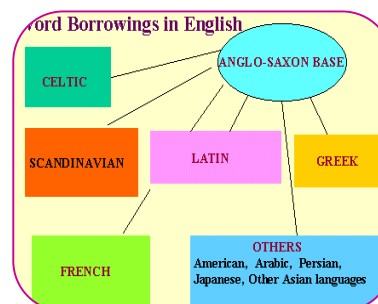




THE EFFECT OF BORROWINGS ON PSYCHIATRIC/PSYCHOLOGICAL TERMS IN ENGLISH: STRATEGY TO DEAL WITH NON-ENGLISH ROOTS

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ABSTRACT

Significance of English for medical purpose in general has always been a serious matter of concern, especially when students want to learn medical terms or professionals who wish to use medical terms in English at work places such as hospitals, health care centres and clinics. As far as the psychological/psychiatric field is concerned, there is no recognized area that can be termed as psychiatric English however the sub discipline falls under medical English. It is indeed true that the language of medicine offers some tips for medical doctors, health professionals, para- medical staff or even the patients a tool of proper and effective communication. English is internationally important for general communication as well as the language of medicine. Most doctors and hospital professionals prefer to speak in the language that is common to all as well as relevant. After an in-depth review, the researcher-writer arrives at the conclusion that English being very important in the field of medical practice and research should properly be studied in order to use medical terms in corresponding departments/specialties. The present paper is concerned with the terms in English related to Psychological/psychiatric fields. It also sheds light on difficulties encountered on account of borrowings and compatible strategies for learning and retaining for longer period.

KEYWORDS: medical terms, medical English, health professionals, communication, strategies.

1- INTRODUCTION

English is the basis of all the academic fields in general and medical subjects in particular. No matter the specialty or one's major as a medical professional one's first concern should always be the means of communication. It is the language in which the courses are pursued. English is crucially important not because patients, doctors and attendants communicate in English but because English is international language-the *lingua franca*. Thus, the role and importance of English as a link language, can't be overstated, so neither can it be underestimated in the field of medicine and medical related fields. Medical professions and specialties like internal medicine, cardiology, urology, pediatrics, gynecology etc badly need good English to learn and use medical terms. It must be noted that medical English courses are different from general English programs. Therefore, teaching strategies also vary keeping the aims and objectives in view. As the focus is on language and not science, students should have prior understanding of scientific/biological/medical subjects like anatomy and physiology. Students will be best able to learn medical English by using a strong foundation in both general and medical English for greater success in future careers.

Some key concepts

Following are the most popular terms belonging to the field of Psychiatry/psychology.


Psychiatry: It is the branch of medicine which deals with mental disorder and its treatment. It is a combination of Greek root ‘Psych’ (soul/mind/behavior), and /latros/ (healer).

Psychiatry is well connected with the following concepts:

Psychology: A branch of study that deals with behaviour, experience, and normal functioning of the mind.

Psychotherapy may be conceived as a kind of treatment of psychological issues by non-physical means.

Psychoanalysis: It may be thought of ‘a particular sort of psychotherapy, or means of exploring the unconscious mind’.

<p>Psychosis:</p> <p>It is a psychological state which may often be characterised by crucial symptoms such as delusions and hallucinations, loss of insight, mistaken external reality etc.</p>	 <p>https://aglanceinsidethemindseye.files.wordpress.com/2017/06/psychosis-photo.jpg?w=580&h=426&crop=1</p>
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1.1. Importance of learning psychiatric/psychological terms

The importance of terms related to psychology/psychiatry is not only confined to medical/ healthcare industry. In other words, such terms are not just limited to doctors, nurses and/or medical practitioners as it is important for other workers in the healthcare industry to be proficient in it for communication and career. Psychological/psychiatric terms are used to accurately describe the condition or ailment that a patient suffers and needs treatment or healthcare.

1.1.1. Why study/learn Psychiatry?



<https://www.wits.ac.za/media/wits-university/faculties-and-schools/health-sciences/clinical-medicine/images/header-psychiatry.png>

Modern life is full of tensions, challenges and pressures. A lot of people worldwide are suffering from mental issues or minor psychological issues. Psychological issues or psychiatric disorders are quite prevalent and if not taken care of, it often become critical due to many reasons. Therefore, it is better if hospital professionals as well common people should be aware of certain commonly used terms so that gravity may be looked into.

2. LITERATURE REVIEW

2.1. Importance of medical terms

English for specific purposes (ESP) may generally be misunderstood even by many practicing instructors and trainers. It is not a subject to be taught and learnt, rather a strategy to acquire specific vocabulary through English which may basically be used as a medium of instruction and examination. All those who are directly or indirectly related to health professions perceive the urgent need of specific English to help the working staff enhance their level in the given specialties, observes Khan (2016). The researcher continues that Medical vocabulary may present hurdles even to those who are very good in English, and also to those who can not understand the borrowings from Greek and Latin languages. In his exploratory study, Khan found that each aspect of medical vocabulary if not dealt with strategically will pose great challenges to the neo-learners or even those who acquired proficiency in the recent past. Major hurdle is the borrowings mainly Greek ones.

In another attempt Khan (2018) studied knowing medical terms with special reference to urology/nephrology and connected sub areas is crucial. There are terms that incorporate specific meaning in a field, are not often used in general English, rather they mostly have Latin and Greek origin (Robinson, 2009,37). Harding (2007, 10–11) categorically opined that a student must gain knowledge of specific terms if he wants to learn and use ESP. Mičić (2009, 82) supported the idea that English in the area of Medicine is very important as that good medical research, innovation and textbook writing have been carried out only in English. As regards the contents of the ESP, Brennan & Naerseen's (1989) work focuses on the topic selection which are basically course specific and outcome based.

Khan (2016) in his book presented term related to each specialties so that concerned professional can develop understanding of difficult terms, their formation and derivations. The use of English in international perspectives is continuously growing as a source of information and means of communication, contends Maher (1986, 208).

2.2. Borrowings and influences on English medical terms

English has always been open to borrowings from other languages. There have been many studies on the contribution of other languages on the growth of general English such as Arabic (Peters, 1973), Chinese (Knowlton, 1973), French (Otman, 1989; Swallow, 1991), German (Pfeffer and Cannon, 1994), Hindi (Hawkins, 1984), Japanese (Knowlton, 1973; Cannon, 1984), Russian (Manczak-Whgolfeld, 1984; Stacy, 1961), Spanish (Gooch, 1996; Rodríguez González, 1996; Segura, 1998).

Due to the fact that foreign influences have been crucial even in the field of medical terms, scholarly attention has been given to its influence on different medical terminologies. In this connection, following studies shed enough light on different perspectives: French (Delamare & Gélis-Malville, 1990; Jammal, 1992), German (Schleyer, 1985), Spanish (Alcaraz Ariza, 2000; Navarro, 2005; Alcaraz Ariza and Navarro, 2006).

The influence of foreign languages has not only extended to general English but also to a variety of specific English such as that used in the field of health/medical sciences. Three borrowing perspectives deserve special mention such as: Roberts (1971), Dirckx (1983) and Chabner (2008) studied classical components (Greek and Latin), whereas Coleman (1995) analysed French and Latin connections while Alcaraz Ariza (2005) studied its Spanish elements.

3. A STUDY OF BORROWINGS FROM GREEK TO ENGLISH

3.1. Greek borrowing to general English

It is always better to develop awareness regarding general English, borrowings from other languages to general English to develop good understanding about foreign borrowing to medical English. Following analysis would be useful in this connection.

3.1.1. Greek affixes

Following are some relevant Greek affixes which contains list of prefixes or suffixes and their meanings with appropriate examples. Suffixes are specially categorized as noun-, adjective- and verb – forming. Greek affixes and their meanings are quoted from English Words from Latin and Greek Elements by Donald (1980).

3.1.2. Greek prefixes

Before consonant	Before vowel	Meaning	Example
a-	an-	not, without	anarchism, atheist
anti-	ant-	against, opposite	Antithesis, antihistamine
dys-	dys-	bad, disordered, difficult	dyspepsia, dyslexia, dysfunction
eu-	ev-	good, well	euphoric, euphemism
hyper-	hyper-	above, excessive, over	hyperactive, hypersomy, hypersensitive
hypo-	hyp-	under, below	hypogeal, hypothesis
meta-	met-	after, beyond, change	metabolism, metaphysics

3.1.3. Greek suffixes

Two categories of suffix formation of adjectives and nouns have been mentioned as under:

Adjective-forming suffixes

Suffix	Meaning	Example
-al	Related to, pertaining to, like, belonging to, having the character of	hysterical, visual, abnormal, biological
-an, -ian	pertaining to, like, one concerned with	theologian, physician
-ic, -tic	Related to, pertaining to, like, of.....	egoistic, geometric, biotic
-ics, -tics	art, science, study of,	politics, genetics,
-ous, -ious	full of, pertaining to, like, related to	Anonymous, simultaneous, gaseous

3.1.4. Noun-forming suffixes

In order not to get confused due to borrowing following chart may be well utilized to deal with formation of noun forming suffixes.

Suffix	Meaning	Example
-archy	rule by, governed by	patriarchy, oligarchy
-ism	belief in, practice of, condition of	animalism, Alcoholism
-ist	one who believes in, one who studies/practices	protagonist, specialist
-logy	science of, systematic study of	Psychology, mycology
-t, -te	he who, that which	militant
-y, -ia	quality of, state of, act of	cheesy, gouty, myopathy leukemia, phobia

3.1.5. Verb-forming suffixes

Suffix	Meaning	Example
-ize (-ise)	to make, to do something with,	specialize, synthesise
	to have expertise in	Systematize, analyse

3.2. Greek borrowings to medical English

3.2.1. Medicine

One of the branches of science greatly influenced by classical languages is the field of medicine. The fact that modern medical terminology contains a great number of words of Latin and Greek origin is not surprising as many works dealing with medical subjects done in olden days continue to be highly relevant even now. In this connection, some medical terms pertaining to external body parts are presented in both Latin and Greek as under.

Greek	English base	Latin	English base	Meaning in English
πρόσωπον	prosop-	Faciēs	faci-	face
στόμα(τος)	stom(at)-	ōs, ōris	or-	mouth
χείλος	ch(e)il-	labium	labi-	lip
χείρ	ch(e)ir-	Manus	manu-	hand
δάκτυλος	dactyl-	Digitus	digit-	finger
κνήμη	cnem-	crūs, crūris	crur-	leg
γόναυ	gon(y)-	Genu	genu-	knee

3.2.2. Greek Effect on Building of Psychological/Psychiatric Terms in English

Following is the list of some important words/terms which can be used on daily basis:

Psychiatry is that branch of medicine dealing with mental disorder and its treatment. Related terms are as follow:

Term(s)	meanings	Notes
Psych	Soul, mind, behaviour	
Iatros	healer	
Psychiatry(n)		French <i>Psychiatrie</i> , from Medieval Latin <i>Psychiatria</i> , literally 'a healing of the soul,' from Latinized form of Greek <i>Psyche</i> - 'mind'
Psychiatric (adj)		Pertaining to psychiatry
psychiatrist (n.)		from 'psychiatry + -ist'

3.3. Psychiatry and other concepts

Following is a list of those important terms that need to be studied by common people and medical professionals:

Terms	Meanings/definitions
Psychology	a science that investigates behaviour, experience, and normal functioning of the mind
Psychotherapy	the treatment of psychological issues by non-physical means
Psychoanalysis	a particular sort of psychotherapy, or means of exploring the unconscious mind
Psychologist	A psychologist is a specialist/scientist who studies normal and abnormal mental states from cognitive, emotional, and social processes and behavior by observing, interpreting, and recording how individuals are related to the environment.
<i>Psychiatrist</i>	A <i>psychiatrist</i> is a physician who specializes in psychiatry WHICH is the branch of medicine that deals with the diagnosis, prevention, study, and treatment of mental disorders.

It is important to mention that the two terms 'psychosis' and 'neurosis' have largely been removed from the international classifications but are still used in clinical practice.

Psychosis is a psychiatric term used for mental condition which characterizes the loss of contact with reality leading to bit abnormal social functioning. A person suffering from psychosis is expected to suffer from a total break with reality and to have no control over his actions or the operations of his consciousness. Psychosis is characterized mainly by hallucinations and loss of insight.

Neurosis may be less severe in nature. Its symptoms are often characterises as an exaggeration of the normal response to stress. The term 'neurosis' refers to mental distress, however it is not the same like the features found in 'psychosis' as neurosis does not hinder rational thinking or daily work. A neurotic person retains the ability to perceive reality, and to control his consciousness and his actions.

Psychoneurosis

It can be conceived as a mental or personality disturbance. However, it can't necessarily be attributable to any known neurological disturbances or organic dysfunction.

Psychotherapy is also known as 'talk therapy'. It can be one good way of treating mental disorders.

3.4. Other important terms

Anxiety (n.) is nothing but "apprehension caused by unexpected happening, danger, mental unease expecting some uncertainty. It is basically derived from Latin term 'anxietatem'.

Catalepsy (n) is a state in which the affected person is found to hold his pose for a long time. It can be conceived as "an attack or phase of muscular rigidity in the limbs which is not normal. The term is derived from Latin 'catalepsia' and *catalepsies*; from Greek 'katalepsis' meaning thereby "a seizure or a taking possession".

Dementia (n.) is thought of as an "extremely low condition of mental function. It has been derived from Latin 'dementia' that means 'being out of one's mind'.

Paranoia (n.) is a "mental disorder characterized by systematized delusions". It is derived from Greek term 'paranoia' that means 'mental derangement', madness, and from 'paranoos' means 'mentally ill'.

3.4. Study of Specific roots: -asis, -esis & -osis

Suffixes 'osis', 'esis' & 'asis' (from greek source) are used to express a course of action, a process or a condition, however, a very little variation may be noticed in the course of use of these terms depending on the contexts.

Terms	roots	Meanings
Thrombosis	Thromb 'OSIS' (<i>throm boe' sis</i>) (noun=n).	Formation of a clot in the blood vessels
Elephantiasis	elephanti ASIS (n)	Disease in which the skin gets hard and dry like an elephant's
Exegesis	exeg ESIS (ek se jee' sis) (n)	The act, explanation and interpretation of Scripture
Genesis	gen ESIS (n)	The act of coming into being
Halitosis	halit OSIS	The condition offensive breath
Hypochondriasis	hypochondri ASIS	Condition of anxiety about imagined ailments
Hypnosis	hypn OSIS	State of being hypnotized or controlled by someone/thing
Orthobiosis	orthobi OSIS	A total change of form and character
Metamorphosis	metamorph OSIS	A change in the form, usually characterised by animals' habits (details in appendix).

Note: All these suffixes (*asis*, *esis*, and *osis*) denote the words that characterize condition. These are grammatically noun (n). In addition, one must also keep in mind that '-ptosis' denotes falling, downward

placement.

3.5. Combining Forms

Following are important combining forms for terms related to Psychology/Psychiatry:

Combining Form	Meaning
neur(o)	nerve, nervous system
psych(o)	mind, mental
schiz(o)	split, schizophrenia
phren(o)	Mind or brain
cerebr/o	brain; cerebrum
ment/o	Mind
narc/o	Sleep
hypn(o)	Sleep

(Source: <https://quizlet.com/.../medical-terminology-nervous-system-and-psychiatry-flash-cards...>)

CONCLUSIONS, SUGGESTIONS AND RECOMMENDATIONS

3.6. Conclusions

Based on the literature review and discussions above it is found that there are many borrowings to English in general and medical English in particular. If a learner is not good in general English he is likely to face more challenges in the learning of medical or psychological terms. In order not to be carried away the teachers/trainers or learners are supposed to remember certain rules related to derivation patterns such as suffix 'ic' or 'al' which denote adjective in both general and medical English. Besides, adjective-suffixes such as '-an', '-ian' are used for specialists. suffixes 'osis', 'esis' & 'asis' express a course of action, a process or a condition. In addition, suffix 'ia' also denote a condition or disorder. If the teachers-trainers enlist such words/terms with specific rules, and train the learners or trainees using specific strategies, the learning of medical terms may be proved to be easier and fruitful.

3.7. Suggestions & Recommendations

Based on the findings and conclusions, it is recommended that some experimental studies need to be undertaken to study the actual impact of borrowings and teaching strategies to minimise the learning problems.

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Appendices:

Appendix-A (Abbreviations)

Abbreviations	Words/Terms
AA	(1)Alcoholics Anonymous, (2) American Association on Mental Retardation, (3) American Psychiatric Association

AAMR	American Association on Mental Retardation
APA	American Psychiatric Association
DSM	Diagnostic and Statistical Manual of Mental Disorders
DT	Delirium tremens
ECT	Electroconvulsive therapy
EQ	Emotional "intelligence" quotient

Appendix-B (Psychiatric Glossary)

Sources: <http://www.priory.com/gloss.htm>, https://en.wikipedia.org/wiki/Glossary_of_psychiatry

Alcohol/Substance Abuse

It is a condition in which the affected person who uses alcohol or drugs recurrently.

Anxiety Disorders

It is an illness which is marked by chronic feelings of anxiety and fear, usually accompanied by physical symptoms such as sweating, cardiac disturbances, diarrhea or dizziness.

Attention Deficit Disorder (ADD)

It is a biologically-based disorder that basically includes impulsiveness. ADD can be inherited and may be due to an imbalance of neurotransmitters.

Borderline Personality Disorder

An abnormal condition that is usually marked by a pattern of unstable personal relationships and self image and impulsivity. Individuals with Borderline personality disorder often have a strong fear of abandonment and may exhibit recurrent suicidal behavior, gestures or threats or self-mutilating behavior. They also may have inappropriate and intense anger which they can't control.

Brain Disorder

Any abnormal condition of the brain that results in impaired functioning or thinking.

Delusion

A state of belief that is mostly 'false', fanciful or derived from deception. In psychiatry, a false belief strongly held in spite of evidence that it is not true, especially as a symptom of a mental illness.

Depression

A mental disorder which is usually marked by sadness, inactivity, difficulty with thinking and concentration, feelings of dejection or committing suicide.

Dissociative Disorders

It is a condition which characterizes individuals who are inflexible and perfectionists. They are marked with gradual or sudden loss of the ability to integrate memory and identity with the environment.

Eating Disorder

A disorder in which patients refuse to eat enough to maintain a normal body weight A kind of disturbance in eating behavior, such as extreme and unhealthy decrease or increase in eating food. It is usually accompanied by feelings of distress or extreme concern about body shape or weight.

Generalized Anxiety Disorder(GAD)

It is characterized by excessive uncontrollable worry about everyday things. It is marked by chronic worrying that can affect day to day functioning. GAD and cause physical symptoms, filling an individual's days with tension even though there is nothing significant.

Hallucination

It is typical experience that involves an apparent perception of something which is not present in reality.

Mental Disorder

A condition characterized by alterations in thinking, mood or behavior (or a combination of the three). Mental disorders are mediated by the brain and connected with distress and/or abnormal functioning.

Mental Retardation

It is a condition which characterises below normal intellectual ability that originates during the developmental period such as IQ issues, impairment in maturation, learning and/or social adjustment.

Metamorphosis

A change in the form, usually characterised by animals' habits (details in appendix) during normal development after birth or hatching, involving a conspicuous and relatively abrupt change in the animal's body structure through cell growth and differentiation.

Mood Disorders/Clinical Depression

Clinical depression is a disabling disorder with a loss of interests and the individual can become suicidal

Neurology is the scientific study of the nervous system.

Neuropsychiatry

A branch of medicine concerned with both neurology and psychiatry.

Neurotransmitters

These are chemicals used by the brain to control behavior or abnormal glucose metabolism in the central nervous system.

Obsessive-Compulsive Disorder

A disorder in which individuals are plagued by persistent, recurring thoughts or obsessions that reflect exaggerated anxiety or fears.

Obsessive-Compulsive Personality Disorder

Characterized by perfectionism and inflexibility as well as preoccupation with uncontrollable patterns of thought and action.

Panic Disorder

An anxiety disorder in which individuals have feelings of terror that strike suddenly and repeatedly.

Personality Disorders

An enduring pattern of inner experience and behavior that deviates from expectations. Individuals with a personality disorder tend to be stable over time, but the disorder leads to distress or impairment.

Phobia

It is a state of intense fear that may be a reaction to a specific object or situation that poses little or no actual danger.

Post-traumatic Stress Disorder

In this type of disorder, patients may have more than one identity or become extremely depersonalized

Psychiatry

The branch of medicine that deals with the science and practice of treating mental, emotional or behavioral disorders.

Psychosis

A mental condition characterized by defective or lost contact with reality, often with hallucinations or delusions, causing defective social functioning.

Schizophrenia

It is a kind of 'psychotic disorder' in which an individual loses the contact with his surroundings. It causes deterioration in functioning level in everyday life, disintegrates feeling, thought and conduct.

Appendix-C (Psychiatric tests terms)

Following are four most important tests used in the Psychiatric cases:

Stanford-Binet IQ Test: tests intellectual ability

Thematic Apperception Test: tests personality traits

Rorschach Test: reveals personality traits through ink blot test

Minnesota Multiphasic Personality Inventory: tests of personality traits

Appendix-D (Treatments/Interventions)

Source: <https://www.psychguides.com/guides/types-of-mental-health-treatments/>

These are some well known treatments/interventions that are very useful for psychological/psychiatric issues:

- play therapy
- hypnosis
- biofeedback
- psychoanalysis
- Behavior Therapy
- Group Therapy
- Electroshock Therapy



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