

Research on Visual Chemotherapy for Depressive Emotions in the Intelligent Era

Yiyang Zhao^{1*}

¹ International Design Institute, University of Sanya, Sanya, China

Email Address

448048686@qq.com (Yiyang Zhao)

*Correspondence: 448048686@qq.com

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Abstract:

As an important carrier of emotional expression and information transmission, the value of visual communication design in the treatment of depression has been re examined. This article explores the theoretical basis, design principles, and practical paths of visual therapy for depression from the perspective of design profession, combined with the technological characteristics of the intelligent era and the psychological needs of the audience. It analyzes how to construct a visual therapy system that combines empathy and guidance through graphic, color, layout, and interactive design, providing new ideas and methods for depression intervention, and providing reference for the cross-border integration and development of visual communication design discipline.

Keywords:

Emotional Visualization, Visual Therapy, Emotional Intervention

1. Theoretical Basis for Visual Chemotherapy for The Recovery of Depressive Emotions

The rapid development of intelligent technology has reshaped people's lifestyles, social patterns, and cognitive habits. While technologies such as big data, artificial intelligence, and virtual reality have improved production efficiency and convenience, they have also given rise to new psychological dilemmas.

Traditional interventions for depression often rely on psychotherapy and medication. Although they have some effectiveness, they have problems such as strong professionalism, low audience acceptance, and limited intervention scenarios. Visual communication design, with its intuitive, easy to understand, and empathetic characteristics, can overcome language barriers and directly reach the audience's heart, becoming an important medium for emotional healing. In the era of intelligence, visual design is no longer limited to static presentation, but deeply integrated with intelligent technology to achieve a transformation from "passive viewing" to "active participation" in healing mode. Exploring the laws and methods of visual chemotherapy for depression under the background of intelligence is not only an important measure to respond to social needs, but also a key direction to promote interdisciplinary innovation in visual communication design. [1]

1.1. Visual Psychology and Emotional Resonance Mechanism

Vision is the main channel for humans to obtain information. Visual elements are converted into neural signals by stimulating the retina, which in turn affects human psychological activities and emotional responses. This process follows the basic laws of visual psychology. Rudolf Arnheim proposed in “Art and Visual Perception” that there is a homomorphic structure between art forms and human emotional life. When the lines, colors, and composition of visual works resonate with the audience’s inner emotions, they will trigger emotional resonance. The core manifestations of depression are low mood, depression, loneliness, and self isolation, corresponding to the visual psychological needs of being understood, accepted, and guided. Therefore, the design of visual therapy should be based on this mechanism, using concrete or abstract visual language to accurately capture the psychological characteristics of depressive emotions, allowing the audience to develop a sense of “being seen” during the viewing process, and breaking the psychological state of self isolation.

1.2. Cognitive Behavioral Therapy and Visual Guided Logic

Cognitive behavioral therapy believes that the emergence of depressive emotions stems from irrational cognition and thinking patterns, and the key to healing lies in guiding individuals to adjust their cognition and reshape their thinking. Visual communication design can transform abstract cognitive logic into intuitive visual symbols through visualization, guiding the audience to perceive their own emotions and correct negative cognition. For example, by presenting the difference between “negative cognition” and “rational cognition” through comparative visual design, and using progressive graphic sequences to show the process of emotional changes from suppression to relief, it helps the audience establish a correct understanding of depressive emotions and break the closed loop of “self denial” thinking.

In the era of intelligence, the combination of visual design and cognitive guidance is more closely intertwined. Smart devices can dynamically adjust the presentation form of visual elements based on audience emotional feedback, achieving personalized cognitive guidance. This interactive visual therapy model integrates the core logic of cognitive-behavioral therapy into design details, making the healing process more targeted and effective, and expanding the application boundaries of visual design in the field of psychological intervention.

1.3. The integration principle of intelligent technology and visual therapy

Intelligent technology provides new technological support and forms of expression for visual therapy, such as intelligent sensors that can capture the physiological signals of the audience to achieve the functions of perceiving emotions and precise intervention. By analyzing emotional states through algorithms, we can drive visual works to adjust colors, dynamics, and interaction methods, shifting visual healing from “universal” to “personalized”. When the system detects that the audience is in a low state, it can automatically present visual content with warm tones and smooth lines, combined with gentle dynamic effects, to alleviate suppressed emotions; As the audience’s emotions gradually ease and transition to guiding visual elements, it encourages the establishment of positive cognition.

2. Design Principles for Visual Chemotherapy for Depression in the Era of Intelligence

2.1. Empathy Principle: Based on the True Experience of Depressive Emotions

The core of visual therapy for depression is to establish emotional connections, and the premise of empathy is to accurately grasp the real experience of depression. During the design process, it is necessary to conduct interviews, observations, case studies, and other methods to gain a deeper understanding of the inner feelings, behavioral characteristics, and psychological needs of individuals with depression, in order to avoid stereotyped and labeled presentation of depressive emotions. For example, depressed individuals often experience feelings of “self-worth denial” and “isolation”. In design, this state can be presented through concrete visual symbols such as wrapped individuals and gradually dissipating shadows, rather than simply using dark tones and negative images, to make the audience feel the understanding and acceptance of the design, rather than curiosity and scrutiny.

Only by based on real experiences, abandoning stereotypical expressions, and building emotional bridges with inclusive visual language can the audience let go of psychological barriers in resonance and truly achieve the core goal of healing.

2.2. Progressive principle: in line with the natural laws of emotional transformation

The relief of depressive emotions and psychological reconstruction is a gradual process, and visual therapy design needs to follow this rule to avoid hasty positive indoctrination. Design should construct a progressive logic from “presenting emotions” to “relieving emotions” and then to “guiding positive cognition”, gradually guiding the audience to complete emotional transformation. In the application of visual elements, one can start with cold tones and complex lines that match depressive emotions. As the healing process progresses, warm tones, smooth lines, and positive symbols can gradually be incorporated; In terms of interaction design, it is possible to transition from passive viewing to active participation, allowing the audience to gradually establish a sense of control and confidence in the interaction.

Intelligent technology provides technical support for progressive healing, by monitoring emotional changes in real-time and dynamically adjusting the pace of visual content, synchronizing the healing process with the audience’s emotional state and improving the healing effect.

2.3. Moderation Principle: Balancing Healing Function and Aesthetic Value

The design of visual chemotherapy therapy combines both therapeutic function and aesthetic attributes, and the two need to be balanced and integrated with each other. Overemphasizing the healing function may lead to a single form and lack of aesthetic appeal in visual works, making it difficult to attract active audience participation; Excessive pursuit of aesthetic expression may also overlook the core goal of emotional intervention and deviate from the essence of healing. In design, it is necessary to grasp the principle of moderation and integrate healing logic and emotional guidance elements on the basis of visual aesthetics.

At the same time, it is necessary to avoid using visually stimulating elements, whether it is color, lines, or dynamic effects, which should follow the principles of gentleness and soothing to avoid triggering emotional fluctuations in the audience. In intelligent visual design, the presentation intensity of visual elements can be

optimized through algorithms, and personalized adjustments can be made based on the audience's emotional tolerance to achieve the unity of functionality and aesthetics.

2.4. Security principle: Avoid secondary harm and privacy risks

Depressed individuals are psychologically fragile, and visual therapy designs must strictly adhere to safety principles to avoid secondary harm caused by improper design. In design, bloody, violent, and extremely negative visual symbols should be avoided, and the pain of depression should not be deliberately rendered. Instead, emotional states should be presented with a tolerant and accepting attitude, conveying signals of healing and hope. At the same time, in intelligent design scenarios, it is necessary to pay attention to the privacy protection of the audience, encrypt the collected physiological signals and emotional data, clarify the scope of data use, and avoid the psychological burden caused by information leakage.

Design creators need to adhere to ethical bottom lines, integrate safety and humanistic care into the entire design process, and make visual healing works a carrier of warmth rather than a potential emotional burden.

3. The Practical Path of Visual Chemotherapy for Depression in the Era of Intelligence

3.1. Static Visual Healing Design: Building Fundamental Emotional Connections

Static visual design is the fundamental form of depression emotional healing, including illustrations, posters, picture books, cultural and creative products, etc. Its core function is to establish emotional resonance and convey healing concepts. In the era of intelligence, static design is not static, but can be combined with smart devices to achieve dynamic adaptation and personalized presentation.

In terms of illustration design, the form of "narrative illustration" can be used to present the process of depression from generation, development to relief from a first person perspective. Through concrete scenes and symbols, the audience can feel a sense of immersion. For example, using "the frontrunner in the mist" to symbolize confusion and struggle in a state of depression, and using "the gradually dispersing mist, the emerging light" to symbolize healing and hope. In terms of color usage, low saturation cool tones are used to express depressive states, and as the narrative progresses, warm tone elements are gradually added to form visual clues for emotional transformation. At the same time, illustrations can be combined with smart photo frames to automatically switch between corresponding chapter illustrations based on the audience's emotional state, achieving dynamic application of static works.

Picture book design can focus on the causes of depression among young people, such as academic pressure, workplace anxiety, social difficulties, etc. Through storytelling expression, it guides the audience to perceive their own emotions and accept them. In intelligent scenarios, interactive picture books can be designed to engage the audience in story progression through touch, voice interaction, and other means. For example, the audience can choose the protagonist's behavior and experience the emotional changes brought about by different cognitive modes, achieving a combination of cognitive guidance and emotional healing.

3.2. Dynamic Visual Healing Design: Strengthening Interactive Emotional Intervention

Dynamic visual design relies on intelligent technology to achieve deeper emotional intervention through dynamic effects and interactive experiences, mainly including intelligent APP interface design, dynamic illustration, VR/AR healing scene design, etc.

In terms of intelligent APP interface design, a mobile application focusing on depression emotional healing can be developed, combining visual design with emotion monitoring and cognitive guidance functions. The interface color and layout should follow the principles of soothing and simplicity, avoiding the visual pressure caused by complex information. The APP can capture users' facial expressions through a camera, analyze their emotional states based on heart rate sensor data, and then push corresponding visual healing content.

VR/AR healing scene design is an important direction for visual healing in the intelligent era. By building an immersive virtual environment, users can escape the pressure of reality and experience emotional release and psychological reconstruction in the virtual space. For example, designing a "natural healing scene" where users can stroll through virtual forests, beaches, and grasslands, experiencing the visual and auditory stimulation of natural landscapes and relieving suppressed emotions; Design a "self dialogue scenario" that interacts with users through virtual images, guiding them to express their inner feelings and correct negative cognition.

3.3. Visual Healing Design in Public Spaces: Expanding the Boundaries of Healing Scenarios

Public transportation spaces are also important scenes for visual healing. In enclosed spaces with frequent personnel flow such as subways and buses, short therapeutic visual content can be pushed through dynamic display screens, such as soothing dynamic illustrations and positive text symbols, to help passengers relieve commuting pressure and anxiety. Intelligent devices can adjust the pace and form of content push based on the emotional characteristics of abortion at different time periods, achieving precise chemotherapy intervention.

4. Conclusions

The era of intelligence provides new technological support and forms of expression for the visual therapy of depression, and also brings new opportunities for the interdisciplinary development of visual communication design. In the future, with the continuous development of intelligent technology, visual chemotherapy for depression will increasingly move towards personalization, immersion, and normalization, further expanding the social value and application boundaries of visual communication design. At the same time, we also need to be vigilant about the problems caused by excessive dependence on technology, always adhere to the design concept of "people-oriented", integrate humanistic care into the entire design process, and make visual design truly an important force for warming people's hearts and relieving emotions. Visual communication design, as an important medium for emotional intervention, should continue to cultivate the core of integrating psychological needs and technology, and contribute professional strength to solving the dilemma of depression and building a healthy social and psychological environment.

Conflicts of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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