

**A CONTRASTIVE APPROACH TO TERMS FROM THE
FIELD OF PSYCHIATRY IN ENGLISH AND ROMANIAN**

Constanța VORNICESCU

Dezvoltarea continuă a terminologiei psihiatrice este strâns legată de o analiză profundă a mijloacelor de formare și de traducere ale acesteia. Astfel datorită studierii acestor aspecte, putem contribui nemijlocit la îmbunătățirea procesului de traducere din limba-sursă în limba-țintă.

Acest articol are drept scop prezentarea multiaspectuală a termenilor din domeniul psihiatriei, precum și a metodelor și strategiilor de traducere ale acestora în limba engleză.

The International Organization for Standardization defines terminology as the “science studying the structure, formation, development, usage and management of terminologies in various subject fields” [1, p.322].

The translation of medical terminology related to mental and emotional illnesses has a great importance because it ensures the health services and the need for a quality and professional human medical translation.

In order to analyze the main peculiarities regarding psychiatric terminology and to show that it is not just a terminology, but a special language that needs a special consideration, we have consulted various theoretical sources, among which we can mention *Theory of translation* by Z. Proshina and “*Terminology, theory, methods and applications*” by M. Theresa Cabré . For the practical part of the research we picked up our corpus of examples from a specialized book “*Diagnostic and statistical manual of mental disorders fifth edition DSM-5*”, in both English and Romanian languages, elaborated by the American Psychiatric Association.

The main aspects regarding the psychiatric terms is their translation from English into Romanian, for the analysis of which we referred to the translation techniques suggested by Z. Proshina in her book *Theory of Translation* [2, p.39]. After counting and making a statistic of the total amount of 85 non-repetitive items on how many psychiatric terms were rendered through a certain technique, we found

out that there are just three main translation techniques that are used in rendering the meaning of these ideal terms.

One of the most common translations techniques used is *equivalence*. This concept holds a central position in translation studies, becoming an essential feature of translation theories in the 1960s and 1970s. There is an example: *A mental disorder is a **syndrome** characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning; O tulburare mintală este un **sindrom** caracterizat prin perturbare semnificativă clinic în domeniile cognitiv, al controlului emoțiilor sau al comportamentului individului, care reflectă o disfuncție a proceselor psihologice, biologice sau de dezvoltare care stau la baza funcționării minatale* [3, p.325; 4, p.325].

In these example the term is translated using the already existing equivalent in the target language. And here the biggest problems appears translator's background in the field of psychiatry, his experience in this domain and the level of knowing psychiatric terminology in both, source and target languages. This level is of great importance, because a translator cannot perform a good and qualitative translation without the necessary specialized language. If one does not know what a syndrome or what is psychiatry than they cannot render correctly the meaning.

Regarding these examples we can also observe that the terms remain nouns and adjectives in both languages.

Another technique that is often used is *borrowing*. The largely use of this technique can be explained by the fact that there are many words that don't need to be translated somehow and are simply borrowed in the target language. This happens due to the fact that medicine is continuously developing, and new terms appear every day, so it is much simpler to borrow the newly invented term than to find and equivalent for it. This is the case in the following example:

***Susto** is an illness attributed to a frightening event that causes the soul to leave the body and results in unhappiness and sickness, as well as difficulties functioning in key social roles/ **Susto** este o suferinta atribuita unui eveniment ingrozitor, care face ca sufletul sa iasa din*

corp, cee ace determina nefericire si boala precum și dificultățile în funcționarea în rolurile sociale esențiale [3, p.866; 4, p.866].

From this example we can see that the terms were not translated somehow but were simply borrowed in Romanian. It is not a difficulty for a specialist to understand the term, while it is a real challenge for a non-professional in the medical sphere.

A direct translation technique that we have depicted is *calque*. This translation technique is mainly used in the case of the compound word. There are some examples: ***Electroconvulsive therapy*** involves a brief electrical stimulation of the brain while the patient is under anesthesia. It is typically administered by a team of trained medical professionals that includes a psychiatrist, an anesthesiologist, and a nurse or physician assistant/ ***Terapia electroconvulsivă*** implică o scurtă stimulare electrică a creierului în timp ce pacientul este sub anestezie. Acesta este, de obicei, administrat de o echipă de profesioniști instruiți medical care include un psihiatru, un anestezist și o asistentă medicală sau asistent medical. Adler, care la creditat pe Napoleon ca fiind primul care a suferit de o astfel de condiție [3, p.634; 4, p.634].

From the terms that we have selected and analyzed none of them is translated through an explanation or descriptive translation.

Speaking about the abbreviations, the abbreviated form of the terms is totally different in Romanian and English. For example, the abbreviated form of the term *SAD* (seasonal affective disorder) is different from the abbreviated form in Romanian which is *TAF* (tulburare afectiv sezonieră).

Other examples are *PTSD* (post-traumatic stress disorder) which in Romanian has the following abbreviated form *TSPT* (tulburare de stres post-traumatic), *OCD* (obsessive compulsive disorder) which in Romanian has this another abbreviated form *TOC* tulburare obsesiv-compulsivă.

From all the suggested translation techniques the most used in rendering psychiatric terms is through equivalence which accounts for eighty one items, eleven translated via borrowing and eight via calque.

Despite the wide range of strategies and techniques suggested by various scholars, our opinion is that the most appropriate and fair

translation technique for psychiatric terms is equivalence, because they are ideal terms that require a concrete and precise translation.

Psychiatric terminology is one of the most difficult and contradictory languages where medical errors can be deadly serious and conduct to life-threatening situations. Considering all that was said above we can conclude that without terminology no professional communication, without professional communication no knowledge transfer and no development of the society in general.

References:

1. BAKER, M. *Terminology, theory, methods and applications*. Universitat Pompeu Fabra.
2. PROSHINA, Z. *Theory of translation, 3d edition*. Vladivostok Far Eastern University Press 2008.
3. Diagnostic and statistical manual of mental disorders fifth edition DSM-5.
4. DSM, Manual de diagnostic și clasificare statistică a tulburărilor mintale, Ediția a 5-a.

*Recomandat
Gabriela ȘAGANEAN, dr., conf. univ.*