
| RESEARCH ARTICLE

Can AI-based Translation replace Human Translation within Psychology Settings? A Corpus-based Research

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| ABSTRACT

As we all know, AI has irrupted in our lives, and its adoption has led to substantial job losses in recent years. Consequently, the field of translation studies and professional translation renderings is also at risk. Hence, within this research paper we are aimed at unveiling whether professional translation could be the exception to the rule by providing the target readership with more accurate translation renderings (as compared to the ones provided by AI translation). Accordingly, we focus on a specific field featured by the use of literal translations, anglicisms and lexical calques, i.e., the field of Psychology. Subsequently, we selected a highly demanded field, which is the field of emotional states. In order to fulfil our goal, we selected 15 lexical items from the aforementioned field, provided a definition, and contrasted their translation renderings (AI translation with DeepL and Google Translate versus human translation). The research outcomes are striking in a sweeping majority of cases from our corpus, IA-based translation tools cannot replace human translation renderings, since most of these translations were inaccurate, unreliable and too vague.

| KEYWORDS

IA-based Translation; Human Translation; Psychology; Emotional States; Translation Accuracy

| ARTICLE INFORMATION

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1. Introduction

As is well known, AI has rapidly integrated into our lives and, as a consequence, it has replaced a significant amount of job posts. A similar issue has been detected in the field of linguistics and translation studies. Language apps have burst into our daily lives, modifying the way how millions of people learn a new language (by "language learning apps"). Some of them have direct access to phones, whilst others have been designed to be used on computers and tablets. Similarly, computer and language technicians have designed a relevant number of AI-assisted translation devices (some of them even have telephone calls interpreting and voice cloning systems).

Nevertheless, the path is not that short when dealing with translation studies trainees, since all of them resort to free AI-based tools, such as DeepL or Google Translate.

As far as the first one is concerned, DeepL is defined as "AI-first translation platform helps you accurately translate text, files, media formats, and voice easily, securely, with unbeatable quality." (DeepL, 2026) As quoted from their official website, it was born around a decade ago,

Founded in Cologne in 2017 by CEO Jarek Kutylowski on the conviction that language should never be a barrier to how far businesses can go, DeepL has grown from a single translation product into one of the world's leading Language AI companies.

Today, more than 200,000 business teams and millions of individuals worldwide – across every major industry – rely on DeepL to power their most critical language workflows with accuracy, human-like quality, and enterprise-grade security.

Regarding Linguee, it has been depicted (Grokopedia, 2026) as a translation search engine,

An online bilingual dictionary and translation search engine that combines traditional dictionary definitions with millions of real-world example sentences extracted from bilingual web content, enabling users to understand word usage in context without relying on machine-generated translations.

Founded in December 2008 and officially launched in May 2010 in Cologne, Germany, by former Google researcher Gereon Frahling and Leonard Fink, Linguee pioneered the concept of an online bilingual concordance by indexing translations from official documents, websites, and publications across multiple languages.[3][4]

The service supports over 25 language pairs, including major ones like English-German, English-French, English-Spanish, and English-Portuguese, drawing from a database of more than one billion authentic sentence pairs translated by humans. The service now supports translations across 32 languages via integration with DeepL.

Concerning Google Translate, it came out 2 decades ago (in 2006), and it has millions of active users worldwide. As CLRN states, "Google Translate was initially conceived as a project to bolster language support across Google's expanding suite of services, primarily Google Search. Announced in 2004 by Larry Page and Sergey Brin, the initial implementation employed a hybrid approach, combining rule-based machine translation (RBMT) and statistical machine translation (SMT)." (CLRN, 2025)

Overall, these free access online platforms and translation search engines are one of the most recurrent resources employed on a daily basis by translation trainees at university.

Once we have summarised the current landscape, let us now move to the most recent contributions in the research field under study.

1.1 Literature Review

Concerning the most significant and recent literature that contributed to the research (linking psychology and translation), we might quote several resources, as listed below.

-Bolaños-Medina (2022) tackled the paths in which translation psychology proved relevant to the advancement of translation studies by extending its conceptual and methodological frameworks.

-Demydenko and Hutarieva (2022) explored the stylistic features of the English-Ukrainian translation of texts concerning popular psychology (specially the aspect of emotions).

-Olkhovska and Chystiakova (2022) devoted their research paper to AI-driven translation may affect translation quality when rendering the translation of Ungian psychology writings into another language.

-Yang (2024) investigated the role of cognitive psychology in the development of AI-driven translation in order to enhance translations' quality.

-Hu (2025), with the corpus as a research tool, carried out research whereby children's psychology influenced the interpretation of children literature translated into another language.

-Su et al. (2025) performed a psychology-driven enhancement of humour translation with a Humour Decomposition Mechanism (HDM).

-More recently, Vernmark et al. (2026) performed a study aimed at assessing an AI-assisted procedure for the translation and contextual adaptation of the Digital Competencies for Applied Psychological Practitioner (DCAPP) scale to Swedish.

-Thị Uyên (2026) has recently delivered a speech concerning how AI-tools impact on psychology and learning motivation in Chinese translation and interpreting trainees in Vietnam.

-Equally, Balygina, Ermolova, and Krukovskaya (2026) focused on terminological variation with the empirical basis consisting of translations of excerpts from clinical and developmental psychology articles published in English-language journals, performed by MSUPE master's students as part of their coursework.

So far, we have not identified any research paper within psychology settings linking the translation rendered via IA-based computer translation versus the one provided by human translation. Hence, let us now move to the Methodology section.

2. Methodology

Since we dealt with the field of knowledge of Psychology and emotional states, we selected 15 lexical items frequently used within the abovementioned field, as listed below,

1-Breathwork

2-Burnout

3-Coaching

4-Coping

5-Mindfulness

6-Mood

7-Nesting

8-PERMA

9-Quiet-quitting

10-Reset

11-Shock

12-Slowlife

13-Transformational Breathing

14-Wellbeing

15-Wellness

Subsequently, we searched for the above list by using highly contemporary psychological references, using established, reliable ones. Later on, we carried out the machine translation (AI-based, via DeepL and Google Translate). In a supplementary manner,

we provided our own human translation, and their corresponding (AI and human translation) findings achieved can be unveiled underneath.

3. Findings

The present section will display the research outcomes, set out as follows,

-Lexical Entry Number, Lexical Entry Name: [Definition] (Source quotation)

a) AI-Based Translation (DeepL):

b) AI-Based Translation (Google Translate):

c) Human Translation:

Once we have explained the research methodology applied, let us now move to the research outputs.

1-Breathwork [‘Breathwork practices use simple controlled breathing patterns, which involve slowing down the breath and extending exhalations beyond the length of inhalations’] (Muller, 2022)

a) AI-Based Translation (DeepL): “Técnicas de respiración”

b) AI-Based Translation (Google Translate): “Trabajo de respiración”

c) Human Translation: Técnica de respiración para la relajación/reducir la ansiedad.

2-Burnout [‘Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress’] (Ma, 2026)

a) AI-Based Translation (DeepL): “Agotamiento”

b) AI-Based Translation (Google Translate): “Agotamiento”

c) Human Translation: Síndrome de agotamiento físico o mental.

3-Coaching [‘Psychological coaching is a process that aims to help clients achieve concrete goals, identify and overcome obstacles to well-being and performance, and build skills that may be interfering with their success’] (Frye, 2015)

a) AI-Based Translation (DeepL): “Entrenamiento”

b) AI-Based Translation (Google Translate): “Entrenamiento”

c) Human Translation: Método/Técnica para guiar en la adquisición de metas personales.

4-Coping [‘Coping is defined as the thoughts and behaviors mobilized to manage internal and external stressful situations’] (Algorani & Gupta, 2023)

a) AI-Based Translation (DeepL): “Afrontamiento”

b) AI-Based Translation (Google Translate): “Sobreviviendo, Sobrevivir”

c) Human Translation: Estrategias/Mecanismos para contrarrestar la ansiedad.

5-Mindfulness ['Mindfulness involves being present & fully engaged in the current moment, enhancing awareness & clarity. Practicing mindfulness can reduce stress, improve focus & promote emotional regulation'] (Sutton, 2019)

- a) AI-Based Translation (DeepL): "Atención plena"
- b) AI-Based Translation (Google Translate): "Atención plena"
- c) Human Translation: Técnica de relajación (que suele incluir la meditación).

6-Mood ['A disposition to respond emotionally in a particular way that may last for hours, days, or even weeks, perhaps at a low level and without the person knowing what prompted the state. Moods differ from emotions in lacking an object; for example, the emotion of anger can be aroused by an insult, but an angry mood may arise when one does not know what one is angry about or what elicited the anger'] (American Psychological Association, 2018)

- a) AI-Based Translation (DeepL): "Estado de ánimo"
- b) AI-Based Translation (Google Translate): "(Estado de) Ánimo"
- c) Human Translation: Estado anímico.

7-Nesting ['The intentional choice to stay home and rest to lower cortisol levels, disconnect from external social pressures, and practice psychological recovery'] ("Nesting in Psychology", 2026)

- a) AI-Based Translation (DeepL): "Anidación"
- b) AI-Based Translation (Google Translate): "Anidación"
- c) Human Translation: Estrategia de relajación permaneciendo en casa en inactividad, frecuentemente vinculada a la gestación.

8-PERMA ['The PERMA model outlines five core elements of wellbeing: Positive emotions, Engagement, Relationships, Meaning & Accomplishment'] (Madeson, 2017)

- a) AI-Based Translation (DeepL): "PERMA"
- b) AI-Based Translation (Google Translate): "PERMA"
- c) Human Translation: Modelo de psicología positiva basado en 5 pilares.

9-Quiet-quitting ['Quiet quitting represents a psychological defense mechanism against chronic workplace stress, not laziness, triggered when fundamental needs for autonomy, recognition, and meaningful connection go unmet, often indicating burnout that benefits from professional therapeutic support'] (Reachlink, 2026)

- a) AI-Based Translation (DeepL): "Renuncia silenciosa"
- b) AI-Based Translation (Google Translate): "Abandono silencioso"
- c) Human Translation: Proceso de desapego laboral por ansiedad.

10-Reset ['A mind reset is the practice of stepping back, noticing unhelpful thought patterns, and intentionally creating space for clarity, creativity, and calm to return'] (Perissos Psychology, 2023)

- a) AI-Based Translation (DeepL): "Reajuste, Restablecimiento"

b) AI-Based Translation (Google Translate): "Reiniciar"

c) Human Translation: Método de reevaluación emocional para contrarrestar la ansiedad.

11-Shock ['(...) is a reaction that you may have to an unexpected event or traumatic incident that upsets you and makes it hard for you to function'] (Gupta, 2026)

a) AI-Based Translation (DeepL): "Conmoción"

b) AI-Based Translation (Google Translate): "Impacto"

c) Human Translation: Fenómeno de bloqueo mental, generalmente a causa de un suceso traumático.

12-Slowlife ['The slow life movement is gaining momentum around the world, as more and more people recognize the benefits of a slower lifestyle. It encourages us to be mindful, intentional and present in our daily lives, rather than rushing into tasks without thought or appreciation. The slow life movement also emphasizes the balance between activity and rest, stressing the joy and satisfaction of the little things in life. In addition, it promotes health by reducing stress levels and increasing awareness of what we eat, how we spend our time and how we interact with others'] (Slow Village, 2026)

a) AI-Based Translation (DeepL): "Vida tranquila"

b) AI-Based Translation (Google Translate): "Vida lenta"

c) Human Translation: Metodología para reducir la ansiedad basada en la desaceleración del ritmo de vida.

13-Transformational Breathing ['Transformational Breath (TBr) is a HVB practice that uses fast-paced, diaphragmatic breathing without relying on accessory muscles. In a typical 60-minute session, certified practitioners guide individuals to maintain a connected breath pattern, with an uninterrupted flow and a relaxed, complete exhalation. While rate and tidal volume are important, the inspiratory/expiratory ratio has also been shown to modulate the autonomic nervous system and moderate the stress response'] (Wheble & Encin, 2025)

a) AI-Based Translation (DeepL): "Respiración transformadora"

b) AI-Based Translation (Google Translate): "Respiración transformadora"

c) Human Translation: Técnicas de respiración para mejorar la salud.

14-Wellbeing ['(...) a state of happiness and contentment, with low levels of distress, overall good physical and mental health and outlook, or good quality of life'] (APA Dictionary of Psychology, 2018)

a) AI-Based Translation (DeepL): "Bienestar"

b) AI-Based Translation (Google Translate): "Bienestar"

c) Human Translation: Estado de satisfacción y bienestar psicológico.

15-Wellness [' (...) a dynamic state of physical, mental, and social well-being. Some researchers and clinicians have viewed wellness as the result of four key factors over which an individual has some control: biology (i.e., body condition and fitness), environment, lifestyle, and health care management'] (APA Dictionary of Psychology, 2018)

a) AI-Based Translation (DeepL): "Bienestar"

b) AI-Based Translation (Google Translate): "Bienestar"

c) Human Translation: Estado de satisfacción y bienestar psicológico.

Once we have displayed the corpus search outcomes, we discovered that the research findings are quite surprising, as shown in the following tables.

TABLE 1. Research Findings (IA-Based Translation vs. Human Translation)

Lexical Item	AI-Based Translation (DeepL)	AI-Based Translation (Google Translate)	Human Translation
Breathwork	Técnicas de respiración	Trabajo de respiración	Técnica de respiración para la relajación/reducir la ansiedad
Burnout	Agotamiento	Agotamiento	Síndrome de agotamiento físico o mental
Coaching	Entrenamiento	Entrenamiento	Método/Técnica para guiar en la adquisición de metas personales
Coping	Afrontamiento	Sobreviviendo	Estrategias/Mecanismos para contrarrestar la ansiedad
Mindfulness	Atención plena	Atención plena	Técnica de relajación (que suele incluir la meditación)
Mood	Estado de ánimo	(Estado de) Ánimo	Estado anímico
Nesting	Anidación	Anidación	Estrategia de relajación permaneciendo en casa en inactividad, frecuentemente vinculada a la gestación
PERMA	PERMA	PERMA	Modelo de psicología positiva basado en 5 pilares
Quiet-quitting	Renuncia silenciosa	Abandono silencioso	Proceso de desapego laboral por ansiedad
Reset	Reajuste, Restablecimiento	Reiniciar	Método de reevaluación emocional para contrarrestar la ansiedad
Shock	Conmoción	Impacto	Fenómeno de bloqueo mental, generalmente a causa de un suceso traumático
Slowlife	Vida tranquila	Vida lenta	Metodología para reducir la ansiedad basada en la desaceleración del ritmo de vida
Transformational Breathing	Respiración transformadora	Respiración transformadora	Técnicas de respiración para mejorar la salud
Wellbeing	Bienestar	Bienestar	Estado de satisfacción y bienestar psicológico
Wellness	Bienestar	Bienestar	Estado de satisfacción y bienestar psicológico

TABLE 2. Translation Research Findings' Accuracy (IA Translation vs. Human Translation)

Lexical Item	DeepL Translation Accuracy	Google Translate Accuracy	Human Translation
Breathwork	X	X	✓
Burnout	X	X	✓

Coaching	X	X	✓
Coping	X	X	✓
Mindfulness	X	X	✓
Mood	✓	✓	✓
Nesting	X	X	✓
PERMA	X	X	✓
Quiet-quitting	X	X	✓
Reset	X	X	✓
Shock	X	X	✓
Slowlife	X	X	✓
Transformational Breathing	X	X	✓
Wellbeing	X	X	✓
Wellness	X	X	✓

4. Conclusion

At the beginning of our research paper, we posed the research question (within the title): *Can AI-based Translation replace Human Translation within Psychology Settings?* Let us now move to the results' interpretation in order to have a better overview and provide the research answer.

As shown in both tables (see above), the research results are indisputable. Let us review the findings reached, one by one.

- a) Breathwork. AI-based translations were not adequate, since they provided us with "técnicas de respiración", which is too vague (they could be for diving, for singing, for running...). The human translation specified that they are aimed at reducing stress.
- b) Burnout. AI-aided translations simply rendered "agotamiento", while this term could be either physical or mental, either chronic or acute. Nevertheless, the human translation did specify that it represents a mental or physical syndrome.
- c) Coaching. AI systems just offered "entrenamiento" (applicable to sports, driving, riding, teaching...), although we are dealing with a specific method used for acquiring personal goals.
- d) Coping. Again, AI translations did not offer precise translations ("enfrentamiento" and "sobreviviendo"). Conversely, 'coping' makes reference to a series of strategies for people struggling with anxiety, as human translation explained.
- e) Mindfulness. "Atención plena" (the option by AI-translations) is not accurate. The term indicates the relaxation technique (often mixed with meditation).
- f) Mood. This is the only item from our corpus that was adequately translated by AI-programs ("estado de ánimo"), although we offered a higher register rendering into Spanish.
- g) Nesting. AI-provided translation ("Anidación") is not adequate, since it comes from ornithology settings (not human ones). In contrast, the human translation specified that it defines a relaxation technique staying at home.
- h) PERMA. In this specific case, AI did not give a translation, and offered an anglicism. Nonetheless, the human translation produced an explanation for the psychology positive model based on 5 pillars.
- i) Quiet-quitting. Again, AI translations were not adequate ("renuncia/abandono silencioso"), that could imply physical quitting, while the term is referring to a psychological one, as human translation rendered.
- j) Reset. Once again, we are witnessing to inadequate AI-translations ("reajuste/restablecimiento" and "reiniciar"), with highly unprecise meanings. Meanwhile, human translation did explain a method on emotionally reassessing for stress-related conditions.
- k) Shock. AI did use physical terms ("conmoción" and "impacto"), whereas human translation explained this mental block phenomenon, which is due to a traumatic event.
- l) Slowlife. This term, frequently used on a daily basis, was not properly transferred by AI ("vida tranquila/lenta"). Conversely, human translation did describe the methodology to reduce stress and anxiety.
- m) Transformational Breathing. AI-provided "Respiración transformadora" is a nonsense. The expression makes reference to a set of breathing techniques to foster people's health.
- n) and o) Wellbeing and Wellness. They were AI translated as "bienestar", which is a very vague term (it could be financial, social, physical...). In contrast, we specified that they both make reference to a satisfactory mental state.

As we have shown, both AI-assisted translation tools (Google Translate and DeepL) provided us with very similar translations. Additionally, they were unreliable, inaccurate and too vague AI-aided translations, with generalizations and too wide meanings. Withing AI translations, we could even find untranslated terms ("PERMA") or calqued ones ("Respiración transformadora"), which entailed a nonsense. In just 1 (out of 15 entries from our corpus) IA translations (both Google Translate and DeepL were precise and adequate, although we provided the target readership with a higher register expression. Conversely, the remaining 14 (out of 15) IA translations did prove unsatisfactory, thereby providing an answer to our initial research question: In the selected corpus, AI-based Translation has not been able to replace Human Translation within Psychology Settings. Undoubtedly, AI can assist the translator but not replace them.

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