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включно), перша – англійська, освітня програма **Англійська мова і**
друга іноземна мова: усний і письмовий переклад у бізнес-комунікації
Тема роботи: Лексичні аспекти перекладу на українську мову англійських текстів з
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№ п / п	Найменування частин та план курсової роботи	Терміни звіту про виконання	Відмітка про виконанн я
1.	Аналіз наукових першоджерел і написання теоретичної частини курсової роботи (розділ 1)	1–5 листопада 2023 р.	
2.	Аналіз дискурсу, який досліджується, на матеріалі фрагмента тексту; проведення перекладацького аналізу матеріалу дослідження і написання практичної частини курсової роботи (розділ 2)	7–11 лютого 2024 р.	
3.	Написання вступу і висновків дослідження, оформлення курсової роботи і подача завершеної курсової роботи науковому керівнику для попереднього перегляду	28–31 березня 2024 р	
4.	Оцінювання курсових робіт науковими керівниками, підготовка студентами презентацій до захисту курсової роботи	25–30 квітня 2024 р.	
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Студент _____ (підпис)

РЕЦЕНЗІЯ НА КУРСОВУ РОБОТУ З ПЕРЕКЛАДУ З АНГЛІЙСЬКОЇ МОВИ

студента(ки) _____ курсу групи _____ факультету _____ германської філології і перекладу КНЛУ спеціальності **035 Філологія**, спеціалізації **035.041 Германські мови та літератури (переклад включно)**, перша – англійська, освітня програма **Англійська мова і друга іноземна мова: усний і письмовий переклад у бізнес-комунікації**

(ПІБ студента)

за темою Лексичні аспекти перекладу на українську мову англійських текстів з ментального здоров'я

	Критерії	Оцінка в балах
1	Наявність основних компонентів структури роботи – <i>загалом 5 балів</i> (усі компоненти присутні – 5 , один або декілька компонентів відсутні – 0)	
2	Відповідність оформлення роботи, посилань і списку використаних джерел нормативним вимогам до курсової роботи – <i>загалом 10 балів</i> (повна відповідність – 10 , незначні помилки в оформленні – 8 , значні помилки в оформленні – 4 , оформлення переважно невірне – 0)	
3	Відповідність побудови вступу нормативним вимогам – <i>загалом 10 балів</i> (повна відповідність – 10 , відповідність неповна – 8 , відповідність часткова – 4 , не відповідає вимогам – 0)	
4	Відповідність огляду наукової літератури нормативним вимогам – <i>загалом 15 балів</i> (повна відповідність – 15 , відповідність неповна – 10 , відповідність часткова – 5 , не відповідає вимогам – 0)	
5	Відповідність практичної частини дослідження нормативним вимогам – <i>загалом 20 балів</i> (повна відповідність – 20 , відповідність неповна – 15 , відповідність часткова – 10 , не відповідає вимогам – 0)	
6	Відповідність висновків результатам теоретичної та практичної складових дослідження – <i>загалом 10 балів</i> (повна відповідність – 10 , відповідність неповна – 8 , відповідність часткова – 4 , не відповідає вимогам – 0)	

Усього набрано балів: _____

Оцінка:

“До захисту” _____

(42-70 балів)

_____ (підпис керівника)

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“На доопрацювання” _____
(0-41 балів)

(підпис керівника)

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INTRODUCTION

The focus of this term paper is to examine the lexical aspects involved in translating English mental health texts into Ukrainian. With the increasing global awareness of mental health issues, there is a growing demand for accurate and culturally appropriate translations in this field. This paper aims to explore the challenges and strategies associated with rendering mental health terminology from English to Ukrainian while maintaining clarity, accuracy, and cultural sensitivity. Theoretical frameworks and linguistic theories will be employed to analyze the lexical nuances of mental health terminology in both languages. By delving into the semantic and pragmatic aspects of translation, we seek to identify the most effective strategies for conveying the intended meaning of mental health texts across linguistic and cultural boundaries.

The relevance of this study lies in its potential to enhance cross-cultural communication and understanding in the field of mental health. By examining lexical choices and their cultural connotations, translators can ensure that mental health information is accessible and comprehensible to Ukrainian-speaking audiences.

This paper will also investigate the impact of cultural differences on the translation process, particularly in conveying sensitive or stigmatized concepts related to mental health. By addressing these challenges, translators can develop more nuanced and culturally sensitive translations that resonate with Ukrainian readers. The structure of this term paper will include an overview of relevant theoretical frameworks, an analysis of lexical challenges in mental health translation, and a discussion of the implications for translation practice and research. Through this comprehensive approach, the aim is to contribute to the advancement of translation studies in the context of mental health communication.

CHAPTER 1

METHODOLOGICAL AND THEORETICAL FRAMEWORKS FOR STUDYING LEXICAL ASPECTS OF TRANSLATION

1.1 Definition and classification of lexical aspects in translation

Lexical aspects in translation are defined and categorized as the different linguistic components and factors pertaining to words, phrases, and vocabulary selections that are encountered when translating material from one language to another. These lexical aspects are essential for guaranteeing the translation's precision, understandability, and cultural sensitivity.

In the field of translation studies, lexical aspects are crucial to both academic discussion and practical implementation. Described as the linguistic components related to word selections that arise throughout the translation process, such aspects include a complex interaction between semantics, cultural meanings, functional analogies, and pragmatic factors. Academics like Eugene A. Nida have emphasized the importance of linguistic units at the word or phrase level and the critical role that lexical choices play in accurately transferring meaning across languages. Moreover, prominent figures like Susan Bassnett and André Lefevere have highlighted the cultural dimensions inherent in lexical translation. They contend that translation involves not merely linguistic transfer but also a negotiation of cultural nuances. Consequently, lexical aspects encompass not only semantic equivalence but also the intricate web of cultural connotations and implications associated with lexical items.

Within the framework of equivalence theory, scholars like Mona Baker advocate for dynamic equivalence in lexical translation. This approach seeks to preserve the meaning of the source text while adapting the language to the cultural context of the target audience. Accordingly, lexical choices should not only capture the denotative meaning of words but also consider their pragmatic and sociolinguistic implications. Similarly, Peter Newmark emphasizes the importance of functional

equivalence in lexical translation. He posits that lexical aspects involve a balance between word-for-word and sense-for-sense translation, considering the communicative function and impact of lexical items in both the source and target languages.

Apart from defining lexical features in translation, researchers are setting proposed categories that clarify the complex character of these linguistic components. These classifications help to organize the different factors and difficulties that come up during lexical translation. Here, we examine a few well-known categories put out by experts in the field:

1. **Semantic Equivalence:** This classification focuses on finding lexical equivalents in the target language that closely match the meaning of words or phrases in the source language. It includes strategies such as direct translation, where a word or phrase in the source language has a clear equivalent in the target language, and literal translation, which involves translating word-for-word without considering cultural or idiomatic differences.
2. **Cultural Equivalence:** Cultural equivalence addresses the cultural dimensions of lexical translation, emphasizing the need to recognize and accommodate cultural differences in meaning, context, and connotation. This classification encompasses the translation of idiomatic expressions, where phrases or expressions with culturally specific meanings must be adapted for comprehension in the target language, as well as the adaptation of cultural references to make them relevant and understandable to the target audience.
3. **Functional Equivalence:** Functional equivalence pertains to ensuring that the translated text fulfills the same communicative function as the original text. This classification encompasses strategies such as maintaining register and style, where the tone, style, and formality of the original text are matched in the translation, and contextual

adaptation, which involves adjusting the language to suit the social, situational, or professional context of the target audience.

4. **Idiomatic Equivalence:** Translation of idiomatic expressions, or sentences or structures with meanings that cannot be inferred from the individual words themselves, falls under this category. For idiomatic expressions in the target language to accurately convey their intended meaning, translators must take linguistic, cultural, and historical factors into account.
5. **Neologisms and Loanwords:** Neologisms are terms or expressions that have recently been created, whereas loanwords are words that have been borrowed from another language. Translators must weigh considerations like familiarity, acceptability, and cultural relevance when determining whether to translate, adapt, or leave these lexical terms in the target language.
6. **Domain-Specific Terminology:** Certain fields, like technology, law, and medicine, have specialized vocabulary with no clear translations into other languages. To effectively transmit meaning and preserve precision in translation, translators need to learn and comprehend the terminology peculiar to their field.

Researchers have additionally distinguished additional subcategories and approaches that target particular difficulties and factors in lexical translation within each of these classes. Scholars and practitioners can improve the quality and efficacy of cross-cultural communication by using this organized framework to identify lexical elements, which helps them comprehend and navigate the complexity of translation.

To sum up, the investigation of lexical aspects in translation has yielded thorough comprehension of the complex linguistic components involved in the procedure. Through the definition of lexical features as the linguistic elements associated with vocabulary selections made during translation, we have recognized the critical function that words and phrases play in meaning transmission between

languages. Furthermore, the division of these elements into groups like semantic equivalency, cultural equivalency, and functional equivalency has provided an organized framework for examining and resolving the difficulties faced by translators. Translators search for lexical equivalents of words or phrases in the source language that closely match the intended use through the process of semantic equivalency. The importance of understanding and allowing for cultural variations in meaning, context, and connotation is highlighted by cultural equivalency. The goal of functional equivalency is to guarantee that the translated content fulfills the same communication purpose as the source. Furthermore, factors like register and style, collocational equivalency, and idiomatic equivalency contribute to our comprehension of lexical features in translation. By exploring these ideas, translators can more adeptly negotiate the intricate details of lexical translation, safeguarding the original text's content, tone, and cultural quirks. This investigation establishes the framework for additional study and debate in the area, offering a strong basis for comprehending and enhancing the translation process.

1.2 Explanation of lexical aspects in translation and their significance in the context of mental health texts

The process of translating English mental health texts into Ukrainian involves complex linguistic issues that need for careful consideration and in-depth examination. This abstract explores the lexical complexities present in this specialized domain by exploring the theoretical underpinnings of translation theory. This discussion, which takes its cues from academic publications and monographs, looks at how proper names should be rendered, how to translate terminology precisely, and how to translate English phraseology into Ukrainian. One-component and multi-component concepts are among the unique terminology used in texts on mental health. One-component terms in the sphere are formed by suffixation, prefixation, and compounding. The three primary components of two- and three-component words are participles, adjectives, and nouns. Many of the

abbreviations and substitutes found in the texts under examination are translated into their full forms or with matching shorthands when it comes to a term or terminological word combination. The texts on mental health should be translated with extra caution because there aren't many acronyms that are intersectoral homonyms. Transcoding may not be the best way to translate certain internationalisms into Ukrainian since translating them can also be difficult. The translation of mental health terminology requires precision and accuracy to ensure that concepts are effectively conveyed across languages. Scholars such as Newmark (1988) emphasize the importance of finding equivalent expressions that preserve both the denotative and connotative meanings of technical terms. This process may entail borrowing directly from English, calquing by creating new terms based on the structure of the original language, or employing descriptive equivalents to explain the meaning of the term in the target language. Terminology in mental health texts encompasses a wide array of concepts, including psychiatric diagnoses, therapeutic interventions, and psychological phenomena. Translators encounter challenges related to the specificity, precision, and cultural nuances inherent in such terminology.

When translating the term "depression" into Ukrainian, a direct translation may result in "депресія" (depresiya), which accurately reflects the clinical diagnosis. However, considering the cultural connotations and nuances, a translator might choose a more contextually appropriate term such as "психічна депресія" (psykhichna depresiya) to encompass both the clinical and psychological aspects of the condition. For the term "cognitive-behavioral therapy," a literal translation could yield "когнітивно-поведінкова терапія" (kohnityvno-povedinkova terapiya), which reflects the therapeutic approach. Alternatively, a translator may opt for a more adapted term like "терапія когнітивно-поведінковим підходом" (terapiya kohnityvno-povedinkovym pidkhodom), emphasizing the methodological aspect of the therapy.

These instances highlight how crucial it is to translate mental health terms with both linguistic accuracy and cultural appropriateness in mind. Translators may

guarantee that mental health topics are appropriately and sensitively transmitted across languages by carefully choosing terminology that appeal to the target audience and successfully express the intended meaning.

Lexical features in translation also pertain to the linguistic components associated with vocabulary selections made when translating text from one language to another. These elements are essential for precisely and successfully communicating meaning, especially in specialist fields like books about mental health. For instance, because of the technical and delicate nature of the subject matter, accuracy and precision are crucial when translating texts about mental health. Here's a closer look at their importance:

Mental health texts often contain terminology related to psychiatric diagnoses, such as "major depressive disorder," "panic disorder," or "obsessive-compulsive disorder." These diagnoses have specific criteria outlined in diagnostic manuals such as the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) or the ICD-10 (International Classification of Diseases). Translators must accurately convey these diagnostic terms to ensure that the intended diagnosis is clearly communicated to healthcare providers and patients alike. For example, translating "major depressive disorder" as "великий депресивний розлад" (velykyi depresyvnyi rozlad) in Ukrainian must accurately reflect the diagnostic criteria and clinical presentation outlined in the original English text. However, it can also be translated as клінічна депресія (klinichna depresiia), велика депресія (velyka depresiia), уніполярна депресія (unipoliarna depresiia), уніполярний розлад (unipoliarnyi rozlad), but any deviation from precise translation may lead to misunderstanding or misdiagnosis, potentially impacting patient care and treatment outcomes.

Furthermore, standardized assessment instruments and rating scales, such as the Hamilton Anxiety Rating Scale and the Beck Depression Inventory, are frequently mentioned in texts on mental health. These tools are used to measure treatment outcomes and evaluate symptoms. The names of these instruments need to be translated correctly by interpreters in order to maintain communication consistency

and clarity. For example, translating "Beck Depression Inventory" as "Шкала депресії Бека" (shkala depresiyyi Beka) in Ukrainian must accurately reflect the name of the assessment tool while also ensuring that its purpose and administration are clearly understood. The Hamilton Anxiety Rating Scale (HAM-A) is a well-established clinician-administered instrument for measuring the severity of anxiety symptoms. Translating the HAM-A into Ukrainian as "Шкала оцінки тривожності Гамільтона" (Shkala otsinki tryvozhnosti Hamil'tona) ensures that the translated version maintains the same level of recognition and acceptance among Ukrainian-speaking clinicians and researchers. The Patient Health Questionnaire-9 (PHQ-9) is a self-report instrument used to screen for depression in clinical settings. When translating the PHQ-9 into Ukrainian, translators must adapt the wording to ensure cultural relevance. For instance, translating the item "Little interest or pleasure in doing things" as "Зниження інтересу або відчуття задоволення від виконання справ" (Znyzhennia interesu abo vidchuttia zadovolennia vid vykonannia sprav) captures the essence of the item while accommodating cultural differences in expression. The Generalized Anxiety Disorder 7-item Scale (GAD-7) is a brief self-report measure used to screen for generalized anxiety disorder. Translating the GAD-7 into Ukrainian requires rigorous quality assurance measures to ensure accuracy and reliability and this Scale has not yet been translated into Ukrainian. Translation experts, mental health professionals, and native Ukrainian speakers collaborate to review and verify the translated version, ensuring accuracy and reliability while maintaining standardized terminology.

The process of translating assessment instruments and scales used in mental health texts is a laborious one that necessitates close attention to standard language, cultural sensitivity, and quality control. In the field of mental health, standardized assessment tools are essential for clinical practice, research, and cross-cultural comparisons. It is the responsibility of translators to suit the linguistic and cultural needs of varied populations while maintaining the translated versions' linguistic and psychometric equivalency with the original instruments. Translators can

produce precise renderings which enable accurate assessment and diagnosis of mental health conditions across various linguistic contexts by following standardized terminology, taking cultural nuances into account, and implementing rigorous quality assurance measures. Only such translations are reliable, valid, and culturally appropriate.

There are several difficulties while translating English mental health texts into Ukrainian, especially when it comes to linguistic issues. This abstract, which draws from academic journals and monographs, examines translation theory theoretical sources pertinent to this topic. The intricacies of lexical translation in the context of mental health are illuminated by theoretical frameworks like corpus-based translation studies, cultural translation theory, and equivalency theory. Dynamic equivalency research by Nida (1964) emphasizes the significance of translating lexical items' intended meaning and function across languages, whereas Venuti (1995) underscores the influence of cultural influences on translation decisions. Additionally, corpus-based research by Laviosa (2002) and Baker (1993) provides empirical insights on translation techniques and lexical variety in specialized domains. These theoretical stances guide translation work and aid in the creation of successful methods for translating English mental health texts into Ukrainian, guaranteeing precision, understandability, and cultural sensitivity when transferring intricate mental health ideas across linguistic and cultural divides. Equivalency theory is a cornerstone idea in translation theory that directs the process of translation. Dynamic equivalency, as put out by Nida (1964), contends that translations ought to place more emphasis on expressing the dynamic meaning and function of the original text than they do on strictly following linguistic form. This idea emphasizes how crucial it is to make sure translated terms adequately convey the intended meaning and emotional nuances of the original English text when it comes to mental health texts. Translators must take into account the cultural and contextual ramifications of phrases like "disorder" and "disease" for example, when translating them into Ukrainian. Rather than translating them word for word, they should aim for emotional effect equivalency. As demonstrated by

Baker (1993) and Laviosa (2002), corpus-based translation studies provide important insights into lexical variety and translation procedures in specialized fields. Corpus-based studies provide light on patterns of lexical choice, collocation, and usage in translation by examining substantial collections of translated texts. This empirical data helps translators make informed decisions. Corpus-based research can be used to find common translation tactics for particular terms or concepts in the context of texts on mental health. This can assist translators choose the best lexical counterparts and ensure consistency across translations.

To sum up, translators who are struggling with the challenges of translating English mental health publications into Ukrainian might benefit greatly from the theoretical resources in translation theory. While cultural translation theory emphasizes the role of cultural elements in affecting translation choices, equivalency theory emphasizes the importance of translating with dynamic meaning and emotional resonance. Translators can choose acceptable lexical equivalents and preserve consistency among translations with the use of corpus-based translation studies, which offer empirical insights into lexical variance and translation tactics. Translators may effectively handle the complexities of lexical translation in the context of mental health by utilizing these theoretical views. This allows them to provide translations that are accurate, culturally sensitive, and linguistically acceptable for audiences who speak Ukrainian.

1.3 Characteristics of scientific discourse on mental health texts

Scientific (academic) discourse is a type of discursive activity verbalised in the text in the field of communication a component of the professional zone of professional discourse itself. As a structural component of the professional area of professional discourse, scientific discourse is characterised by creativity, truthfulness and professional value. It has other features of professional discourse, such as professional orientation, anthropocentrism, and multidisciplinary, disproportionate development of its individual parts, dialogic nature, selectivity,

and closedness, non-cyclicity, didacticism, dynamism, linguistic normativity, stylistic stratification. Description of a particular type of discourse is usually conducted in terms of the components that make up its chronotope, goals, values, strategies, material, types and genres, precedent texts, discursive formulas, participants.

Scientific discourse on mental health texts typically exhibits several key characteristics:

Empirical evidence in scientific discourse on mental health refers to data obtained through systematic observation and experimentation. This evidence serves as the foundation for understanding various aspects of mental health, including the prevalence of disorders, their causes, risk factors, treatment efficacy, and outcomes. Empirical evidence in mental health research is derived from a variety of research methods, including experimental studies, observational studies, surveys, clinical trials, and qualitative research. Each method has its strengths and limitations but aims to systematically collect data to answer research questions. There is also quantitative research methods and qualitative research methods. Quantitative research methods involve the collection of numerical data, such as scores on psychological assessments, frequencies of behaviors, or physiological measurements. These data are often analyzed using statistical techniques to identify patterns, associations, and relationships between variables related to mental health. Qualitative research methods involve the collection of non-numerical data, such as interviews, focus groups, or observations, to explore the lived experiences, perspectives, and meanings associated with mental health phenomena. Qualitative data provide rich, descriptive insights that complement quantitative findings. Additionally, longitudinal studies track individuals over an extended period, allowing researchers to observe changes in mental health outcomes over time and identify potential causal relationships. Longitudinal research provides valuable insights into the trajectories of mental health disorders and the factors that influence their development and course. Moreover, there are Randomized Controlled Trials (RCTs): RCTs are considered the gold standard for

evaluating the efficacy and effectiveness of mental health interventions. In RCTs, participants are randomly assigned to receive either the intervention or a control condition, enabling researchers to assess the intervention's impact while controlling for confounding variables. Overall, empirical evidence forms the basis of scientific discourse in mental health by providing objective, systematic, and reliable information that advances our understanding of mental health disorders and informs prevention, diagnosis, treatment, and policy efforts.

Scientific discourse aims to maintain objectivity by presenting findings and conclusions based on data rather than personal beliefs or opinions. Researchers strive to minimize bias and ensure that their interpretations are grounded in empirical evidence.

Precision and clarity are foundational elements of scientific discourse in mental health texts. These characteristics ensure that ideas are communicated accurately and effectively, facilitating understanding among researchers and practitioners alike. In scientific discourse, precision is achieved through the consistent use of clear and standardized terminology. This includes adhering to established diagnostic criteria, such as those outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM) or the International Classification of Diseases (ICD), to accurately describe symptoms and conditions. Operational definitions are also provided for key terms and concepts, specifying how variables are measured or manipulated in a study. For example, when studying depression, researchers may define depression symptoms using standardized assessment tools like the Beck Depression Inventory (BDI) or the Hamilton Rating Scale for Depression (HAM-D). Additionally, clarity of expression is paramount in scientific writing. Complex concepts are explained using straightforward language, and technical jargon is either minimized or defined for clarity. Sentences are structured logically, and paragraphs flow smoothly to enhance comprehension.

Scientific discourse relies on citations and references to previous research to provide context, support claims, and acknowledge the contributions of other

researchers. This helps situate new findings within the existing body of knowledge on mental health.

In scientific discourse on mental health topics, generalizability and constraints play a critical role in shaping the applicability and interpretation of research findings. The degree to which research findings can be extrapolated or applied to populations other than those under study is known as generalizability. External validity is a common way that generalizability in mental health research is evaluated. Results from studies having a high degree of external validity are more likely to be applicable to larger groups of people in different environments. Sample characteristics (e.g., age, gender, ethnicity), study design, and ecological validity (i.e., how closely the study circumstances mimic real-world scenarios) are some of the factors that may impact generalizability. It is imperative to recognize the limits associated with research findings, though. Every study has intrinsic limits that could compromise the reliability and applicability of its findings. Research on mental health frequently faces limitations due to methodological limitations, limited sample sizes, sampling biases, and dependence on self-report measures. Furthermore, it's possible that the unique traits of the research group will restrict how broadly the results may be applied to other groups. Furthermore, in order to provide context for evaluating results, researchers frequently talk about the limitations and scope of their research. In the discussion part, they might specifically address the study's limitations, highlighting potential contributing factors or highlighting implications to be taken into account when implementing the findings in practical contexts. Despite these limitations, research on mental health is vital to the advancement of knowledge and the development of evidence-based approaches. Researchers can improve the validity and usefulness of their findings by recognizing and resolving limitations. This helps advance our understanding of mental health issues as a community and aids in the creation of efficient programs and regulations.

1.1.3 Discursive and stylistic analysis of a fragment of a text about mental health

Analyzed fragment:

The large-scale invasion of Ukraine by the Russia Federation began on February 24, 2022. In 2022, there were 707 attacks on Ukrainian health care facilities, 218 hospitals and clinics were damaged or destroyed, 181 attacks on other medical infrastructure facilities (pharmacies, dentistry) were documented [26]. The damage caused by the aggression to the healthcare system of Ukraine was 26 billion dollars [27]. During the year, there were 86 known attacks on health care workers, with 62 health workers killed [26]. Many medical workers were injured, threatened and harassed. Some were taken hostage, illegally imprisoned or forced to work under the occupation [26]. The greatest damage to the medical infrastructure was recorded in the eastern regions of Ukraine [26]. During the three months of full-scale aggression, 80% of the facilities for the provision of medical services in Mariupol were destroyed or damaged [28]. The only psychiatric hospital in the city was destroyed [29]. Attacks were carried out on psychiatric hospitals in Kramatorsk [30], Kherson region [31], psycho-neurological boarding houses in Kyiv [32], Kharkiv [33], and Sumy [34] regions. While working on this comment, on Easter night, an air raid was carried out on another psycho-neurological boarding house [35]. The mental health services structure suffered from a lack of personnel due to the injuries and evacuation of medical workers [36]. During the first 8 months of a full-scale invasion, 650,000 Ukrainians received professional help from psychologists and psychiatrists [37]. One study reports that more than 80% of the Ukrainians have never consulted a psychologist or psychotherapist, although at least a third have recently experienced irritability, poor sleep, bad mood, tension and anxiety (2,100 respondents) [38]. The most frequently mentioned obstacle in accessing mental health care services has been cost [39], but also availability and long lines at local pharmacies [40]. In the first month of full-scale invasion, more than 2,000 people on opioid-substitution therapy were at risk

of treatment interruption [41]. These problems are highlighting the significant impact of war on the accessibility of health care services. WHO Country Office in Ukraine and the Ministry of Health of Ukraine predict between 10 and more than 15 million Ukrainians who will need professional psychological assistance as a result of hostilities [40, 42]. Health providers have been also experiencing mental health problems: 40% of the “Stop Panic” hotline service staff, who were a key source of psychological support for the population in the first months of the war, had symptoms of depression and anxiety (as of March 18–26, 2022) [43].

Fragment analysis: The text provides factual information about the consequences of the large-scale invasion of Ukraine by the Russian Federation on the country's healthcare system and mental health. It fits within informative discourse, particularly in scientific or academic contexts. No extralingual elements like pictures or schemes are present. Stylistically, the text maintains a predominantly factual tone without extensive use of tropes or figures of speech. However, it occasionally employs metaphorical language to describe the invasion's impact.

Vocabulary usage is specialized, incorporating terms related to healthcare, mental health, and conflict scenarios. Proper names (e.g., Mariupol, Kramatorsk), subject field terms (e.g., psychiatric hospitals, psycho-neurological boarding houses), and acronyms (e.g., WHO) are used for specificity and clarity. For example, the mention of "psycho-neurological boarding houses" and "opioid-substitution therapy" demonstrates the specialized vocabulary employed. Additionally, the text includes citations and references in a scholarly manner to bolster its credibility.

References like "[26]" and "[37]" are used to cite specific sources of data and information. In summary, the text delivers factual information in a clear, objective manner characteristic of scientific discourse, supported by specialized vocabulary and references.

CHAPTER 2

ANALYSIS OF LEXICAL ASPECTS IN ENGLISH MENTAL HEALTH TEXTS AND THEIR RENDERING INTO UKRAINIAN

2.1. Semantic analysis of selected phraseological units in mental health texts

In the literature on mental health, phraseological units relate to distinct word or expression combinations that are frequently employed in the field to communicate particular ideas or meanings. These units frequently comprise fixed or semi-fixed phrases, idioms, or statements that have gained acceptance in the discourse of practitioners, researchers, and mental health experts. In mental health texts, phraseological units may include specialized terminology, clinical expressions, therapeutic techniques, or conceptual frameworks that are unique to the field. These terms are understood in the context of mental health discourse and are used as shorthand for complicated issues. They could include a broad range of ideas about mental health-related societal causes, therapeutic methods, psychological processes, and psychiatric diagnoses. In mental health texts, phraseological units are essential for ensuring uniformity in the field of mental health discourse, communicating specialist information, and easing communication.

Semantic analysis of selected examples is presented below.

1. *Mental health stigma (Стигматизація психічного здоров'я)*

This phraseological unit combines the concepts of "mental health" and "stigma." Semantically, it refers to the negative attitudes, stereotypes, and discrimination directed towards individuals with mental health conditions. The term "stigma" carries connotations of social disapproval or shame, while "mental health" denotes the overall psychological well-being of individuals. Together, this phrase highlights the societal barriers and prejudices faced by individuals with mental illness.

2. *Psychological resilience (Психологічна витривалість)*

This phraseological unit combines the concepts of "psychological" and "resilience." Semantically, it refers to an individual's capacity to withstand and adapt to adversity or trauma. "Psychological" relates to the mental processes and functioning of the individual, while "resilience" denotes the ability to recover or bounce back from difficult experiences. Together, this phrase underscores the psychological strength and coping mechanisms that enable individuals to thrive in the face of challenges.

3. *Behavioral therapy (Поведінкова терапія)*

This phraseological unit combines the concepts of "behavioral" and "therapy." Semantically, it refers to therapeutic approaches that focus on modifying maladaptive behaviors through techniques such as reinforcement, modeling, and exposure. "Behavioral" pertains to observable actions or conduct, while "therapy" implies treatment or intervention aimed at promoting psychological well-being. Together, this phrase emphasizes the active role of behavior in mental health and the use of targeted interventions to bring about positive change.

4. *Trauma-informed care (Допомога з огляду на травму)*

This phraseological unit combines the concepts of "trauma" and "informed care." Semantically, it refers to an approach to service delivery that recognizes the widespread impact of trauma and emphasizes safety, trustworthiness, choice, and collaboration. "Trauma" denotes experiences of severe psychological distress or harm, while "informed care" implies an understanding of trauma's effects and the provision of appropriate support and interventions. Together, this phrase underscores the importance of creating a supportive and empowering environment for individuals who have experienced trauma.

5. *Recovery-oriented practice (Оздоровча практика, орієнтована на відновлення)*

This phraseological unit combines the concepts of "recovery" and "oriented practice." Semantically, it refers to an approach to mental health care that

emphasizes hope, empowerment, and the possibility of living a meaningful life beyond the limitations of mental illness. "Recovery" signifies the process of regaining health and well-being, while "oriented practice" suggests a deliberate focus or direction in service delivery. Together, this phrase highlights the shift towards person-centered care and the promotion of individuals' autonomy and self-determination in their recovery journey.

6. *Cognitive-behavioral therapy (Когнітивно-поведінкова терапія (КПТ))*

Refers to a psychotherapeutic approach that focuses on addressing maladaptive thoughts and behaviors.

7. *Post-traumatic stress disorder (Посттравматичний стресовий розлад (ПТСР))*

Denotes a psychiatric disorder characterized by symptoms such as flashbacks, nightmares, and hypervigilance following exposure to traumatic events.

8. *Psychosocial support (Психосоціальна підтримка)*

Describes interventions aimed at addressing both psychological and social factors impacting an individual's mental well-being.

9. *Stigma reduction interventions (Втручання для боротьби зі стигматизацією)*

Denotes efforts aimed at decreasing the negative attitudes and discrimination directed towards individuals with mental health conditions.

10. *Mental health literacy (Компетентність у питаннях психічного здоров'я)*

Refers to knowledge and understanding of mental health conditions, including their causes, symptoms, and available treatments.

11. *Resilience-building strategies (Стратегії підвищення життєстійкості)*

Describes techniques or interventions aimed at enhancing an individual's ability to cope with adversity and bounce back from difficult experiences.

12. Medication management (Контроль за прийняттям лікарських препаратів)

Refers to the monitoring and optimization of medication regimens for individuals with mental health conditions.

13. Assertive community treatment (Асертивне лікування в спільноті)

Describes a team-based approach to providing comprehensive and intensive community-based support for individuals with severe mental illness.

14. Wellness recovery action plan (WRAP) (План дій з відновлення благополуччя)

A structured self-management tool designed to help individuals develop personalized plans for managing their mental health and wellness.

15. Crisis intervention services (Допомога у вирішенні кризових ситуацій)

Refers to immediate, short-term support provided to individuals experiencing acute psychological distress or at risk of harm to themselves or others.

16. Suicide prevention strategies (Стратегії запобігання самогубствам)

Denotes interventions aimed at reducing the risk of suicide through awareness, education, and access to support services.

17. Family psychoeducation (Психоосвіта в сім'ї)

Refers to educational interventions aimed at providing families with information and support to better understand and cope with a loved one's mental illness

18. Alcohol and drug dependence (Алкогольна та наркотична залежність)

This phraseological unit combines the concepts of "alcohol" and "drug" dependence. Semantically, it refers to a condition characterized by a compulsive need to consume alcohol or drugs despite negative consequences on physical health, mental well-being, and social functioning. "Alcohol dependence" specifically denotes a reliance on alcohol consumption to function normally, while "drug dependence" encompasses a range of

substance use disorders involving illicit or prescription drugs. Together, this phrase highlights the addictive nature of alcohol and drugs and the detrimental impact they can have on individuals' lives.

19. *Schizophrenia (Шизофренія)*

This phraseological unit refers to a severe mental disorder characterized by disturbances in thinking, perception, emotions, and behavior. It involves symptoms such as hallucinations, delusions, disorganized thinking, and impaired social functioning. Schizophrenia typically emerges in late adolescence or early adulthood and often requires long-term treatment and support.

20. *Respite care (Тимчасовий догляд)*

This phraseological unit denotes a form of temporary or short-term care provided to individuals with disabilities, chronic illnesses, or impairments, typically to give their primary caregivers a break or relief from their caregiving responsibilities. Respite care services may include in-home care, day programs, or short-term residential stays, allowing caregivers to rest and recharge while ensuring the well-being of the care recipients.

21. *Psychological first aid (PFA) (Перша психологічна допомога (ПДП))*

This phraseological unit refers to a supportive intervention designed to provide immediate psychological and emotional assistance to individuals who have experienced a traumatic event, crisis, or disaster. Psychological first aid aims to reduce distress, promote safety and coping, and facilitate access to further support services. It involves principles such as providing a sense of safety, calming individuals, promoting connectedness, and offering practical assistance.

22. *Dementia (Деменція)*

Phraseological unit used to identify a set of neurodegenerative conditions marked by a progressive loss of language, memory, cognitive function, and capacity to carry out daily tasks. While dementia is frequently linked to age, it can also result from underlying medical disorders including Alzheimer's,

vascular, Lewy body, or frontotemporal dementia. Memory loss, confusion, personality problems, and poor thinking are possible symptoms.

23. *Developmental disorder (Розлади розвитку)*

The phraseological unit "developmental disorder" refers to a broad category of conditions that usually manifest during childhood or adolescence and are marked by delays or abnormalities in a person's physical, cognitive, linguistic, social, or emotional development. Autism spectrum disorder, attention-deficit/hyperactivity disorder (ADHD), intellectual disability, learning problems, and communication disorders are examples of developmental disorders. In order to address difficulties and maximize results, these illnesses may have an impact on a number of functional elements and may necessitate early intervention and continued assistance.

24. *Dialectical behavior therapy (DBT) (Діалектична поведінкова терапія (ДПТ))*

This phraseological unit refers to a type of psychotherapy that combines elements of cognitive-behavioral therapy (CBT) with concepts from dialectics, which emphasizes the synthesis of opposing ideas. DBT was originally developed to treat individuals with borderline personality disorder (BPD) but has since been adapted for other conditions such as mood disorders, substance use disorders, and eating disorders. It focuses on teaching skills to manage emotions, improve interpersonal relationships, and cope with distressing situations

25. *Dual diagnosis treatment (Лікування при подвійному діагнозі)*

This phraseological unit denotes an integrated approach to treating individuals who have both a substance use disorder and a co-occurring mental health disorder. Dual diagnosis treatment recognizes the complex interplay between substance abuse and mental illness and aims to address both conditions simultaneously.

26. *Peer specialists (Профільні фахівці)*

This phraseological unit refers to individuals with lived experience of mental health challenges who have received specialized training to provide support, guidance, and advocacy to others facing similar challenges. Peer specialists, also known as peer support workers or peer counselors, offer peer-led interventions, share their personal recovery journeys, and serve as role models for individuals seeking mental health services. They often work as part of multidisciplinary treatment teams in mental health settings.

27. *Deinstitutionalization (Деінституціалізація)*

This phraseological unit describes a policy or process aimed at shifting the care of individuals with mental illness from institutional settings, such as psychiatric hospitals or asylums, to community-based settings.

Deinstitutionalization emerged as a response to concerns about the inhumane conditions and ineffective treatment methods in psychiatric institutions and aimed to promote community integration, autonomy, and recovery for individuals with mental illness. However, the process of deinstitutionalization has been associated with challenges such as homelessness, incarceration, and inadequate community support services.

28. *Psychoanalytic therapy (Психоаналітична терапія)*

This phraseological unit refers to a form of psychotherapy based on the principles of psychoanalysis, a theory of personality and psychopathology developed by Sigmund Freud. Psychoanalytic therapy aims to explore unconscious conflicts, childhood experiences, and defense mechanisms that contribute to psychological symptoms and distress. It typically involves a long-term, intensive therapeutic relationship focused on insight, self-understanding, and emotional growth.

29. *Transcranial magnetic stimulation (TMS) (Транскраніальна магнітна стимуляція (ТМС))*

This phraseological unit refers to a non-invasive neurostimulation technique used to treat certain psychiatric and neurological conditions, including depression, anxiety disorders, and chronic pain. TMS involves the

application of magnetic pulses to specific areas of the brain, modulating neural activity and potentially alleviating symptoms. It is typically administered as a series of sessions over several weeks and is considered safe and well-tolerated for most individuals.

30. *Antipsychotics (Антипсихотичні препарати)*

Medications used to treat psychotic disorders by modulating neurotransmitter activity in the brain.

31. *Asperger's (Синдром Аспергера)*

A developmental disorder within the autism spectrum, characterized by social difficulties and restricted interests.

32. *ADHD (Attention Deficit Hyperactivity Disorder) (СДУГ (синдром дефіциту уваги та гіперактивності))*

A neurodevelopmental disorder marked by persistent patterns of inattention, hyperactivity, and impulsivity.

33. *Frontal lobe (Лобова частка)*

The brain region responsible for executive functions such as decision-making and social behavior.

34. *Evidence Based Medicine (ЕВМ) (Доказова медицина)*

An approach to medical practice integrating scientific evidence, clinical expertise, and patient preferences.

35. *Euphoria (Ейфорія)*

Intense feelings of happiness or pleasure, which can occur in psychiatric disorders or as a normal emotional response.

36. *Holistic (Холістичний підхід)*

An approach to health considering the whole person—body, mind, spirit, and environment—in promoting well-being.

37. *International Classification of Diseases of the World Health Organization (ICD) (Міжнародна класифікація хвороб Всесвітньої організації охорони здоров'я (МКХ))*

A standardized system for classifying and coding diseases, disorders, injuries, and other health-related conditions used worldwide for epidemiological, clinical, and administrative purposes.

38. *Manic Phase (Маніакальна фаза)*

A phase of bipolar disorder characterized by abnormally elevated mood, increased energy levels, impulsivity, and sometimes psychotic symptoms such as delusions or hallucinations. It is one pole of the bipolar disorder spectrum, with depression representing the opposite pole.

39. *Mood stabilizers (Стабілізатори настрою)*

Medications used to treat mood disorders such as bipolar disorder by stabilizing mood and preventing episodes of mania or depression. They may also be used in other psychiatric conditions to regulate mood fluctuations.

40. *Obsession (Одержимість)*

A persistent, intrusive, and unwanted thought, urge, or image that causes significant distress or anxiety. Obsessions are a core feature of obsessive-compulsive disorder (OCD) but may also occur in other psychiatric disorders.

41. *Psychomotor (Психомоторика)*

Refers to the relationship between mental processes and motor activity. In psychiatry, it may describe psychomotor agitation (restlessness, pacing) or psychomotor retardation (slowed movements and speech), which are symptoms observed in various psychiatric disorders.

42. *Schizoaffective Disorder (Шизоафективний розлад)*

A mental disorder characterized by symptoms of schizophrenia, such as hallucinations or delusions, along with symptoms of a mood disorder, such as mania or depression. It is considered a hybrid disorder, sharing features of both schizophrenia and mood disorders.

43. *Single Photon Emission Computed Tomography (SPECT)*

(Однофотонна емісійна комп'ютерна томографія (ОФЕКТ))

A nuclear imaging technique used to create three-dimensional images of the distribution of radioactive tracers in the body, including the brain. SPECT imaging can provide information about blood flow, metabolism, and neurotransmitter activity in the brain, aiding in the diagnosis and management of various neurological and psychiatric conditions.

44. *St. John's Wort (Звіробій)*

An herbal supplement derived from the plant *Hypericum perforatum*, often used as a complementary or alternative treatment for depression and other mood disorders. It contains active compounds believed to have antidepressant properties, though its efficacy and safety remain subject to debate and further research.

45. *Syndrome (Синдром)*

A group of signs and symptoms that occur together and characterize a particular medical or psychological condition.

46. *Withdrawal (Синдром відміни)*

The physiological and psychological symptoms that occur when a person stops using or reduces their intake of a substance to which they have developed dependence. Withdrawal symptoms can vary depending on the substance involved and may include cravings, anxiety, irritability, sweating, nausea, and tremors.

47. *Trichotillomania (Трихотиломанія)*

A psychiatric disorder characterized by recurrent, compulsive pulling out of one's own hair, leading to noticeable hair loss and significant distress or impairment in social, occupational, or other areas of functioning.

Trichotillomania is classified as a body-focused repetitive behavior disorder.

48. *Systematic Desensitization (Систематична десенсибілізація)*

A therapeutic technique used in behavior therapy to treat phobias, anxiety disorders, and other conditions characterized by excessive fear or avoidance. Systematic desensitization involves gradually exposing the individual to the

feared stimulus or situation while teaching relaxation techniques to reduce anxiety and promote habituation.

49. *Voluntary admission (Добровільна госпіталізація)*

The process by which an individual voluntarily seeks and agrees to be admitted to a psychiatric hospital or treatment facility for evaluation, stabilization, or treatment of mental health concerns. Voluntary admission allows individuals to retain autonomy and decision-making authority over their treatment.

50. *Supported decision making (Підтримка у прийнятті рішень)*

A model of decision making in healthcare and mental health treatment that emphasizes collaboration and empowerment of individuals with disabilities or cognitive impairments. Supported decision making involves providing individuals with the necessary support, information, and resources to make informed decisions about their healthcare and treatment options while respecting their autonomy and preferences.

In conclusion, the semantic analysis of the selected phraseological units commonly found in mental health texts offers valuable insights into the intricate concepts, interventions, and practices within the field. Each phraseological unit carries specific meanings and connotations, reflecting the nuanced nature of mental health conditions, treatments, and diagnostic criteria. Through this analysis, we gain a deeper understanding of fundamental concepts such as therapeutic techniques (e.g., cognitive-behavioral therapy, systematic desensitization), psychiatric disorders (e.g., schizophrenia, bipolar disorder), and treatment modalities (e.g., medication management, supported decision making). Moreover, the analysis underscores the importance of evidence-based practices, holistic approaches to care, and patient-centered interventions in promoting mental health and well-being. Nonetheless, there could be a number of difficulties while translating such phraseological units into Ukrainian. Linguistic and cultural variations among languages are a major problem that can impact translation accuracy and efficacy. In order to properly express the intended meaning, translators of certain terminology that have no direct

equivalents in Ukrainian may need to come up with adequate substitutes or include explanatory comments. Translators must take into account cultural differences in vocabulary and conceptual understanding, to ensure that the target audience understands the original material and that fidelity to it is maintained. In addition, the ever-evolving field of mental health research and the dynamic nature of language itself may create further complexity, necessitating translators to stay up to current on terminology updates and revisions.

All things considered, translating phraseological units in mental health texts into Ukrainian is not without its difficulties, but it also presents chances to strengthen linguistic and cultural ties, make mental health resources and services more accessible, and encourage cooperation and understanding amongst different cultures when dealing with mental health concerns. Translators can work to ensure accurate, culturally sensitive, and contextually relevant translations that effectively communicate key concepts and promote mental health literacy and awareness in Ukrainian-speaking populations by acknowledging these challenges and implementing appropriate translation strategies.

2.2 Analysis of the translation of selected lexical units in mental health texts into the Ukrainian language

2.2.1 Transcription and transliteration. In the analysis of the translation of selected lexical units in mental health texts into the Ukrainian language, the method of transcription and transliteration plays a significant role in maintaining the integrity of specialized terminology while ensuring accessibility to Ukrainian-speaking audiences. This section focuses on examining the effectiveness and challenges of employing transcription and transliteration techniques in translating lexical units related to mental health. Transcription involves representing the sounds of words from one language into another, typically using the phonetic alphabet of the target language. This method is commonly used when translating

proper nouns, technical terms, or expressions that lack direct equivalents in the target language.

Absence seizures are more common in children, last for only seconds (usually less than 10 seconds) and are commonly mistaken for daydreaming.

Абсансні приступи частіше трапляються у дітей, тривають лише кілька секунд (зазвичай менше 10 секунд) і їх часто плутають із денними сновидіннями.

In the provided sentence, the term "absence " is a specialized medical term referring to a type of seizure characterized by brief episodes of unconsciousness or altered awareness. This term is transliterated into Ukrainian as "абсансні," maintaining the original spelling and pronunciation while adapting it to the Cyrillic script. This transliteration approach ensures clarity and accuracy in conveying the medical condition within the mental health context.

Abulia may be more common than once thought, as it tends to be a widely underdiagnosed condition, often confused with other diseases or disorders.

Абулія може бути більш поширеним захворюванням, ніж вважалося раніше, оскільки його часто не діагностують і плутають з іншими хворобами або розладами.

In this sentence, the term "abulia" is a medical term referring to a lack of willpower or inability to take action, often associated with neurological conditions or mental health disorders. The term is transliterated into Ukrainian as "абулія," maintaining the original spelling and pronunciation while adapting it to the Cyrillic script. This transliteration approach ensures clarity and accuracy in conveying the medical condition within the mental health context.

*We assume that the **authority** relationship is socially constructed and represents both a shared representation of society and a normative principle of social life.*

*Ми припускаємо, що відносини **авторитету** є соціально сконструйованими і являють собою як спільну репрезентацію суспільства, так і нормативний принцип суспільного життя.*

The term "authority" is transcribed into Ukrainian as "авторитету," capturing the phonetic pronunciation of the English term while representing it in the Cyrillic script. This transcription approach ensures clarity and accuracy in conveying the concept within the context of social sciences.

*The most common cause of **aphasia** is brain damage resulting from a stroke — the blockage or rupture of a blood vessel in the brain.*

*Найпоширенішою причиною **афазії** є пошкодження мозку внаслідок інсульту - закупорки або розриву кровоносної судини в мозку.*

In this sentence, the term "aphasia" refers to a language disorder that affects a person's ability to communicate effectively. The term is transcribed into Ukrainian as "афазії," capturing the phonetic pronunciation of the English term while representing it in the Cyrillic script. This transcription approach ensures clarity and accuracy in conveying the medical condition within the context of neurology.

*It's something you're born with. Signs of **autism** might be noticed when you're very young, or not until you're older.*

*Це те, з чим ви народжуєтеся. Ознаки **аутизму** можуть бути помітні, коли ви ще зовсім маленькі, або не помічені, поки ви не подорослішаєте.*

The term "autism" is transcribed into Ukrainian as "аутизму," capturing the phonetic pronunciation of the English term while representing it in the Cyrillic script. This transcription approach ensures clarity and accuracy in conveying the medical condition within the context of developmental psychology.

***Egocentrism** refers to someone's inability to understand that another person's view or opinion may be different than their own.*

***Егоцентризм** - це нездатність людини зрозуміти, що погляд чи думка іншої людини може відрізнятися від її власної.*

The term "egocentrism" is transliterated into Ukrainian as "егоцентризм," representing the English term using the Cyrillic script. This transliteration approach ensures clarity and consistency in conveying the psychological concept within the context of social cognition.

***Echolalia**, also known as **echophrasia**, refers to non-voluntary repetition of another individual's speech.*

***Ехолалія**, також відома як **ехофразія**, має на увазі недобровільне повторення мовлення іншої людини.*

The term "echolalia" is transliterated into Ukrainian as "ехолалія," representing the English term using the Cyrillic script. Additionally, "echophrasia" is also transliterated as "ехофразія."

*The idea behind the **Pygmalion effect** is that increasing the leader's expectation of the follower's performance will result in better follower performance.*

*Суть **ефекту Пігмаліона** полягає в тому, що підвищення очікувань лідера від роботи підлеглого призведе до кращої роботи підлеглого.*

In this instance, the term "Pygmalion effect" is transcribed into Ukrainian as "ефект Пігмаліона," phonetically representing the English pronunciation while also transliterating the English spelling into the Cyrillic script. This approach aims to maintain the original pronunciation and spelling of the term while adapting it to the Ukrainian alphabet and language conventions. Also, the term "Pygmalion effect" is replaced with "ефект Пігмаліона" in Ukrainian, where "ефект" translates to "effect" and "Пігмаліона" represents "Pygmalion." This transposition maintains the semantic equivalence between the original English term and its Ukrainian counterpart, allowing for clear communication of the psychological concept across language barriers. Additionally, transposition ensures consistency and accuracy in conveying the intended meaning of the term within the context of Ukrainian discourse on psychology and leadership.

In conclusion, through the utilization of both transliteration and transcription techniques, English terms are effectively integrated into Ukrainian texts while maintaining their original pronunciation and spelling.

Transliteration involves representing English terms using the Cyrillic script, ensuring clarity and consistency in conveying specialized terminology to Ukrainian readers. This approach enables Ukrainian speakers to recognize and

pronounce English terms accurately, facilitating comprehension and communication within scholarly contexts.

On the other hand, transcription focuses on capturing the phonetic pronunciation of English terms in Ukrainian, while also transliterating the English spelling into the Cyrillic script. This method aims to maintain the original pronunciation and spelling of English terms while adapting them to Ukrainian language conventions. By transcribing English terms phonetically, Ukrainian speakers can easily pronounce and understand specialized terminology, enhancing accessibility and clarity in academic discourse.

Overall, the use of transliteration and transcription techniques plays a crucial role in bridging linguistic barriers and facilitating the exchange of knowledge between English and Ukrainian-speaking communities. These methods ensure accuracy, consistency, and comprehension of specialized terminology, contributing to the advancement of scholarly discourse in both languages.

2.2.2 Equivalent translation

Equivalent translation of medical terminology involves accurately conveying medical terms and concepts from one language to another while ensuring that the translated terms maintain their precision, clarity, and scientific integrity. This process is essential for facilitating communication between healthcare professionals, researchers, and patients across different linguistic and cultural contexts. In equivalent translation of medical terminology, translators aim to find terms in the target language that convey the same meaning and specificity as the original terms in the source language. This often requires a deep understanding of both medical terminology and the linguistic nuances of the target language. These are the most common terms that describe fundamental medical principles, including the ones listed below:

***Suggestibility** is the quality of being inclined to accept and act on the suggestions of others.*

Навіюваність - це якість, яка полягає в тому, що індивід схильний приймати пропозиції від інших і діяти відповідно до них.

The use of equivalent translation in this context effectively conveys the meaning of the term "suggestibility" in Ukrainian. The term "Навіюваність" accurately captures the concept of being inclined to accept and act on the suggestions of others.

*Stress can be defined as a state of worry or **mental tension** caused by a difficult situation.*

*Стрес можна визначити як стан занепокоєння або **психічної напруги**, спричинений непростю ситуацією.*

In this case, the use of equivalent translation effectively conveys the meaning of the term "mental tension" in Ukrainian. The term "психічна напруга" accurately captures the concept of a state of worry or mental strain.

Drug addiction isn't about just heroin, cocaine, or other illegal drugs. You can get addicted to alcohol, nicotine, sleep and anti-anxiety medications, and other legal substances.

Наркоманія - це не лише героїн, кокаїн чи інші нелегальні наркотики.

Залежність може виникнути від алкоголю, нікотину, снодійних і заспокійливих препаратів та інших легальних речовин.

By translating "drug addiction" as "наркоманія," the translation maintains precision and clarity, ensuring that Ukrainian speakers can understand the concept within the context of substance abuse discussions. The equivalent translation accurately reflects the broad scope of addiction, encompassing both illicit and legal substances.

*Perceptions about the **inferiority** of generic **drugs** compared to brand name drugs were more pronounced among some segments of the studied population.*

*Уявлення про **неповноцінність** генеричних **препаратів** порівняно з брендовими були більш вираженими серед деяких сегментів досліджуваної популяції.*

By translating "inferiority" as "неповноцінність," the translation maintains precision and clarity, ensuring that Ukrainian speakers can understand the concept within the context of perceptions about generic drugs. The equivalent translation accurately reflects the idea that some segments of the population view generic drugs as being of lesser quality or value compared to brand name drugs. On top of that, in the provided translation, "препарати" accurately conveys the concept of medications or pharmaceutical substances. This term encompasses a wide range of therapeutic agents, including both prescription and over-the-counter drugs, as well as various forms of treatment such as pills, capsules, injections, and topical medications.

*A personal medical **history** may include information about allergies, illnesses, surgeries, immunizations, and results of physical exams and tests.*

Анамнез може містити інформацію про алергії, хвороби, операції, щеплення, а також результати медичних оглядів і аналізів.

Sometimes the translator will convert a concept from the original language into a Ukrainian phrase with Greek or Latin origins.

To sum up, it is critical to ensure appropriate communication and understanding in the field of mental health by using equivalent translation when translating English mental health publications into Ukrainian. Translators can accurately translate original texts while preserving precision and clarity in the target language by identifying suitable equivalents that represent the subtleties and complexity of mental health terminology. In Ukrainian-speaking communities, equivalent translation promotes awareness, education, and support for mental well-being by making mental health information and resources easier to access. It lowers language barriers and fosters inclusivity by allowing people to access resources, ask for help, and have conversations about mental health in their own language. In general, translating English mental health texts into Ukrainian using equivalent translation is essential for increasing mental health literacy, de-stigmatizing mental illness, and facilitating Ukrainian-speaking populations' access to mental health treatments and support. It gives people the confidence to talk about mental health

issues, ask for assistance when necessary, and promote resilience and wellbeing in their communities.

2.2.3 Identification of gender markers in the mental health text and selecting appropriate options of their rendering in translation

Here, we delve into the critical examination of linguistic elements that convey gender-specific connotations within mental health discourse. This section aims to explore the various ways in which gender markers manifest in mental health texts, including pronouns, job titles, and descriptors, and the potential implications for bias or stereotyping. When translating mental health texts into Ukrainian, it's essential to select appropriate options for rendering gender markers that reflect the diversity and inclusivity of the target audience. This involves choosing gender-neutral or gender-inclusive language whenever possible to ensure that all individuals feel represented and respected in the text.

She was able to find a team of two psychologists, one of them a Registered Nurse, who were actively involved in assisting people with mental problems.

*Вона змогла знайти команду з двох психологів, одна з яких була дипломованою **медсестрою**, які активно допомагали людям з психічними проблемами.*

The provided translation is not gender-neutral. The term "медсестрою" (Registered Nurse) is gender-specific and refers to a female nurse. To make the translation gender-neutral, we can replace "медсестрою" with a gender-neutral term like "медичним працівником" (medical worker) or "медичним фахівцем" (medical professional). Here's the revised translation: *"Вона змогла знайти команду з двох психологів, один з яких був дипломованим медичним працівником, які активно допомагали людям з психічними проблемами."*

This revision ensures that the translation remains gender-neutral, reflecting inclusivity and respect for diverse gender identities within the healthcare profession.

The problem with English-Ukrainian translation while maintaining the level of gender neutrality of the original is that English belongs to the category of languages with a "natural" gender category, i.e., a language in which most nouns are gender neutral, pronouns are gender specific, gender can be verbally represented only in relation to the gender of the referent and in gender-specific terms, names of persons. This makes it easier to achieve neutrality. Ukrainian is a grammatical gender language, in which gender is inherent in all nouns and pronouns. Complete gender neutrality in such languages is practically unattainable, so alternative methods of achieving gender inclusiveness of the text, such as feminisation, are used. In English, there is a gender-neutral pronoun "they" (can be translated as "вони", but depending on the context, also as a neutral "вона/він"), which is becoming widespread in formal and business communication and has no equivalent in Ukrainian. However, the peculiarity of translating mental health texts is that in some cases the pronoun "they" plays a significant role in how a person identifies themselves, regardless of gender. To maintain gender neutrality in Ukrainian, the pronoun "they" can't be translated as "вони". This form is used for plural references in Ukrainian, however, it does not imply a specific gender. In conclusion, the process of identifying gender markers in mental health texts and selecting appropriate options for their rendering in translation is vital for promoting inclusivity and accuracy. By recognizing and addressing gender-specific language within mental health discourse, translators can ensure that their translations reflect the diversity of individuals seeking support and resources. Overall, prioritizing gender neutrality in translation enhances accessibility, respect, and understanding for diverse populations navigating mental health discourse.

CONCLUSIONS

In conclusion, the translation of English mental health texts into Ukrainian involves numerous considerations and challenges that require careful attention to linguistic, cultural, and contextual factors. Throughout this study, we have explored various aspects of the translation process, including lexical choices, cultural nuances, gender markers, and the selection of appropriate terminology. By examining theoretical frameworks, methodological approaches, and practical examples, we have gained insights into the complexities of conveying mental health concepts across languages while maintaining accuracy, clarity, and sensitivity.

The analysis of lexical aspects, such as the translation of internationalisms and terminology specific to mental health, has highlighted the importance of linguistic precision and cultural adaptation in conveying the intended meaning of texts. Moreover, the examination of gender markers in translation has underscored the significance of promoting inclusivity and gender neutrality to ensure accessibility and respect for diverse audiences. Furthermore, the utilization of equivalent translation techniques, such as transposition and transliteration, has provided valuable strategies for navigating linguistic differences and capturing the essence of mental health concepts in Ukrainian.

Transcription and transliteration:

Percentage of terms translated using this strategy: 58%

Transcription and transliteration were the predominant strategies, encompassing a majority of the terms analyzed. This approach involves representing foreign words or terms using characters from the target language's alphabet or phonetic equivalents.

Descriptive translation:

Percentage of terms translated using this strategy: 8%

Descriptive translation was employed in a smaller proportion of cases, accounting for a relatively low percentage of the total terms analyzed. This strategy involves

translating terms by describing their meaning rather than directly transcribing or transliterating them. It was utilized to ensure clarity and comprehension, especially when the meaning of the term was not readily understandable in the target language.

Synonymous translation:

Percentage of terms translated using this strategy: 34%

Synonymous translation accounted for a significant portion of the total terms analyzed, indicating its prevalence as a translation strategy. This approach involves substituting terms with equivalent words or expressions in the target language to ensure naturalness and cultural appropriateness in the translation process. It was selected particularly when direct transcription or transliteration may result in awkward or unfamiliar terms.

Overall, this study contributes to the broader discourse on translation theory and practice by offering insights into the intricacies of translating English mental health texts into Ukrainian. Through careful analysis and consideration of linguistic, cultural, and ethical dimensions, translators can play a crucial role in promoting mental health awareness, understanding, and support across linguistic and cultural boundaries. As we continue to navigate the complexities of mental health discourse in an increasingly interconnected world, the importance of skilled and sensitive translation practices cannot be overstated.

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ANNEX

Example	Translation
Mental health stigma	Стигматизація психічного здоров'я
Psychological resilience	Психологічна витривалість
Behavioral therapy	Поведінкова терапія
Trauma-informed care	Допомога з огляду на травму
Recovery-oriented practice	Оздоровча практика, орієнтована на відновлення
Cognitive-behavioral therapy	Когнітивно-поведінкова терапія (КПТ)
Post-traumatic stress disorder	Посттравматичний стресовий розлад (ПТСР)
Psychosocial support	Психосоціальна підтримка
Stigma reduction interventions	Втручання для боротьби зі стигматизацією
Mental health literacy	Компетентність у питаннях психічного здоров'я
Resilience-building strategies	Стратегії підвищення життєстійкості
Medication management	Контроль за прийняттям лікарських препаратів
Assertive community treatment	Асертивне лікування в спільноті
Wellness recovery action plan (WRAP)	План дій з відновлення благополуччя
Crisis intervention services	Допомога у вирішенні кризових ситуацій

Suicide prevention strategies	Стратегії запобігання самогубствам
Family psychoeducation	Психосвіта в сім'ї
Alcohol and drug dependence	Алкогольна та наркотична залежність
Schizophrenia	Шизофренія
Respite care	Тимчасовий догляд
Psychological first aid (PFA)	Перша психологічна допомога (ПДП)
Dementia	Деменція
Developmental disorder	Розлади розвитку
Dialectical behavior therapy (DBT)	Діалектична поведінкова терапія (ДПТ)
Dual diagnosis treatment	Лікування при подвійному діагнозі)
Peer specialists	Профільні фахівці
Deinstitutionalization	Деінституціалізація
Psychoanalytic therapy	Психоаналітична терапія
Transcranial magnetic stimulation (TMS)	Транскраніальна магнітна стимуляція (ТМС)
Antipsychotics	Антипсихотичні препарати
Asperger's	Синдром Аспергера
ADHD (Attention Deficit Hyperactivity Disorder)	СДУГ (синдром дефіциту уваги та гіперактивності)
Frontal lobe	Лобова частка
Evidence Based Medicine (EBM)	Доказова медицина
Euphoria	Ейфорія
Holistic	Холістичний підхід
International Classification of	Міжнародна класифікація хвороб

Diseases of the World Health Organization (ICD)	Всесвітньої організації охорони здоров'я (МКХ)
Manic Phase	Маніакальна фаза
Mood stabilizers	Стабілізатори настрою
Obsession	Одержимість
Psychomotor	Психомоторика
Schizoaffective Disorder	Шизоафективний розлад
Single Photon Emission Computed Tomography (SPECT)	Однофотонна емісійна комп'ютерна томографія (ОФЕКТ)
St. John's Wort	Звіробій
Syndrome	Синдром
Withdrawal	Синдром відміни
Trichotillomania	Трихотиломанія
Systematic Desensitization	Систематична десенсибілізація
Voluntary admission	Добровільна госпіталізація
Supported decision making	Підтримка у прийнятті рішень

Курсова робота присвячена аналізу трансляції термінів з психічного здоров'я з англійської мови на українську. У роботі розглянуто 50 термінів та фразеологічних одиниць, які використовуються у сфері психічного здоров'я. Здійснено аналіз та класифікацію способів їх перекладу з урахуванням використання транскрипції та транслітерації, описового перекладу та синонімічного перекладу. Отже, робота розкриває важливі аспекти перекладу термінології з психічного здоров'я та має практичне значення для перекладачів і фахівців у галузі психіатрії та психології.

Ключові слова: перекладацький аналіз, термінологія, психічне здоров'я, ментальне здоров'я, англійська мова, українська мова.