psychological factors may all form the pathological structural basis of anxiety disorders. In order to find an effective way to intervene in anxiety disorders, this research was conducted to help anxiety patients alleviate anxiety symptoms through ceramic art design, and to analyze the impact mechanism and effect of the integration of visual beauty of color and ceramic design on anxiety patients.

Subjects and Methods. 150 students with anxiety disorders in a university were randomly divided into an experimental group and a control group. The experimental group received learning on ceramic art design that integrates visual beauty with color, and the Hamilton Anxiety Scale (HAMA), Hamilton Depression Scale (HAMD), Symptom Checklist (SCL90), and Modified Kupperman Table score changes were used to verify.

Results. After learning ceramic art and design with integrated visual aesthetics of colors, anxiety patients in the experimental group showed a significant decrease in HAMA score, SAS score, and improved Kupperman scale score ($P<0.05$). Ceramic art and design had a significant relieving effect on the symptoms of anxiety patients.

Conclusions. Ceramic art design integrating visual aesthetics with color has a positive impact on anxiety patients. Anxiety symptoms present a significant improvement, with reducing fear, anxiety, tension, and unease. Physical symptoms such as chest pain, palpitations, palpitations, sweating, and sleep quality were also improved.

The online teaching design of software engineering courses to alleviate social anxiety among college students

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Background. The software engineering course is essential for cultivating the abilities of computer major college students. It is an introductory course for software majors. The design purpose of the online software engineering course is to improve students' teamwork and hands-on abilities in certain aspects. Social anxiety disorder is a mental disorder characterized by fear of speaking or communicating in public. Nowadays, it is widely distributed among young people worldwide.

Subjects and Methods. This study focuses on 30 college students with social anxiety disorder from the School of Computer Science and Technology of the University of Electronic Science and Technology of China. The main direction of improvement is to improve team collaboration and hands-on skills and their software engineering courses. A 3-month experimental period is used, using the Anxiety Self Rating Scale (SAS). The social status of the tested college students is observed, and the survey results are statistically analyzed using Amos software.

Results. From the experimental results, it can be seen that team collaboration has a good effect on improving the symptoms of social disorders, with 70% of the tested college students experiencing varying degrees of improvement in their social skills, and another 30% are more resistant to exploring social media.

Conclusions. The focus of online teaching design for software engineering courses should be on innovation and time, which can alleviate the social anxiety disorder of college students and effectively improve their social skills.

College English teaching integrating mental health education on alleviating students' mental disorders

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Background. Mental health education is an essential part of China's current education industry. Its main task is to provide psychological education to students through scientific means, effectively improve their psychological quality, and thereby enhance their comprehensive abilities. In college English teaching, English education is also significant teaching content. Therefore, this study aims to integrate mental health education into college English teaching to improve students' psychological barriers.

Subjects and Methods. The study takes a class of students from a particular university as an example, combining English teaching with mental health education, and the experimental period is one semester. After the experiment, the student's English learning situation was evaluated based on their exam scores, and the experimental data was analyzed using the software SPSS23.0.

Results. The experimental results show that the English teaching method integrating mental health education has a good effect on improving students' psychological barriers. According to the final English exam results, 53% of students in the class have achieved varying degrees of improvement in English grades. At the same time, the questionnaire survey results show that psychological barriers have been alleviated, and their psychological quality has been improved.

Conclusions. The English teaching method that integrates mental health education has a good effect on alleviating students' psychological barriers. At the same time, the interest in English education among students has been enhanced, improving English grades.