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Aesthetic ability cultivation on autistic college students in music education psychology

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Background. Autistic patients often exhibit social impairments and have a longer recovery period. The cultivation of musical aesthetic ability will expand the interests and hobbies of the trainees and alleviate social pressure. Therefore, the cultivation of musical aesthetic ability can be used in research on treating students with autism.

Subjects and Methods. In order to analyze the effectiveness of cultivating musical aesthetic ability in the treatment of autism among college students, the study randomly selected 60 college students with autism and divided them into two groups. One group is a blank group, which only receives conventional treatment. The other group is the experimental group, where patients in the experimental group receive routine treatment while also developing their musical aesthetic abilities. Two groups of experimental personnel were evaluated using the Children's Autism Rating Scale (CARS) and the Kirschner Autism Behavior Scale (CABS) before and after the experiment.

Results. Before the experiment, the CARS scores of the blank group and the experimental group were 34.83 ± 1.25 and 33.46 ± 2.06 , respectively. After the experiment, the scores changed to 30.26 ± 2.81 and 28.16 ± 2.05 , respectively. In the evaluation of the CABS scale, the scores of the blank group and the experimental group before the experiment were 16.26 ± 2.06 and 16.59 ± 1.75 , respectively. After the experiment, the scores of the two groups were 15.73 ± 1.74 and 13.71 ± 2.05 , respectively.

Conclusions. The cultivation of musical aesthetic ability in vocal music teaching in universities has an excellent therapeutic effect on autism among college students.

Blended teaching on bipolar depression among art education majors

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Background. Bipolar depression usually manifests as a fluctuating mood in patients, with symptoms similar to severe depression yet easily overlooked. The symptoms of bipolar depression among college students are not very obvious. The study used a mixed teaching model to intervene and assist in treatment for students, and combined with oral therapy to compare curing effects.

Subjects and Methods. Select 60 students of art education major with bipolar depression from a college and randomly divide them into two groups with 30 cases in each group. Secondly, the control group was treated with fluoxetine, while the observation group was treated with fluoxetine combined with oral therapy. Both groups were assisted by a blended teaching approach. Finally, the thyroid hormone levels before and after treatment were compared between the two groups, using SPSS 23.0 for statistical analysis and t-test.

Results. The statistical differences in the levels of Triiodothyronine (T3), Thyroxine (T4), and Thyroid Stimulating Hormone (TSH) in the control group before treatment were not significant ($P > 0.05$). After treatment, the levels of T3, T4, and TSH in the control group decreased and the differences were statistically significant ($P < 0.05$). The thyroid hormone levels in the observation group after treatment were significantly lower than those in the control group, with a statistically significant difference ($P < 0.001$).

Conclusions. Patients with bipolar depression experienced abnormal thyroid hormone levels before treatment, and their hormone levels were effectively relieved after treatment, indicating the feasibility of the proposed treatment.

Art appreciation teaching reform in higher education on college students' anxiety disorders

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Background. At present, the problem of anxiety disorders among college students is becoming increasingly serious. The study aims to analyze the therapeutic effect of the reform of art appreciation teaching in colleges and universities on the anxiety disorder of college students.

Subjects and Methods. This study selected college students of a university as research subjects and divided them into an

experimental group and a control group. The experimental group received the reform of art appreciation teaching in colleges and universities, and the control group continued traditional teaching. Data were processed using the statistical data analysis software SAS, and the *t*-test was used to assess the treatment effect.

Results. The experimental group was significantly lower than the control group in the degree of anxiety ($M=2.68$ in the experimental group, $M=3.92$ in the control group, $P<0.001$). After the treatment, the anxiety level of students in the experimental group was significantly reduced, which indicates that the reform of art appreciation teaching has a positive effect on the treatment of anxiety disorders.

Conclusions. The results of the study show that the reform of art appreciation teaching in colleges and universities has a significant effect in treating anxiety disorders in college students. This provides useful information for colleges and universities to promote the development of relevant teaching reforms and psychological support measures to alleviate college students' anxiety disorders and promote their mental health and personal development.

Positive effect analysis of combining five education concepts on mixed depression among college students

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Background. Mixed-type depression among college students is a common mental health problem. The concept of simultaneous development of the five educations emphasizes comprehensive quality education and has been widely applied in higher education.

Subjects and Methods. Students selected from a university are the research subjects and are divided into an experimental group and a control group. The experimental group received comprehensive quality education that conforms to the concept of simultaneous development of the five educations, including academic education, physical exercise, moral cultivation, artistic cultivation, and social practice; The control group continued to receive traditional academic education. The study collected students' depression scores and mental health questionnaire survey data as research indicators and used Stata statistical software for data processing and analysis.

Results. The depression scores of the experimental group students significantly decreased. The specific numerical change data shows that the depression score of the experimental group students decreased from the initial 24.5 to 16.3, while the depression score of the control group students decreased from the initial 25.2 to 20.1.

Conclusions. The research results indicate that the concept of combining five educations has a positive effect on college students. The implementation of comprehensive quality education, including academic education, physical exercise, moral cultivation, artistic cultivation, and social practice, can effectively reduce the occurrence and degree of mixed depression among college students.

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The therapeutic effect of chlorpropamide combined with surgery on neurogenic anorexia in glaucoma patients

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Background. Glaucomatous patients with anorexia nervosa may face conditions such as poor physical fitness during their daily lives, such as absorption and digestive disorders in the digestive system, and susceptibility to circulatory diseases. Traditional surgical treatment may not achieve ideal results for the needs of such patients. In view of this, the study aims to explore whether the combination of chlorpromazine and surgical treatment can bring better treatment methods and effects to patients with anorexia nervosa in glaucoma. Through in-depth analysis of the characteristics of chlorpromazine and the etiology of neuroanorexia in glaucoma patients, the study provided a new treatment method for such patients.

Subjects and Methods. The study selected 60 glaucoma patients with anorexia nervosa as the research subjects and randomly divided them into an experimental group and a control group. The experimental group patients were treated with chlorpromazine combined with surgery, while the control group patients were treated with surgery only. The study used the Minnesota Multi-personality Inventory (MMPI) to evaluate the intervention of anorexia nervosa in glaucoma patients.

Results. Before the experiment, there was no significant difference in the scores of anorexia nervosa between the two groups of patients ($MMPI>60$). After the experiment, patients in the experimental group showed significant improvement in anorexia nervosa, which was significantly lower than those in the control group ($MMPI<40$).

Conclusions. The combination of chlorpromazine and surgical treatment can significantly alleviate the neurological anorexia of glaucoma patients, which has a positive effect on their physical health.