CHINESE BOOST

Mental health Chinese vocabulary: Advanced (HSK 7-9)

21 words with pinyin, 繁體 and meanings, 15 of them with an example sentence.
Every word here links to its entry on the site.

Mental health Chinese vocabulary: Advanced (HSK 7-9) on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

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Words

抑郁 抑鬱
yìyù depressed / despondent / gloomy

> 他最近很抑郁，不爱说话。
> Tā zuìjìn hěn yìyù, bú ài shuōhuà.
> He's been depressed lately and doesn't talk much.

沮丧 沮喪
jǔsàng dispirited / dejected / dismayed

> 我经常觉得沮丧。
> Wǒ jīngcháng juéde jǔsàng.
> I feel depressed often.

疏导 疏導
shūdǎo to dredge / to open up a path for / to remove obstructions / to clear the way / to enlighten / persuasion

> 交警正在疏导路口的车辆。
> Jiāojǐng zhèngzài shūdǎo lùkǒu de chēliàng.
> A traffic officer is directing the vehicles at the intersection.

崩溃 崩潰
bēngkuì to collapse / to crumble / to fall apart

> 电脑崩溃了。
> Diànnǎo bēngkuìle.
> The computer crashed.

倾诉 傾訴
qīngsù to say everything (that is on one's mind)

> 她向妈妈倾诉了烦恼。
> Tā xiàng māma qīngsùle fánnǎo.
> She poured out her worries to her mother.

抑郁症 抑鬱症
yìyùzhèng clinical depression

> 她吃了半年药，抑郁症好多了。
> Tā chīle bànnián yào, yìyùzhèng hǎo duō le.
> After taking medicine for half a year, her depression is much better.

焦虑症 焦慮症
jiāolǜzhèng neurosis / anxiety

心理学 心理學
xīnlǐxué psychology

> 我姐姐在大学学心理学。
> Wǒ jiějie zài dàxué xué xīnlǐxué.
> My older sister studies psychology at university.

自卑
zìbēi to have low self-esteem / to abase oneself

> 她总是很自卑。
> Tā zǒngshì hěn zìbēi.
> She is always so unconfident.

郁闷 鬱悶
yùmèn gloomy / depressed

> 别郁闷了，我请你吃饭。
> Bié yùmènle, wǒ qǐng nǐ chīfàn.
> Don't be so down, I'll treat you to a meal.

精神病
jīngshénbìng mental disorder / psychosis

> 他在医院工作，专门研究精神病。
> Tā zài yīyuàn gōngzuò, zhuānmén yánjiū jīngshénbìng.
> He works at a hospital and specializes in researching mental disorders.

创伤 創傷
chuāngshāng wound / injury / trauma

> 童年的创伤很难忘记。
> Tóngnián de chuāngshāng hěn nán wàngjì.
> The trauma of childhood is hard to forget.

倦怠
juàndài worn out / exhausted / dispirited

疲惫 疲憊
píbèi beaten / exhausted / tired

> 他疲惫得倒头就睡。
> Tā píbèi de dǎotóu jiù shuì.
> He was so exhausted that he fell asleep the moment his head hit the pillow.

冥想
míngxiǎng to meditate / meditation

心结 心結
xīnjié a matter that gnaws at one's mind / preoccupation / sore point / rancor

> 他和爸爸之间有个心结。
> Tā hé bàba zhījiān yǒu gè xīnjié.
> There is an unresolved knot between him and his father.

强迫症 強迫症
qiǎngpòzhèng obsessive-compulsive disorder (OCD)

自闭症 自閉症
zìbìzhèng autism

恐惧症 恐懼症

kǒngjùzhèng phobia

催眠

cuīmián to lull to sleep / to hypnotize

> 你接受过催眠吗?
> Nǐ jiēshòuguo cuīmián ma?
> Have you ever been under hypnosis?

精神科

jīngshénkē psychiatry

> 请问精神科在几楼?
> Qǐngwèn jīngshénkē zài jǐ lóu?
> Excuse me, which floor is the psychiatry department on?