

Mental and Physical Health

AP Psychology · Vocabulary

English	中文	Pinyin
Health psychology	健康心理学	jiàn kāng xīn lǐ xué
Stress	压力	yā lì
stressor	应激源	yīng jī yuán
Eustress	良性压力	liáng xìng yā lì
distress	消极压力	xiāo jí yā lì
daily hassles	日常烦扰	rì cháng fán rǎo
significant life changes	重大生活变化	zhòng dà shēng huó biàn huà
catastrophes	灾难性事件	zāi nàn xìng shì jiàn
general adaptation syndrome (GAS)	一般适应综合征	yì bān shì yìng zōng hé zhēng
alarm	警觉期	jǐng jué qī
resistance	抵抗期	dǐ kàng qī
exhaustion	衰竭期	shuāi jié qī
Tend-and-befriend theory	照料-结盟理论	zhào liào - jié méng lǐ lùn
Problem-focused coping	问题聚焦应对	wèn tí jù jiāo yìng duì
Emotion-focused coping	情绪聚焦应对	qíng xù jù jiāo yìng duì
Positive psychology	积极心理学	jī jí xīn lǐ xué
well-being	幸福感	xìng fú gǎn
resilience	心理韧性	xīn lǐ rèn xìng
gratitude	感恩	gǎn ēn
subjective well-being	主观幸福感	zhǔ guān xìng fú gǎn
signature strengths	标志性优势	biāo zhì xìng yōu shì
Posttraumatic growth	创伤后成长	chuāng shāng hòu chéng zhǎng
dysfunction	功能失调	gōng néng shī tiáo

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personal distress	个人痛苦	gè rén tòng kǔ
deviation from social norms	偏离社会规范	piān lí shè huì guī fàn
stigma	污名	wū míng
eclectic approach	折衷取向	zhé zhōng qǔ xiàng
Behavioral	行为主义	xíng wéi zhǔ yì
Psychodynamic	精神动力学	jīng shén dòng lì xué
Humanistic	人本主义	rén běn zhǔ yì
Cognitive	认知	rèn zhī
Evolutionary	进化	jìn huà
Sociocultural	社会文化	shè huì wén huà
Biological	生物学	shēng wù xué
biopsychosocial model	生物心理社会模型	shēng wù xīn lǐ shè huì mó xíng
diathesis-stress model	素质-压力模型	sù zhì - yā lì mó xíng
Neurodevelopmental disorders	神经发育障碍	shén jīng fā yù zhàng ài
Schizophrenic spectrum disorders	精神分裂症谱系障碍	jīng shén fēn liè zhèng pǔ xì zhàng ài
positive symptoms	阳性症状	yáng xìng zhèng zhuàng
delusions	妄想	wàng xiǎng
hallucinations	幻觉	huàn jué
disorganized thinking	思维紊乱	sī wéi wěn luàn
catatonia	紧张症	jǐn zhāng zhèng
negative symptoms	阴性症状	yīn xìng zhèng zhuàng
flat affect	情感淡漠	qíng gǎn dàn mò
Depressive disorders	抑郁障碍	yì yù zhàng ài
Bipolar disorders	双相障碍	shuāng xiāng zhàng ài
mania	躁狂	zào kuáng

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Anxiety disorders	焦虑障碍	jiāo lǜ zhàng ài
specific phobia	特定恐惧症	tè dìng kǒng jù zhèng
agoraphobia	广场恐惧症	guǎng chǎng kǒng jù zhèng
panic disorder	惊恐障碍	jīng kǒng zhàng ài
panic attacks	惊恐发作	jīng kǒng fā zuò
social anxiety disorder	社交焦虑障碍	shè jiāo jiāo lǜ zhàng ài
generalized anxiety disorder (GAD)	广泛性焦虑障碍	guǎng fàn xìng jiāo lǜ zhàng ài
Obsessive-compulsive and related disorders	强迫及相关障碍	qiǎng pò jí xiāng guān zhàng ài
obsessions	强迫思维	qiǎng pò sī wéi
compulsions	强迫行为	qiǎng pò xíng wéi
Dissociative disorders	分离障碍	fēn lí zhàng ài
Trauma and stressor-related disorders	创伤及应激相关障碍	chuāng shāng jí yīng jī xiāng guān zhàng ài
posttraumatic stress disorder (PTSD)	创伤后应激障碍	chuāng shāng hòu yīng jī zhàng ài
Feeding and eating disorders	进食障碍	jìn shí zhàng ài
Personality disorders	人格障碍	rén gé zhàng ài
Meta-analyses	元分析	yuán fēn xī
psychotropic medication	精神药物治疗	jīng shén yào wù zhì liáo
informed consent	知情同意	zhī qíng tóng yì
confidentiality	保密	bǎo mì
Psychodynamic therapies	精神动力学治疗	jīng shén dòng lì xué zhì liáo
free association	自由联想	zì yóu lián xiǎng
Cognitive therapies	认知疗法	rèn zhī liáo fǎ
cognitive restructuring	认知重构	rèn zhī zhòng gòu
fear hierarchies	恐惧等级表	kǒng jù děng jí biǎo

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Applied behavior analysis	应用行为分析	yìng yòng xíng wéi fēn xī
systematic desensitization	系统脱敏	xì tǒng tuō mǐn
token economies	代币制	dài bì zhì
Cognitive-behavioral therapies	认知行为疗法	rèn zhī xíng wéi liáo fǎ
dialectical behavior therapy	辩证行为疗法	biàn zhèng xíng wéi liáo fǎ
rational-emotive behavior therapy	理性情绪行为疗法	lǐ xìng qíng xù xíng wéi liáo fǎ
Person-centered therapy	以人为中心疗法	yǐ rén wéi zhōng xīn liáo fǎ
active listening	积极倾听	jī jí qīng tīng
Hypnosis	催眠	cuī mián
antidepressants	抗抑郁药	kàng yì yù yào
anxiety drugs	抗焦虑药	kàng jiāo lǜ yào
lithium	锂盐	lǐ yán
antipsychotics	抗精神病药	kàng jīng shén bìng yào
psychosurgery	精神外科手术	jīng shén wài kē shǒu shù
transcranial magnetic stimulation (TMS)	经颅磁刺激	jīng lú cí cí jī
electroconvulsive therapy (ECT)	电休克治疗	diàn xiū kè zhì liáo