LIST OF PSYCHOLOGICAL WORDS RELATED TO POST-TRAUMATIC STRESS FOR USE IN THE APP

List of Psychological Words Related to Post-Traumatic Stress for Use in the App

Erasmus+ Programme – Strategic Partnership

Proiect *"Resilience and inclusion for the military "*

 # 2022-1-RO01-KA220-VET-000085808

Partners:

DIGITAL KOMPASS – Bucharest, România

I.V. International – Foggia, Italy

Organization for Promotion of European Issues – Paphos, Cyprus

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Introduction

Post-traumatic stress disorder is a serious problem for many in the military who have suffered severe emotional trauma while serving. This type of stress can have negative effects on the mental and physical health, as well as the quality of life and interpersonal relationships of affected service members.

To understand and effectively manage post-traumatic stress in the military, it is essential to use words with precise psychological meaning. For example, the use of terms such as "trauma," "dissociation," "emotional reappraisal," "exposure therapy," and "emotional processing" help us refer to specific concepts that are central to understanding and treating post-traumatic stress and in especially for the realization of the digital application, which is the central product of our project. These words with precise psychological meaning allow us to communicate clearly about the specific problems military personnel face and develop effective treatment programs to help them improve their mental health and quality of life.

Using these words with precise psychological meaning can make a real difference in their lives.

So, identifying some words to use in creating the structure of the digital application helps us in this way:

Problem Clarification: Using words with precise psychological meaning allows us to clearly define the problem and avoid confusion or misinterpretation. For example, using the term "post-traumatic stress" allows us to refer to a specific type of stress caused by a traumatic event, in contrast to other types of stress.

Effective communication: Using words with precise psychological meaning allows us to communicate clearly with colleagues and other mental health professionals about the specific issues faced by military personnel affected by post-traumatic stress.

Accurate assessment: Using words with precise psychological meaning allows us to accurately assess the symptoms and impact of post-traumatic stress on service members, and develop personalized treatment programs that take these unique symptoms into account.

Effective treatment: Using words with precise psychological meaning allows us to identify and apply specific therapies, such as exposure therapy or emotional processing, that have been shown to be effective in treating post-traumatic stress.

Progress Monitoring: Using words with precise psychological meaning allows us to accurately monitor service members' progress in treatment and make adjustments in therapy if necessary.

The introduction of such an application with words with psychological meaning in the identification and management of post-traumatic stress is extremely important for the military, because they are constantly exposed to situations that can trigger this disorder. It is vital to provide access to information and resources to help service members recognize the symptoms and manage their post-traumatic stress effectively. With the help of words with psychological meaning, the app can provide a platform through which users can better understand the process of post-traumatic stress and acquire the necessary tools to manage it. In addition, the app can help reduce stigma and promote a culture of openness among military personnel about mental health, making them feel more confident in seeking help and support when needed.

Understanding post-traumatic stress is crucial to identifying symptoms and providing appropriate intervention. That's why it's important to use words with psychological meaning within the app to help users better understand the disorder and find ways to manage it. Choosing the right words can help create a more empathetic experience and personalized for users, allowing them to better connect with information and improve their post-traumatic stress management skills. Also, the use of psychological words can help create a common language between the user and the psychologists involved in the treatment of the condition.

List of psychological words to use in the app

Number	Psychological words
1	Anxiete
2	Phobia
3	Nightmares
4	Hypervigilance
5	Avoiding
6	Social isolation
7	Irritability
8	Anger
9	Depression

10	Care
11	Sleeping disorders
12	Feelings of guilt
13	Disorder
14	Hatred
15	Rejection
16	Regress
17	Agitation
18	Interruption of thoughts
19	Depersonalization
20	Dissociation
21	Panic disorder

22	Permanent supervision
23	Loss of interest in usual activities
24	Feeling hopeless
25	Feelings of abandonment
26	Feelings of insecurity
27	Feelings of distrust
28	Feelings of uselessness
29	Feelings of shame
30	Feelings of judgment
31	Feelings of helplessness
32	Feelings of loneliness
33	Sadness

34	Feelings of anger
35	Feelings of frustration
36	Feelings of anxiety
37	Feelings of fear
38	Feelings of panic
39	Feelings of confusion
40	Feelings of helplessness
41	Feelings of despair
42	Feelings of worry
43	Feelings of restlessness
44	Feelings of agitation
45	Feelings of tension

46	Feelings of stress
47	Feelings of fatigue
48	Exhaustion
49	Loss
50	Betrayal
51	Disappointment
52	Loss of control
53	Vulnerability
54	Quarrel
55	Helplessness
56	Helplessness
57	Disorientation

58	Panic
59	Self-destruction
60	Desperation
61	Loss of hope
62	Guilt
63	Discomfort
64	In the distance
65	Slowness
66	Discouragement
67	Tension
68	Sorrow
69	Resentment

70	Traum
71	Nervousness
72	Insomnia
73	Flashbacks
74	Irritability
75	Depression
76	Lack of pleasure
77	Sleep disorder
78	Anxiety disorder
79	Sexual dysfunction
80	Cognitive impairment
81	Suicide

82	Desperation
83	Emotional reattribution
84	Exposure therapy
85	Emotional processing
86	Vertigo
87	Immobility
88	Hyperexcitation
89	Symptomatic blockage
90	Re- traumatizing the victim
91	Overwhelmed
92	Trembling
93	Anticipation

94	Night terror
95	Mood swings
96	Somatization
97	Nervous tics
98	Uncertain voice
99	Dyspnoea
100	Chest pressure
101	Constriction in the chest
102	Difficulty concentrating
103	Lapse
104	Blurred vision
105	Irritability

106	Fatigability
107	Impossibility of relaxation
108	Fatigue on waking
109	Interrupted sleep
110	Bruxism
111	Sensation of drowning
112	Weight loss
113	Heart stopping impression
114	Tension
115	Intrusive thoughts
116	Recurring memories
117	Difficulty remembering

118	Reduced noise tolerance
119	Aggressive behavior
120	Empty interior
121	Suspiciune general
122	Addiction
123	Alcohol
124	Drugs
125	Gambling
126	Disproportionate reactions
127	Fear of crowds
128	Panic disorder
129	Fear of death

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