

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.