivity disorder and provides a foundation for further research.

## Clinical effect of virtual reality combined with drug therapy on patients with schizophrenia in convalescence

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**Background.** Schizophrenia is a complex mental illness. At present, traditional drug therapy is the main method of