

one lecture per day and five classes per week, with a treatment cycle of four weeks. The analysis tools used in the study include the Children's Autism Rating Scale, Symptom Self Rating Scale, Comprehensive Quality of Life Rating Scale, and SPSS23.0.

Results. The results showed that after treatment, the scores of loneliness and symptom self-evaluation in children showed a significant decrease, with a significant difference compared to before treatment ($P<0.05$), and the treatment group showed the most significant decrease. In addition, after treatment, the children's quality of life scores showed a significant improvement ($P<0.05$), and the treatment group showed the most improvement.

Conclusions. From this, it can be seen that immersive learning in English classrooms is beneficial for language disorders in children with autism.

Effect of cross-cultural education combined with music therapy on anxiety disorders

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Background. Anxiety disorder usually refers to anxiety disorder. Common anxiety disorders include social phobia and separation anxiety disorder. Different anxiety disorders have different incidence rates. At present, the pathogenesis of anxiety disorder is not yet clear, but its common causes include genetic and psychological factors. Music therapy treats diseases from both physiological and psychological perspectives.

Subjects and Methods. In order to analyze the relief effect of cross-cultural education combined with music therapy on academic anxiety disorder in university students, the study selected 80 students with anxiety disorder. They were randomly divided into two groups, the observation group and the control group, with 40 students in each group. Among them, the control group only received cross-cultural education, while the observation group received music therapy based on cross-cultural education. Both groups were treated three times a week for a total of 8 weeks. After the treatment, the study evaluated the treatment results using the Self Rating Anxiety Scale, Self Rating Depression Scale, and SPSS23.0.

Results. The results showed that there was a significant decrease in anxiety and depression scores between the observation group and the control group students after treatment, and there was a significant difference compared to before treatment ($P<0.05$). In addition, after treatment, the anxiety and depression scores of the observation group students decreased more than those of the control group, and the difference between the two was significant ($P<0.05$).

Conclusions. In summary, the combination of cross-cultural education and music therapy in universities has a certain alleviating effect on students' academic anxiety disorder.

The therapeutic effect of ceramic art healing design combined with drug intervention on menopausal depression

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Background. Menopausal depression is a depressive disorder that occurs during menopause, characterized by symptoms such as low mood and difficulty falling asleep. In addition, the etiology of menopausal depression may be related to endocrine and gonadal dysfunction. There are many therapeutic drugs for this disease, such as fluoxetine and paroxetine. The common starting point of ceramic art healing design is to provide people with a way to promote physical and mental health and recovery.

Subjects and Methods. In response to the therapeutic effect of ceramic art healing design combined with drug intervention on menopausal depression, 120 patients with menopausal depression were selected and randomly divided into two groups, the experimental group and the control group, with 60 patients in each group. Among them, the control group only used fluoxetine for treatment, while the experimental group used some ceramic artworks with healing design based on drug treatment. The treatment period for both groups of patients was 6 weeks. In addition, to evaluate the treatment effect, the study used the Hamilton Depression Scale, Pittsburgh Sleep Quality Index, and SPSS23.0.

Results. The research results showed that both groups of patients had a significant decrease in their depression scores after treatment ($P<0.05$), and the magnitude of the decrease in the experimental group was significantly greater than that in the control group. Meanwhile, the sleep quality index scores of both groups of patients after treatment showed a significant increase ($P<0.05$), and the increase in the experimental group was significantly greater than that in the control group.

Conclusions. In summary, the combination of ceramic art healing design and drug intervention has certain benefits for menopausal depression.

Behavioral intervention in preschool art education for children with autism

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Background. In recent years, the world has increasingly focused on a specific group of children with autism. With the rapid