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Ramona Bran, Andreea Pele, Iuliana Costea, Gabriela Grosseck. 2025. *Mic dicționar englez-român de termeni din psihologie / The Pocket English-Romanian Dictionary of Psychological Terms*. Timișoara: Editura Universității de Vest. ISBN 978-630-327-181-1. 122p.

Book review

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The historical inflection point of psychological lexicography in post-communist Romania remains, without a doubt, the Dictionary of Psychology coordinated by Ursula Șchiopu (1997). Conceived as a monumental work of an encyclopedic nature, the 1997 dictionary reflects the effort of an entire generation of academics to stabilize and repair a conceptual apparatus that had suffered distortions or censorship in previous decades. However, the gap of nearly three decades between the two publications highlights a profound paradigmatic rift.

While Ursula Șchiopu's lexicon is structurally attached to a classical, continental vision, deeply influenced by the French and Russian psychological schools,

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the dictionary edited by the West University of Timișoara (2025) is deliberately anchored in the mainstream of Anglo-Saxon psychology. From a dynamic point of view, terms in Ursula Șchiopu's dictionary are often defined through the lens of an abstract general psychology, leaving uncovered the hybrid areas that have emerged recently.

For instance, fundamental concepts for contemporary work practice, such as Job crafting or Decision fatigue, are structurally absent from works like the one from 1997, because they belong to a hyper-technologized and flexible socio-economic reality, which the modern 2025 dictionary maps accurately. Moreover, from the perspective of accessibility, the 1997 work suffers from a certain conceptual rigidity, the definitions being linear and monolithic, unlike the dynamic flexibility of the present edition, which directly links the Romanian translation to its original open source through interactive hyperlinks.

Another fundamental reference point for specialists in Romania is the Dictionary of Clinical Psychology coordinated by Gary VandenBos under the auspices of the American Psychological Association (APA), translated and published in Romanian by Editura Trei (2020). This represents the thesaurus-type dictionary: exhaustive, validated at the highest global institutional level, and extremely restrictive regarding licensing and commercial distribution.

In confronting this editorial "giant", the Timișoara work defines a highly intelligent niche status. While the APA/Trei dictionary is a unilateral translation (the original English text being dissolved into the body of the Romanian language, resulting in a monolingual dictionary in translation), the 2025 Pocket Dictionary maintains a strictly bilingual and bidirectional structure, displaying the terminology and meaning in both languages in parallel. This presentation mode offers the student an immediate pedagogical advantage: the possibility to dynamically compare how the semantic transposition was operated from one linguistic system to another.

An essential difference also appears at the level of lexicographical selection. To maintain the rigor of a diagnostic tool, the APA dictionary tends to eliminate terms that are still in the empirical validation phase or that belong rather to the global digital scientific culture (academically filtered pop psychology).

In contrast, the volume coordinated by Ramona Bran dares to integrate highly topical terminological manifestations, such as Zoom dysmorphia or Apotemnophilia, neologisms that often are barely beginning to be discussed in the revision committees of DSM or ICD diagnostic manuals, but already dominate research articles in databases like Scopus or Web of Science. Thus, by comparison with the conservative stability of the APA dictionary, the present work functions as an early warning sensor for neological dynamics in the sciences of the mind.

If we look at the Romanian publishing market from the perspective of purely bilingual (English-Romanian) instruments, we observe an acute lack of works strictly dedicated to psychology. Most students or translators are forced to resort either to general technical-scientific dictionaries (which often fail to capture the clinical nuance of a term) or to glossaries attached to translated university textbooks.

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Most generalist bilingual glossaries offer flat and decontextualized translations for terms like Affect or Arousal (for example, "affection" for affect, a major confusion in psychology, where affect means the experience of feeling an emotion). The dictionary team successfully corrects these deviations. For example, for Affect, the 2025 dictionary offers the surgical precision required by the field: "afect" [affect], defined as "The experience of feeling a sentiment or an emotion". For Arousal, a term frequently butchered in literal translations, the authors choose the clean variant established in research laboratories: "excitare" [arousal], with the physiological explanation related to the "sympathetic division of the autonomic nervous system".

Beyond the text itself, the capital distinction between the 2025 Pocket Dictionary and all other similar works on the Romanian market lies in the philosophy of dissemination. Both Șchiopu (1997) and the APA translation (2020) are prisoners of a physical, analog, and commercial format. They involve high acquisition costs, have a limited print run, and are difficult to transport or integrate into the digital workflow of a modern researcher.

By adopting the Creative Commons license (CC BY-SA 4.0), the Timișoara dictionary delivers a lesson in the democratization of knowledge. It becomes a public good, free of charge, infinitely multipliable, and perfectly malleable. This option is not just an economic one, but has a direct impact on the quality of the educational act: a student can query the database directly from their smartphone during a lecture or seminar, transforming the act of lexicographical consultation from a cumbersome, library-based research into an instantaneous cognitive reflex.

Therefore, from a comparative point of view, the work edited at UVT does not impose itself through volume, but through the intelligence of its format and contextual acuity, proving superior in daily didactic use over many classical academic treatises in Romania.

A dictionary is not just a passive list of words; it represents an instrument of epistemic power, capable of shaping and legitimizing a professional field. Through the selection of terms and the way they are translated, the authors define the boundaries of legitimate knowledge in a field at a given time.

The work produced at UVT excels in this chapter, showing how professional language is in continuous dynamics. The authors included not only classical terms from clinical psychology, but also emerging concepts that facilitate access to a changing professional language. The qualitative analysis of the text reveals the rigorous way in which the translation and adaptation of the definitions were achieved:

- Accuracy of clinical terminology: for the term Alogia, defined in English as "Also called poverty of speech... commonly seen in patients suffering from Schizophrenia", the authors offer the perfectly covering Romanian equivalent "alogia", translated as "Denumită și sărăcie de vorbire... se întâlnește frecvent la pacienții care suferă de schizofrenie". Also in the clinical zone, the introduction of complex concepts such as Apotemnophilia (Body integrity dysphoria, BID)—translated as "Apotemnofilie (Disforie de integritate a

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corpului, DIC)"—demonstrates the immediate connection of the dictionary to the newest debates in global psychiatry.

- Integration of concepts from modern and digital Psychology: an excellent example of language adaptation in motion is the management of terms related to contemporary social phenomena. The term Ableism is faithfully translated as "abilitism", providing a clear definition of discrimination against people with disabilities. Likewise, acute phenomena in the era of social networks, such as Body shaming, receive clear and conceptualized equivalences: "body shaming / stigmatizare corporală", explained as "Actul de a batjocori aspectul fizic al unei persoane...". Part of this modern sphere is also the inclusion of the concept of Cyberbullying, translated with nuance as "cyberbullying, hărțuire cibernetică/digitală", thus fixing the scientific coordinates of a daily technological abuse in the Romanian language.
- Hybrid Concepts and Intertextualities: the dictionary also captures subtleties from the area of work and cognitive psychology. The concept of Decision fatigue is elegantly translated as "oboseală decizională" and defined as "Stare de suprasolicitare mentală care poate afecta capacitatea unei persoane de a continua să ia decizii...". The presence of classical effects brought back to attention by recent empirical studies, such as the Chameleon effect ("efectul cameleon") or the Cinderella effect ("sindromul Cenușăreasa"), shows the authors' desire to cover scientific metaphors that have become universal.

The impact on the domain is, therefore, direct: the dictionary offers the professional community the linguistic tools necessary to communicate coherently, uniformly, and unequivocally, eliminating the risk of crude translations or conceptual confusions.

One cannot conclude a review of this dictionary without highlighting its element of technological avant-garde and academic ethics, perfectly aligned with the challenges of the information age. The fact that the volume is distributed under a Creative Commons CC BY-SA 4.0 open license represents a powerful signal sent to the Romanian university environment, which is often marked by copyright blocks.

The major technical innovation lies in the interactivity of the document. The introductory text alerts the reader that with a simple click on the English term, they are instantly redirected to the original digital source of the definition. This functionality actively cultivates the reflex of consulting validated resources, an essential antidote against digital functional illiteracy. The student does not just receive a ready-made definition, but is invited to check the source text, analyze the broader context, and develop autonomous digital documentation skills.

The Pocket English-Romanian Dictionary of Psychological Terms coordinated by Ramona Bran is a complete success of contemporary Timișoara university lexicography. Moving beyond the limits of a simple glossary, the work offers an integrated, modern, and highly practical vision of the vocabulary of the sciences of the mind and behavior.

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Through the unique mix of authorship (philology-psychology), the democratic methodology of co-creation with students, the courageous selection of dynamic terms, and the open digital format, the work secures a place of honor in the library of any specialist in the field. It is a fluid and elegant terminological guide that will prove its long-term utility in consolidating the psychological and translational culture in Romania.

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