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Analysis of the Procedures and Methods Used to Translate
Documents from English to Spanish for Asociacion Educalcohol
Costa Rica and from Spanish to English for ACCEDER

Thesis Submitted to Obtain the Bachelor in English

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Dedication

This achievement would have not been possible without all the blessings God has gave me. Starting with health and a supportive family that has done everything to encourage me to be a professional. Thank you papi for working hard all these years to give me education and thanks for always being aware of my progress and pushing me for more. I would like to thank my mom and my sister Angélica because they were always for me when I most needed them. Finally, I want to thank my boyfriend Alessandro for being supportive and helping me with everything. I love all of you so much, and this is yours as it is mine.

Abstract

The following analysis contains the purpose of the application of translation procedures and methods based mostly on Newmark's theories. The samples analyzed were from non-governmental organizations located in Costa Rica. Two English documents about alcohol and health were given by Asociacion Educalcohol. Additionally, a Spanish document about abortion by ACCEDER.

This analysis is key for the researcher to make good choices on the documents and therefore, on their correspondent translation. Starting from the context, purpose and readership. Later one, analyzing the translation and its procedures and methods accordingly to the target text, audience and different problems faced in each document.

This document composes instruments that simplified the process, those are text analysis chart, color coding and glossaries. The rigorous analysis and implementation of these translation procedures and methods demonstrated its importance to accomplish an accurate translation that fulfils the needs of both mentioned organizations. As well as any other future interest person in the topics developed in this investigation.

Resumen

El siguiente análisis contiene el propósito de la aplicación de los procesos y métodos de traducción basados principalmente en las teorías de Newmark. Los ejemplos analizados fueron proporcionados por organizaciones no gubernamentales situadas en Costa Rica. La Asociación Educalcohol dio dos documentos en inglés acerca del alcohol y la salud. Adicionalmente, y la Asociación ACCEDER uno en español acerca del aborto.

El análisis es clave para que el investigador tome buenas decisiones respecto a los documentos y por lo tanto, en sus traducciones. Iniciando por el contexto, propósito y los lectores. Después, analizando la traducción y sus procesos y métodos según el texto de llegada, la audiencia y los diferentes problemas presentes en cada documento.

Este documento constituye instrumentos que simplificaron el proceso, esos son el cuadro de análisis del texto, codificación de colores y glosarios. El análisis riguroso y la implementación de estos procesos y métodos de traducción demostró su importancia para lograr una traducción precisa que satisface las necesidades de las organizaciones mencionadas. Además las necesidades de cualquier otra persona en el futuro que esté interesada en los temas desarrollados en esta investigación.

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Chapter I

INTRODUCTORY FRAMEWORK

Translation began in the fourth century with the meaning transference of the Bible from Greek-Hebrew to Latin. Moreover, it has been involved in many aspects that include the necessity to understand others better; for example, when people wanted to communicate and exchange products among countries. Translation is the activity to understand the meaning of a text in a language, called source text, to produce a meaningful text equivalent in another language, called translated text or "target text." In addition, translation is also seen as the mental process in which a person thinks of the accurate meaning of a word in the respective language, according to Nida (1945), "*...the emphasis upon the stylistic and literary factors of translation, so that one often receives the erroneous impression that translation is an art rather than a science.*"

It is interesting to read this quote, since the researcher believes a translator is both, a scientist and an artist because of the precise investigation one must widen and the product or result she hands over. Furthermore, a translator must know the target audience and read the text before establishing a budget. With that information, the researcher will estimate how much time it will require to translate the whole document depending on the length and technical terminology to perform an excellent translation and generate a high-quality product.

Since the researcher was a kid, she liked languages, so when growing up she understood its importance in the world she lives in. Therefore, the researcher decided to

study translation, as it makes her feel like a superhero, knowing that with her translations she would help people to get access to documents, books, movies, prescriptions, etcetera. A great example to begin with are the documents she chose to translate for this investigation. In addition, she has always been curious about everything that surrounds her; hence, this is the reason why she decided to analyze the translation methods and procedures used to deliver these translations, as well as some difficulties present in the development of this thesis.

In this chapter, some specifications will be developed throughout. The researcher chose two documents to be translated from English to Spanish and one document to be translated from Spanish to English for different non-governmental organizations in Costa Rica. The total of pages translated is fifty, twenty-five for each language. Moreover, these chosen documents will enrich the researcher with knowledge in various aspects not only academically, but also medically, legally, and socially speaking and they will be applied in all matters will be needed.

1.1. Problem Statement

Even though its antiquity, translation has not had the prestige it deserves. In the past, people hardly ever saw the name of the translator printed on the document he or she translated, and very often translators were mistakenly confused with interpreters.

Nevertheless, this has been changing, as now there is more awareness on the hard work it takes to transfer content from language into another and the importance of a translator in our society. As Venutti stated in his book, *Translators Invisibility* (1995),

“Contracts since the 1980s show an increasing recognition of the translator’s crucial role in the production of the translation by referring to him or her as the “author” or “translator” and by copyrighting the text in the translator’s name.”

Over the years, there have been attempts to find means of automating translation using machines (automatic translation) or mechanically helping the translator (computer-assisted translation). According to Blunsom (as cited by Rubens, 2014) said that, *“In the 1940s and 1950s, it was widely assumed that once the vocabulary and the rules of grammar of a language had been codified, it would make automated translation easy.”* From all this dynamic, the modern language industry has emerged, greatly facilitated by the rise of the Internet, which has created new types of translation such as internationalization and localization referring to development and adaptation of the terms respectively.

The researcher can face several difficulties when translating, since the texts also experience problems that need to be solved before doing the translation some of them are: Lexical - semantical problems, grammatical problems, Syntactic problems, Rhetorical problems, Pragmatic problems, and Cultural. For the last one Nida in his book *Linguistics, and Ethnology in Translation-Problems*, (1945) states: *“The person who is engaged in translating from one language into another ought to be constantly aware of the contrast in the entire range of culture represented by the two languages.”* Consequently, after considering all the information above, the researcher asks herself a key question to continue with this investigation and that will be answered in the next chapters: What is the effect of the procedures and methods used to translate the documents *El aborto como tabu en el derecho humano* from Spanish into English for ACCEDER and Alcohol and Mental Health

and The Effects of Abusive Drinking from English into Spanish for Asociacion Educalcohol?

1.2. Objectives

1.2.1. General objectives

To analyze the effect of the procedures and methods used to translate the documents El aborto como tabu en el derecho humano from Spanish into English for ACCEDER and Alcohol and Mental Health, The Effects of Abusive Drinking from English into Spanish for Asociacion Educalcohol.

1.2.2. Specific objectives

- To translate the documents El aborto como tabu en el derecho humano from Spanish into English for ACCEDER and Alcohol and Mental Health, The Effects of Abusive Drinking from English into Spanish for Asociacion Educalcohol.
- To apply various translation techniques to the documents to achieve accurate and cohesive texts.
- To evaluate the effect of the translation techniques applied to the documents.
- To create a glossary with the most relevant terminology found in the texts.

1.3. Justification of the Analysis:

The analysis of translation methods and procedures is a tool for a good transference of content between languages, in this case, Spanish and English. The tough decision of choosing one on top of the other is key, since different features need to be taken into account when translating; this due to the information of the text, style of a text, cultural

background of both languages, target audience, grammar, and other lexical and semantical ones. There is a range of methods used on translations; however, it is key to know which one is the best one for the sentence or paragraph the translator is dealing with.

Another convenient aspect the researcher found is that the topics of the documents are not overly spoken about in her society, since they are delicate, and most of the time, people consider them taboo. Therefore, she finds it appropriate to study more about them and create a new perspective with the information found. In addition, the final translation of these documents will help with the education of people in need of support and guidance. At first, these texts are intended to get to young people going through some difficult issues, as well as students looking for an investigation on the analysis of translation methods centered on non-governmental organizations.

Asociación Educalcohol raises awareness on a responsible and measured alcohol consumption and ACCEDER deals with multiple groups in vulnerability like gender violence, human rights, and the LGTB+ population. The headquarters of the first organization is Canada; consequently, there is a need for the translation of the documents, as they are intended for the Costa Rican citizens because they have an office in the country since 2012. On the other hand, ACCEDER is aligned with other organizations worldwide, they attend and host conferences where people who speak English approach and they do not have the material in their language and also there are English speakers here in the country that need this information in their language. The researcher, as a student, knows the challenging process of searching for information or specifically developing a thesis on certain topic. Therefore, she expects her work to help people from different ages, places,

and situations, and that the information provided can help them grow on a better and conscious society.

The documents to be translated are Alcohol and Mental Health, The Effects of Abusive Drinking, and El aborto como tabú en el derecho humano. In this regard, the methods and procedures used to translate these documents will be chosen carefully and taking into consideration the variety of people who will access them. A perfect translation is the result of teamwork; in other words, the client knows exactly what he/she expects from the translation, the people who the researcher will consult, if there is any question regarding the context or vocabulary, as well as her tutor and professor when the researcher is in trouble respecting translation matters, since there can be difficulties with technical terminology.

1.4. Antecedents

The first translation ever made in Costa Rica dates back to 1851 and entitled Bosquejo de la República de Costa Rica made by Felipe Molina y Bedoya. It was written in English and then translated into Spanish and French by the same author. This probably was easy for him, since he knew all the aspects that needed to be taken into account when rendering a translation, such as intention, tone, type of text, and knowledge of the cultures of the target languages. His purpose was to exhibit Costa Rica in other countries by a compilation of maps, geographical, statistical, and political information. This great work was considered the first historiographical book of Costa Rica and people used it as a textbook for many years.

Since both documents chosen by the investigator belong to Non-Governmental Organizations in Costa Rica, it is important to know the role NGOs play in our society. Guevara Meza (2015) wrote an article in Rupturas Magazine called: *Revisitando las ONG como objeto de estudio: consideraciones para una aproximación crítica inicial*. In this paper, the social worker at Universidad de Costa Rica states an introduction about NGOs and their importance in the world, as they help not only the people who the organizations seek, but also they employ people in different fields. He said it is a complex topic that throughout history has been a subject of debate, so he wanted to give a clear explanation with its classifications. He compared some NGOs from other countries like Spain and Mexico with the ones in Costa Rica by giving historic information. He also showed percentages and critiques from his perspective and the perspective of other institutions. At the end, he mentioned that Costa Rica can do better regarding the financial support and investigation from an academic perspective.

In relation to Non-Governmental Organizations, the researcher thought it is appropriate to look for a clearer example of a NGO in Costa Rica that resembles the ones she chose for the presentation of this thesis. In Instituto Centroamericano de Administración Pública, Itzel Granados Valverde and Marianela Mesén Fonseca elaborated their thesis on *Contribución a la inserción laboral y educativa de las personas destinatarias de la Red Nacional de Cuido y Desarrollo Infantil visualizada desde la intersección entre las políticas públicas nacionales y las políticas locales de desarrollo*, in 2018. They started with the objective of REDCUDI that basically is to take care of kids and their development with help of the public and private sector, but especially with the local government. In this project, they explored how REDCUDI helped all people involved in

society. They concluded that in fact they do a great job with the population it is aimed at, but that it would be pertinent to find other sources of funding.

Furthermore, it has to be considered the thesis of Cristina Llácer Carbó at Universidad de Alicante, Spain. In 2016, she developed her thesis entitled *Traducción en Organizaciones sin ánimo de lucro: la traducción de español a inglés en un informe de la Federación Internacional de Derechos Humanos (FIDH)*. The objective was to help an organization that only sought doing good things for people in susceptible situations, like prostitution and slavery; in this case, she was assigned protests in Ecuador. Llácer went from general concepts like translation and inversed translation to more specific language needed to translate the indicated document and finally, a thorough explanation of the problems found when translating. Besides, to achieve the translation of the text, she used dictionaries and some tools as Linguee and Trados Studio 2014. The researcher amplified the linguistic and extra-linguistic challenges faced during the translation. In the conclusion of this paper, Llácer stated that it was interesting to see the process of text transference, the usage of the translation tool, and the fact that to translate takes more than being bilingual, as a translator needs to know much more. In addition, she mentioned that in the document chosen by her there was not much information on translating non-governmental organization documents.

To have a different perspective regarding a translation thesis and the methods used, it was chosen a thesis done at in Universidad de Salamanca in 2017 by Ismarie Díaz Flores, entitled *La terminología de la gastronomía puertorriqueña y su traducción al inglés*. She stated that her objective was to study the terminology of Puerto Rican recipes by establishing historic, cultural, and professional contexts. To accomplish this, she had to

research the Puerto Rican gastronomy, to compile these recipes, and to categorically organize the definition of concepts. The researcher started with basic concepts and ended with several terminological theories focused on different approaches that helped her in structure To relate and exemplify vocabulary, some of them are The General Theory of terminology, Communicative theory of terminology, Social Terminology Theory, Social Cognitive Theory, cultural approach, and Frame-Based Terminology, as well as semantic, cognitive, the linguistic of the text computational linguistics. She also mentioned the *bottom-up* analysis, which consists of talking to experts and looking references on the topic.

Going from general antecedents to more specific ones, the researcher found a thesis carried out by Karol Andrea López Céspedes in 2015, entitled *Analysis and Evaluation of the Translation Procedures found in the Documents "Áreas Protegidas de Costa Rica" from Spanish into English for National Park Foundation and "Project Proposal" from English into Spanish for Rahab Foundation* at Universidad Internacional de las Americas. The investigator stated that her objective was to help specific Costa Rican organizations by applying, evaluating, and analyzing the techniques needed in the process of translating documents. First, she read closely the source texts, so that a list of new vocabulary would be ready when the transference of content started. To carry out this task, she needed dictionaries and also the help of the coordinators of the organizations that gave her background to ease the topic. Secondly, a chart to classify the texts into scales of formality, generality or difficulty, emotional tone, and the text function was created. Third, the analysis of the techniques applied in each document was presented by a color-coding system. Finally, she created a glossary for both texts with the most important and frequent words.

The second thesis found was written by Claudia Torres Villarreal in 2015. It is entitled *Analyzing the Effect of Translation Techniques Used to translate 17 Articles from Spanish into English for Enfoque a la Familia and the Document “Fire investigator” From English into Spanish for Costa Rica Fire Corps*. This researcher points out that her objective was to assist people working at these places, as well as the population whereby they focused. In the first document, the Fire Department of Costa Rica gave her a manual about improving their job for other situations like conserving physical evidence, so the whole country would benefit from it, since they intended to give training. The second one deals with some articles from a global organization called Focus on the Family, which intends to give God guided advice to have a healthy relationship among family members.

She stated that the first document was more challenging because of the technical terminology, as she had looked for information before starting the translation process to have more context and face semantic and formality difficulties. Moreover, she said that the articles contained some problems on the type of writing and the usage of many words in Spanish to clarify one simple thing. The first step was to read the text and analyze it as a translator would do and making a text analysis chart rooted in Newmark's explanation with the text style, text function, scale of generality or difficult, the scale of generality or difficult, the scale of emotional tone, and the method. Later on, she performed a color coding with a different color for each translation technique used. At the end, she created a glossary with terms considered important for the researcher to help her render the translation in an accurate way.

1.5 Scope

To analyze the procedures and methods used to translate documents from English to Spanish for Asociacion Educalcohol Costa Rica and from Spanish to English for ACCEDER, it is significant to start with an overall description of the work that is going to be done. This research will analyze the translated documents by using an instrument called a text analysis chart. This chart consists of determining the Text style, Scale of formality, Scale of generality or Difficulty, Scale of emotional tone, Text function, and type of translation. The first outcome is to figure out if it is a narrative, descriptive, a discussion, or dialogue. The scale of formality, Scale of generality or Difficulty, Scale of emotional tone, Text function, and type of translation. The second states whether its formality is Officialese, Official, Formal, Neutral, Informal, Colloquial, Slang, or Taboo. The third one's endpoint is to know the generality or difficulty considering its ramifications: Simple, Popular, Neutral, Educated, Technical, Opaquely, or Opaquely technical. The fourth one deliberates the scale of emotional tone Intense in this it finds: Warm, Factual, and Understatement. The fifth one is text function and as its name says it determines the function could be: Informative, Expressive, or Vocative. Finally, the type of translation integrates Semantic and Communicative translation.

There will be a description of the different aspects of the translation procedures used in the translation. First, the translation procedures will be mentioned, so that later it will be related to a specific color and to make it is easier to identify the procedures on the color-coding chart. There will be also an explanation of why the translator used one procedure over another one, taking all previously mentioned information. In addition, this research will end up with a glossary to help the researcher with relevant and frequent vocabulary.

These glossaries will be one for English terms and the other one for Spanish terms, since there might be terms that appear constantly and are key to keep with the time management.

Some limitations that might interfere with the analysis are the few resources the researcher can consult, since as it was mentioned before the specific topics of the documents to be translated are considered kind of taboo, so they are not so commented, as well as the translation methods and its problems. The researcher thought this thesis would be easy, since she is passionate about translation and NGOs, but it might get her out of her comfort zone and take more time than she expected.

CHAPTER II

THEORETICAL FRAMEWORK

2.1. Text Analysis

To begin with this chapter, the researcher considers important to specify what will be named all over the chapter many times, in other words, the term text. Nordquist (2019, p.1) defines text as: *“A coherent stretch of language that may be regarded as an object of critical analysis.”* The analysis of a text is composed firstly by a general reading for the reader or in this case, the translator to get mostly the main idea. After this step, a close reading of each of the sentences that the paragraphs of a text have is necessary. *“Most writers on translation theory agree that before embarking upon any translation the translator should analyze the text comprehensively since this appears to be the only way of ensuring that the source text (ST) has been wholly and correctly understood”* (Nord, 2005, p.1).

By doing this, many characteristics will be exposed for a better understanding of the entire document; therefore, an accurate translation of it. In addition, the researcher would like to mention that in this section, it will be analyzed the content and structure of both texts in Spanish and English. Content is what the text is about, the information in it, while structure focuses on the organization of the mentioned information.

2.1.1 Text Style

Nord (2005, p.92) defines text style as, *“The formal characteristics of a text, whether*

provided by norms and conventions or determined by the sender's intention. In either case, the style of the text tells something about the sender and his/her attitude and sends certain pre-signals to the receiver as to how (i.e. in what function) the text should be received." The style of the text determines key information to analyze and categorize it among many styles that exist. The translator must identify the style of text before beginning the translation, as this will facilitate the process and, furthermore, the election of a translation method. The four styles of text we will focus on this chapter are Descriptive, dialogue, discussion, and narrative. Each of them is composed of specific characteristics that differentiate one from the other.

2.1.1.1 Descriptive

Salter (n.d, p.1) expresses that in descriptive texts, *"the author describes something from their own experience and, through careful choice of words and phrasing, makes it seem real. Descriptive writing is vivid, colorful, and detailed."* The descriptions can be of an object, person, place, or even a situation. These texts help the audience to create an idea of what is being said or written. There are three types of description, the objective which is like neutral language and straight to the point, the subjective description is more expressive and shows emotions and the sensorial one is when the audience can feel with one or all of their five senses what is being described.

2.1.1.2 Dialogue

It is a text that involves conversations between receptors and emitters. It tends to be very natural and expressive like an interview or a journalistic report. Dialogues can also be found in stories or biographies. Nida (as cited by Newmark, 1988) states that dialogue emphasizes colloquialisms and phaticisms which is the language used daily.

2.1.1.3 Discussion

This style of the text centers on thoughts and debates of such thoughts. It can be seen as an exchange of information or facts between several parties. So mentioned texts must have coherent arguments. (Newmark, 1988)

2.1.1.4 Narrative

Nida and Taber (1982, p. 132) state that “*Narrative is structured principally around one or more chains of related events.*” More easily explained, it is the style that tells a story with its different purposes. As examples, there are stories and novels. They are mainly to entertain the readers by having many characters, a plot, climax, conflicts, and such features that make readers immerse in the text.

2.1.2 Stylistic scales

When describing this, Bell (1984, 1997) expressed as cited by Heylighen & Dewaele (1999) “*Stylistic variation results from the fact that different people express themselves in different ways, and that the same person may express the same idea quite differently when addressing different audiences, using different modalities, or tackling different tasks.*” It is a very useful tool for translators to measure important components of a text being analyzed. Newmark (1988) presents three major ones which are the scale of formality, the scale of generality or difficulty, and the scale of emotional tone.

2.1.2.1 Scale of formality

Formality is defined by the Meriam Webster (1828) as “*An established form or*

procedure that is required or conventional.” The mentioned scale locates the text in one of the eight categories Newmark (1988) suggests in his book, those categories are Offialese, official, formal, neutral, informal, colloquial, slang, and taboo.

Offialese is defined by Cambridge Dictionary (1995) as “*the type of language, often used in government documents, it is formal and often difficult to understand.*” Therefore, it can be inferred that it is the most formal text of all the scales and not used by the majority of the population.

The next one on the scale is official. It is still formal, but not as much as the previous and it is a little easier to understand. Formal is, as the word itself states, used in formal situations that require clever usage of words and pronunciation.

Next in the scale is formal, it has serious vocabulary and it is used in official, literary and academic documents. Sentences are longer and this type has a stylistic form.

Neutral is in the middle of the scale for a simple reason, it is the exact division from formal to less informal texts. Moreover, it covers all texts that are written or said in both before mentioned manners.

The informal one has vocabulary normally used on every day conversations. It has simpler, shorter sentences. The presence of contractions and abbreviations is pretty common in these texts.

Colloquial is the one used by the majority of the population. It is used among

friends and family members. People tend not to pay much attention to making grammatical mistakes, they just talk and write as they remember and some of them as they please.

Slang is defined by the Meriam Webster dictionary (1828) as “*An informal nonstandard vocabulary composed typically of coinages, arbitrarily changed words, and extravagant, forced, or facetious figures of speech.*” It is considered vulgar and a type of dialect since only particular groups make use of it, especially the black community.

Last but not least, taboo, which refers to a type of text that uses offensive words and it is not well received by the part of the audience that makes not use of this text category.

2.1.2.2 Scale of generality or difficulty

This scale contains the relevant aspects in terms of the content and structure of a text, as well as the distinction between wide texts from a narrow one, the complexity that each of them has, and where these texts are used and who uses them the most. The aforementioned scale divides into six: simple, popular, neutral, educated, technical, and opaquely technical. The initial one, simple, has a very low level of complexity. It uses words that all people can understand, as well as how they are used. The next one, popular, focuses on vocabulary that represents a specific place. The third one on the scale is neutral, this text is like the mix of both sides, and it is not that difficult but also not that simple.

Then, the educated division is for more formal texts like the ones used by any educational institutions or educational purposes; for example, the books and thesis that can be found in this paper. The fifth one is technical which comprises narrower and more

difficult texts, related to a range of expertise. This one has specific terms that not all readers know of. The last one, opaquely technical, the most formal and narrower of them all, it has a detailed vocabulary of certain topics that only experts on the subject could understand.

2.1.2.3 Scale of emotional tone

Delfino (2018, p.4) states that “*Tone is the attitude your writing employs. Just like the tone of voice, the tone in writing gives much more context beyond the words used. It can reveal intention or conceal it.*” The tone is of major significance to find, since it is how the author wanted to express the message to the audience. Thereupon, the translator needs to follow its lead to have an accurate translation with the proper tone. The first emotional tone type on the scale is intense. Patterson (2014, p. 9) defines it as “passionate; concentrated; deeply felt.” It is a strong type, with many adjectives such as the ones Newmark (1988, p. 14) mentions: Wonderful, ideally dark bass, enormously successful and superbly controlled.

The second one, named warm, is defined as welcoming and inviting. It is kind of a cute tone that makes the audience feel comfortable. The third one on the scale is factual, and as it can be guessed by its name, it is related to facts and certainty. Newmark (1988, p. 14) stated to this type some adjectives that go well with it: “*Significant, exceptionally well-judged, personable, presentable, and considerable.*” Moreover, Newmark (1988) wrote that this specific one does not show emotions to the audience, considering it cold. Finally, there is the understatement type, which gives a sense of the negative vibe. As Newmark (1988, p. 75) stated: “*Not...undignified*”

2.1.3 Text function

The function of a text is defined as “*The communicative function, or the combination of communicative functions which a text fulfills in its concrete situation of production/reception*” (Nord, 2005, p. 77). For the translator, it is very important to get the function of the text, so that it can be transferred within the translation to the target text, taking into account the intention, rhetorical purpose, and function of the text. “*These factors (...) have a direct consequence on the kind of lexical/semantic, grammatical/syntactic, and rhetorical/stylistic features in use.*” (Hatim and Munday, 2004, p. 281). Additionally, Newmark (1988) expresses that, according to Bühler, the three main types of language usage are: expressive, informative, and vocative. The mentioned types are very well differentiated by accordingly with the factors.

2.1.3.1 Expressive

Nida and Taber (1982, p. 25) state that when talking about expressive: “*One of the most essential, and yet often neglected, elements is the expressive factor; for people must also feel as well as to understand what is said.*” It clarifies that the expressive type focuses on feelings more than anything else. Newmark (1988) mentions that the expressive divides into three; serious imaginative, authoritative statements and autobiography, essays, personal correspondence.

Serious imaginative: The four principal types are lyrical poetry, short stories, novels, plays - lyrical poetry. Lyrical poetry is the most intimate expression, while plays are intended for a larger audience and they can use cultural expressions within the translation (Lopez, 2015).

Authoritative statements: This type comes as its name says, from authorities; for

example, ministers or party leaders. People from high status with a high level of linguistic access authors. In this section, it can be found connotative texts like political speeches, and legal, scientific, philosophical, and "academic" documents.

Autobiography, essays, personal correspondence: These focus on personal effusions when the readers are a remote background.

Newmark (1988) adds that translators need to distinguish personal components of such texts, for example, unusual collocations, original metaphors, adjectives, syntax, neologism, strange words, colloquial expressions, and phaticisms.

2.1.3.2 Informative

Newmark (1988, p. 40) defines it as "*The informative function of language is the external situation, the facts of a topic, the reality outside language, including reported ideas or theories.*" The aim is to share knowledge for the audience to be informed. He also wrote that "*the format of an informative text is standard: a textbook, a technical report, an article in a newspaper or a periodical, a scientific paper, a thesis, minutes or agenda of a meeting.*" Newmark (1988, p. 40)

Finally, Newmark (1988) explains four points on a language variety scale that are very important in informative texts. Beginning with the formal, non-emotive, technical style used in papers with passives, present and perfect tenses, literal language, Latinised vocabulary, jargon, and multi-noun compounds. The second point is neutral or informal in which textbooks having technical terms and using first-person, plurals, present tenses, dynamic active verbs, and basic conceptual metaphors, are found.

The third one is an informal warm style for popular science or art books with simple grammatical structures, a wide range of vocabulary to accommodate definitions and illustrations, and stock metaphors and a simple vocabulary. Finally, Newmark states that the fourth point in the scale is a familiar, racy, non-technical style for popular journalism, characterized by surprising metaphors, short sentences, Americanese, unconventional punctuation, adjectives before proper names, and colloquialisms.

Moreover, Newmark (1988) adds that in English is common to find a variety of these styles, since English comes from other language groups such as Saxon, Norse, French, and Classical. In addition, he says that informative texts have two points to notice. First that they are the most translated ones in international organizations, multinationals, private companies, and translation agencies, and that these texts are not well written, so the translator will have to fix the information and the style of the informative source text. Making this situation a way of improvement for translators and therefore, translations as Newmark states that nowadays translations are or try to be better than the originals.

2.1.3.3 Vocative

Vocative texts focus on the audience or readership. Newmark (1988) expresses that he uses the word “call upon” giving it the meaning of reacting, what is intended for the audience in this style but can also be used words like act, think or feel to interpret it. He also mentions that this text function has been called other names like conative, instrumental, operative, and pragmatic. Some typical texts that use this function are notices, instructions, publicity, propaganda, and persuasive writing. It is important to mention two factors that Newmark states.

First, the relationship between the writer and the readership can be done by specific

grammatical forms to address them, for example: formal or informal, infinitive, imperative, subjunctive, indicative, impersonal, passive, and tags. All those are part of the asymmetrical or symmetrical relationship, relationships of power or equality, command, request, or persuasion. The second factor is that the texts have to be written in a language that the entire readership can understand, as well as their linguistic and cultural level. Not all texts are only expressive, informative, or vocative, most of them comprise the three styles. However, in any text can be mixed expressive with a vocative or informative. In informative is usual to find vocative functions. An expressive text can have informative or vocative components.

2.1.4 Translation types

When translating, there are some implications where the aim of the author is key to choose a translation type. Technical aspects as pragmatics, syntax, collocations, linguistic level, aesthetic value, assonance, repetition jars, and phaticisms have to be considered to keep developing an accurate translation, as well as simple things like literary devices, neologisms, slang, colloquialisms, standard notices, and ordinary language. All these terms affect the text and, therefore, are important to recognize, so that the translation is correctly delivered using the correspondent translation type. There are two types of translation, semantic and communicative, according to Newmark (1988). These types have some similarities but mostly differences that help the translator classify texts in one or the other, taking into account the factors the investigator has already written that are specific whether for semantic or communicative translation type.

2.1.4.1 Semantic Translation

As Newmark (1988, p. 47) defines it as, “*A semantic translation is personal and*

individual, follows the thought processes of the author, tends to over-translate, pursues nuances of meaning, yet aims at concision to reproduce pragmatic impact.” This type of translation considers the author and the source text, linguistic level before the readerships and the target texts. The semantic translation is used on expressive texts and when expressive components appear like unusual syntactic structures, collocations, metaphors, words peculiarly used, neologisms, its translation is almost literal.

It is very close to its source text, since it has a cognitive and pragmatic loss, it can be seen as a way to interpret texts. People think or confuse semantic translation with faithful translation, but Newmark (1988, p. 46) explains the difference; “*Semantic translation differs from 'faithful translation' only in as far as it must take more account of the aesthetic value (that is, the beautiful and natural sound) of the SL text, compromising on 'meaning' where appropriate so that no assonance, word-play or repetition jars in the finished version.*” He also wrote that semantic translation is more flexible, as it “*allows for the translator's intuitive empathy with the original.*” Finally, the cultural words are translated with neutral words, not cultural equivalents.

2.1.4.2 Communicative Translation

To start defining it, Newmark (1988, p. 48) says that, “*Communicative translation is social, concentrates on the message and the main force of the text, tends to under-translate, to be simple, clear and brief, and is always written in a natural and resourceful style.*”

Contrary to the semantic translation, this type focuses on the readership’s linguistic level before the author’s one. Thus, it tries to create a similar effect or feeling that the author wanted with the original text. Newmark (1981, p.39) shared that “*A communicative*

translation is likely to be smoother, simpler, clearer, more direct, more conventional, conforming to a particular register of language, tending to under translate.”

The major aspect that characterized it from being the one seeking for audience comprehension. Moreover, the communicative translation is present in informative and vocative texts and is often better than the source text. Based on Newmark (1981), when the translator faces a problem, he or she has to emphasize in the "force," not in the content. He also says that this type gives more freedom to the translator since it does not follow strictly the author of the source text adding an important aspect: *“But even here the translator still has to respect and work on the form of the source language text as the only material basis for his work”* Newmark (1981, p. 39).

Now that the differences have been presented, it is time for the similarities. Newmark(1988, p. 47) starts this section with: *“I should first say that only semantic and communicative translation fulfill the two main aims of translation, which are first, accuracy, and second, economy.”* Additionally, both types address similarly the stock and dead metaphors, normal collocations, technical terms, slang, colloquialisms, standard notices, phaticisms, ordinary language. To end with this topic Newmark (1988, p. 47) mentions *“So much for the detail, but the semantic and communicative translation must also be seen as wholes.”*

2.2 Translation Methods

As mentioned before, translating is a process in which the translator has to convey or transfer the information of a text from one language to another. Newmark states that over time, it has been a fight whether to translate literally (word by word) or freely; therefore, that is why translation methods had to be created. Briefly defined by Vinay and

Darbелnet (1958, p. 31), a translation method feels like *"In some cases, the discovery of the appropriate TL unit or sentence is very sudden, almost like a flash, so that it appears as if reading the SL text had automatically revealed the TL message."*

In other words, when a translator has a problem finding the best way to transmit the information or equivalence, a method is used since it is like an established rule for translators to facilitate the translation process. On top of that, Vinay and Darbелnet (1995, p. 35) explain that *"Equivalence of messages ultimately relies upon an identity of situations, and it is this alone that allows us to state that the TL may retain certain characteristics of reality that are unknown to the SL."* Which is very well defined translation methods are not only about knowing the word in the other language, is a complete process of knowledge.

2.2.1 Literal Translation

This method is also known as free or word for word translation; however, Catford (1965, p. 25) states that *"free translation has unbounded equivalences, while the word for word translation means exactly what it says."* He, later on, says that the actual definition of literal translation: *"lies between these extremes; it may start, as it were, from a word-for-word translation, but make changes in conformity with TL grammar (e.g. inserting additional words, changing structures at any rank, etc.) this may make it a group-group or clause-clause translation."* Newmark (1988, p. 46) alleged that *"The SL grammatical constructions are converted to their nearest TL equivalents, but the lexical words are again translated singly, out of context. As a pre-translation process, this indicates the problems to be solved."*

In summary, this method tries to do little changes and keep almost the same text

(idiomatic) in the target language. Nevertheless, Munday and Hatim (2004) say that to apply it, it is more difficult in languages that are very different between them. In addition to this, they wrote five situations in which literal translation is unacceptable: when the translation gives another meaning, when has no meaning, when is structurally impossible, when does not have a corresponding expression within the metalinguistic experience of the TL, or when a corresponding expression has, but not within the same register.

2.2.2 Transposition

Also known by Catford (1965) as “shift,” it is defined by Munday and Hatim (2004, p. 150) as, “...replacing a one-word class with another without changing the meaning of the message. “This word-class change is mandatory and can be from singular to plural or the position of the adjectives. Newmark (1988) calls it the first type of shift. The examples are: From singular to plural: change from “furniture” to “muebles” or “applause” to “aplausos.” Position of an adjective: “the white house” to “la casa blanca.”

The second type includes changes in grammatical structures, neutral adjectives, context, gerund, infinitives, and subordinate clauses. As an example: Early this year to "A principios del año pasado." The third type of shift is “the one where literal translation is grammatically possible, but it may not accord with the natural usage in the TL.”

Newmark(1988) gave some examples in French and English: “La situation reste critique, 'The situation is still critical', The situation remains critical'.”

Its main goal is to express naturalness in the target text by making changes according to what needs to be changed and what the translator decides to change to deliver a comprehensible translation for the readership. Finally, Vinay and Darbelnet (1984, p. 36) stated that, “*Translators must, therefore, choose to carry out a transposition if the*

translation thus obtained fits better into the utterance, or allows a particular nuance of style to be retained.”

2.2.3 Modulation

Vinay and Darbelnet (1984, p. 150) explain that, “*Modulation is a variation of the form of the message, obtained by a change in the point of view. This change can be justified when, although a literal, or even transposed, translation results in a grammatically correct utterance, it is considered unsuitable, unidiomatic, or awkward in the TL.*” They also stated that there are optional or obligatory modulations. The obligatory one is used by translators that know both languages perfectly and it comes naturally because he or she knows very well how and when to use words or phrases in determine translations. Munday (2009, p. 209) stated an example of this: “*lost property office translates as Fundsachenstelle (‘Foundthingsplace’) in German (property is viewed as being lost in English while German considers it as being found).*”

The optional modulation according to Vinay and Darbelnet (1984, p. 37) is, “*...when carried out as it should be, the resulting translation should correspond perfectly to the situation indicated by the SL. To illustrate this point, it can be said that the result of a free modulation should lead to a solution that makes the reader exclaim, “Yes, that’s exactly what you would say.”* Newmark (1988) explains that there are other modulations called: abstract for concrete, cause for effect, one part for another, a reversal of terms, active for passive, space for time, intervals and limits and change of symbols.

2.2.4 Omission

As Newmark (1981) names it, deletion, is the exclusion of specific words. For

example, redundancies, simple repetitions, auxiliaries, prepositions, or jargon that is not necessary to translate since, without them, the translation is understandable. He also says that filter verbs like do, play, take, effect, and a deverbal noun can be omitted, as well as situations in which the verb is systematically weak and connectors. The most important aspect to consider when using this translation method is to keep the information intact as the author wrote it so that the readership of the target text comprehends it. An example of this is provided by Vázquez-Ayora (1977 p.361), “*The committee has failed to act by .La comisión no actuó, omitting the verb to fail and avoiding over-translation: La comisión dejó de actuar.*”

2.2.5 Amplification

Vinay and Darbelnet (1984, p. 192) describe it as a, “*The technique of remedying a syntactic deficiency, or to highlight the meaning of a word, in both cases by filling a lacuna in the lexicon or the structure.*” In other words, it is the addition of words to clarify the translation. In the example of Spanish being the target text, it tends to increase the number of words added, since it is common that this language needs more words to express an entire message. As explained by Molina and Hurtado (2002, p. 500), “*Amplification occurs when the TL uses more signifiers to cover syntactic or lexical gaps.*” They also stated a perfect example that conveys the information below: when translating from Arabic (to Spanish) to add the Muslim month of fasting to the noun Ramadan.

2.2.6 Explicitation

Explicitation is the technique of making explain in the target text information that is not clear in the source text .Moreover, Vinay and Darbelnet (1958) as cited by Becher(2011, p. 17) state that it is, “[a] *stylistic translation technique which consists of*

making explicit in the target language what remains implicit in the source language because it is apparent from either the context or the situation." There are four types of explicitations according to Baker (1998): obligatory, optional, pragmatic, and translation inherent.

The first one is present in syntactic and semantic structures because without them the sentences would be ungrammatical. This type is very common when there are "missing categories" and this is when a language, it does not matter if the source or the target, does not have a category that the other language does; as for example, definite articles which are not present in the Russian language or preposition-free Hungarian. In this type of explicitation, the language typology must be taken into account when there is a translation between analytic and synthetic languages.

Synthetic language is when a target language has a longer or more complex way to explain what is being translated, and analytic language is the opposite. For example, Baker (1998, p. 83) states that 'I love you' becomes the single Hungarian word *szeretlek*. Additionally, she expresses that since " *English and Russian are predominantly analytic languages, all Hungarian noun and verb forms are decomposed in the process of Hungarian-English and Hungarian-Russian translation, and the target text will contain many additions...*"

The optional type of explicitation is again explained by Baker (1998, p. 83)," *They are optional in the sense that grammatically correct sentences can be constructed without their application in the target language, although the text as a whole will be clumsy and unnatural.*"-Pragmatic explicitation focuses on culture. It has to clarify some terms when the readership has zero knowledge about it. For example, proper names of places or typical

food. The translation-inherent explicitation is the easiest of the four mentioned before. It is the creation of ideas in the target language that were implicit in the source language.

2.2.7 Punctuation changes

Punctuation is a major component that translators have to be aware of, since it makes the translation a better one by making it look natural as if a native person would have written it. There is a list of punctuation marks: periods, commas, exclamations marks, question marks, parenthesis, and many more. In his book, Nunberg(1990, p. 17) expresses that, *“From the point of view of function, however, punctuation must be considered together with a variety of other graphical features of the text, including font- and face-alterations, capitalization, indentation, and spacing, all of which can be used to the same sorts of purposes.”*

Punctuation in translation covers several aspects that must be considered while the translation is being made, which is a tedious and meticulous process, but punctuation can be passed over. Resulting from this in a mediocre translation. Therefore, Newmark (1988, p. 58) *“Advises translators to make a separate comparative punctuation check on their version and the original.”* Additionally, Newmark (1988, p 58) expresses that *“The translator has to make a conscious decision whether to drop or retain them.”* Punctuation, in translation, does not mean using the same punctuation marks from the source text in the target text, since each language punctuation has different rules of usage which have to be of previous knowledge for the translator to optimize his or her time and the product (translation).

Since this paper is about the analysis of text translation between English and

Spanish, the translator will like to share some examples of these language different punctuation marks usage, following the information published by Scheherezade Surià in 2012. The full stop is a period that is situated at the end of sentences in both languages. In English it must be when there is an abbreviation like Jackson and Co., Mr. . These examples are used only in English. Most of the time they omit this period just because, like in the USA or when the abbreviations form words like NATO (North Atlantic Treaty Organization). In Spanish, these two latter also applied.

In both languages, the colon was made to begin a list of things and to cite. However, in Spanish, it is also used to start a letter after the heading, while in English the stipulated on those cases is a comma. Moreover, the comma differs in usage from English to Spanish because in the latter it does not separate connectors every time they are written, while in English it is. Nevertheless, in both languages, it is used to separate words or phrases, or to give extra and, sometimes, mandatory information to comprehend the sentence or text, as an example: Charles, Prince of England, took a plane to New York. - Carlos, Príncipe de Inglaterra, cogió el avión para Nueva York. And the comma to separate numbers which are called "decimal point" in English is best explained in this example: Spanish 2. 827 .232 - English 2,827,232. Furthermore, in Spanish, to start a dialogue, it is mandatory to use the hyphen (-) while in English it is used the quotation marks. Finally, the well-known for Spanish-speaking people, the exclamation and question marks are used at the beginning and at the end of the expression or question unlikely the English language which is used only at the end.

2.3 Translation Tools

Since translation is a broad topic that includes a lot of information about the

languages in question, there exists a need for them to go to when in trouble. Physical dictionaries are the oldest ones, but nowadays with technology growing exponentially, it is sometimes a live saver to have quick access to several other tools that help translators do their jobs. As Delavenay (1960, p. 17) stated, *“Thus we are now ready to accept the idea that translations, even if only of a very elementary nature, can be mechanized with the help of a relatively simple machine to which naturally we deny any creative aptitude or faculty.”* As a machine, the translator would like to focus on computers, which are within most translators’ reach.

Additionally, Delavenay (1960, p. 18) expresses that, *“The electronic computers of today possess mechanisms sufficiently complex to permit a further and closer analysis of linguistic phenomena, not statically or in the abstract, but concerning dynamic sequences of mechanical operations and switching of electric circuits, the final effect of which is an output which imitates discourse.”* There exist Translation Memories (T M), Computer Assisted Translation (CAT) tools, and online dictionaries. All of them work differently, but have the same goal, to facilitate the translation process by giving accurate content in a small amount of time. The three of them will be explained next in this section of the paper.

2.3.1 Translation memory

A translation memory, as its name says, is a memory called a bank that stores terms or phrases used previously by the translator. Therefore, the idea is to save that information every time the translator uses it, so that when a term or phrase already translated is searched again, the translation memory will suggest it. It is like a glossary made by the translator and can be consulted every time. Bloodgood and Strauss (2014, p. 1) explained that, *“When a translator is translating a new sentence, the TMB is consulted to*

see if a similar sentence has already been translated and if so, the most similar previous translation is retrieved from the bank to help the translator.” This fast process makes it easier for the translator to find meanings and therefore, saves him or her a lot of time.

In addition to that, Bloodgood and Strauss (2014, p .1) stated that *“There are a lot of factors that determine how helpful TM technology will be in practice. Some of these include quality of the interface, speed of the back-end database lookups, speed of network connectivity for distributed setups, and the comfort of the translator with using the technology.”* However, the most fundamental factor is the level in which the stored words or phrases in the TMB (Translation Memory Bank) match with coming translations. In this case, the human translator will have to carefully pay attention and edit the translation if needed, since the Translation Memory cannot get context, tone, culture, formality and generality scales, and many other important aspects in the text that a translator can and must arrange. It is recommended to use Translation Memory to translate technical text, which tends to repeat terms.

2.3.2 Computer-Assisted Translation (CAT) Tools

A Computer-Assisted Translation (CAT) tool is a platform that has a memory translation in it. This tool allows the translator to upload the source text and the tool will identify the translatable parts. Both texts, the source and the target one will be saved in the Memory Translation. The CAT tool is like Google Translator. The translator can paste the word or sentence and check the list of situations in which that selected term can be used. This list is the Memory Translation and is created *“with the help of the WinAlign function using already translated material and without employing computer-aided translation tools”* (Cocci, 2009, p. 17).

These two processes, MT and CAT, can be confused one with the other; therefore, Cocci (2009, p.7) stated that *“The process is certainly slower and more complicated compared to machine translation, but the result is more interesting in the long run.”* Staying another difference between Memory Translation and Computer-Assisted Translation. The most common CAT tools are Trados, Wordfast, and Atril DéjàVu.

2.3.3 Dictionaries

This is a well-known tool for translators and language learners in general. The concept is to look for a word in this book full of terms in the languages of choice. The terms are ordered alphabetically and next to them is the pronunciation and the meaning. Again, with technology being always present, dictionaries can be used through a computer or a cellphone or any smart device. There are apps people can download that do not need the internet for its usage or the normal websites people can visit to search for meanings. Some of them were used and therefore mentioned in this research paper; for example, Meriam Webster, Cambridge, and one used, but not cited, WordReference.

The first one specializes in medical terms, the second one has four dictionaries in one website: the Cambridge Dictionary of American English, the Cambridge Learner's Dictionary, the Cambridge International Dictionary of Phrasal Verbs, and the Cambridge International Dictionary of Idioms, and the last one has synonyms of English and Spanish terms, collocations of French words and collocations, definitions, thesaurus, usage, and conjugations of English words. All of them very useful and trustworthy.

These three techniques are very fast and easy to use since they are just a click away from helping translators throughout the whole process of translating. Although, it is important to remember that they do not substitute the translator's work and that is always

important to check grammar, cultural differences, punctuation, and all the previously mentioned aspects in this section.

2.4 Glossaries

As defined by the Meriam Webster dictionary (1828), a glossary is, “*A collection of textual glosses or specialized terms with their meanings;*” in other words, a list of specific vocabulary. One difference between a glossary and dictionary is the length, as glossaries tend to have more “terms (phrases formed by one or more words).” Gapper (n.d.) stated that glossaries describe more than dictionaries which are characterize for using simple words to explain equivalents.

A glossary contains an investigation of terms done by the writer according to what is needed to be clarified to the readership. In the case of translations, the glossary is made by the translator. Glossaries help the translator because every time a recurrent word comes up, the translator looks up the glossary for the meaning. Moreover, the glossary can help readers of books or even translation documents, since it has the meanings of a specific word that the translator or author thought were important to clarify for the readership. Gapper (n.d.) recommends looking other glossaries to have in mind what the translator wants and to follow its order to create their own. Furthermore, Gapper (n.d., p. 76) states that when doing a glossary, three important aspects must be considered.

1. “To define the glossary’s nature: For whom is the glossary? How is the intended user? For what will the user primarily use the glossary? Where and in which circumstances it will be use?”
2. To define the glossaries content: A. which terms can be in it, like terms for a specific field, terms difficult to find in dictionaries, main terms, words, expressions, abbreviations, etc. “B. the information that can be included in the glossary, of

each term. The term (word or phrase), its grammatical category, definition or explanation (determine the definition most convenient type), target language equivalent(s), source language equivalent(s), collocation in the target language, idiomatic expressions related to the term, synonyms, and antonyms.” C. Information offered in the glossary about some terms. Field, usage or restrictions, chronological indication, geographical indication, sociological indication, gender, singular/ plural, etc.

3. To define the format. In this part, it is important to establish how the terms and the aspects of each article will be ordered, and to establish the letter, size for each aspect. When this is all settled, the translator can create a glossary, most of the time they are made as an alphabetical list, and vertically next to the term is the equivalent in the other language and/ or the other aspects mentioned before.

The translator has options, he or she can do it as they please or works better for them and taking into account the persons who will read it. The main idea is to place as much terms as possible and a little context depending on the type of text and again, the readership. There is no rule on how broad a glossary should be but it is fundamental that has the relevant and current terms.

Chapter III

Methodological Framework

First of all, it is necessary to provide the definition of methodology, as it is key to be aware of what will be described throughout this chapter. According to the Meriam Webster Dictionary (1828) methodology is “*1. A body of methods, rules, and postulates employed by a discipline: a particular procedure or set of procedures. 2. The analysis of the principles or procedures of inquiry in a particular field.*” For the purpose of gathering the right information, it is important to have a method that fulfills the requirements of the present investigation about the analysis and translations of documents in Spanish and English.

It is fundamental for every researcher to have a method of data recollection to give him a systematic order to analyze the information, so that an interpretation of the results given can be done suitably. As Neville (2007) stated, “*Research methods are chosen, therefore, to try and describe, translate and explain and interpret events from the perspectives of the people who are the subject of the research.*” Moreover, when writing the methodological framework, the researcher has to be as concise and clear as possible for readers to comprehend better the method employed and all its complements. In this chapter, the researcher is going to expand on definitions of the qualitative and quantitative methods, as well as to fully explain the method she decided to use on the developing of this investigation and the reasons why it was chosen. Moreover, the sources, categories in which the text is analyzed, instruments, and process of collection data and data analysis, will be detailed.

3.1 Research Approach

The researcher finds appropriate to define a concept that will be present throughout the entire chapter, phenomenon. Price, Jhangiani, Chiang (n.d , p. 1) describe that: *“In the majority of the cases, the phenomenon (plural, phenomena) is a general result that has been observed reliably in systematic empirical research.”* Furthermore, Rajasekar, Philominathan, and Chinnathambi (2013, p. 2) define research as, *“ a logical and systematic search for new and useful information on a particular topic.”* They also state that,

Research is not confined to science and technology only. There are vast areas of research in other disciplines such as languages, literature, history, and sociology. Whatever might be the subject, research has to be an active, diligent, and systematic process of inquiry in order to discover, interpret or revise facts, events, behaviours and theories. Applying the outcome of research for the refinement of knowledge in other subjects, or in enhancing the quality of human life also becomes a kind of research and development.

It is relevant to say that there are many methodological theories a researcher can decide on according to the topic of the investigation and the results that the researcher is attempting to achieve. Regarding this paper, the researcher is going to develop just two: the quantitative and the qualitative. Each has its own bases, rules, addressed to different problems, arises from a different philosophical view of the world, achieves different goals, and uses different designs. Despite all of that, they can be merged to work on a same research, this option called mixed will depend on the objective previously presented by the researcher.

The quantitative method, as its name says, it is about measurable sources and for that matter, results. This method is more objective and focuses on a rigid, sequentially process and cannot skip any phase, since it is all about numerical data or data that can be turned into numbers. It is also categorized for seeking a connection of causality and for that it will need a process of information gathering. The quantitative method investigates from a statistical point of view while acquiring relationships between variables, which are attitudes, behaviors, categories, and opinions to name a few (Aspers and Corte, 2019). In this method, it is common observed a generalization of results depending on the population and length of the topic under investigation and is more likely to compile and present the results of the investigation more easily.

This method has as objective to search for explanatory answers and to have an exact outcome by observing, experiencing, analyzing, and testing, so that a complete, neutral and cogent description of the analysis about the investigation, can be delivered. That is why the researcher must establish the instruments that are going to be used on the investigation beforehand. Those instruments can be questionnaires, interviews whether by phone or face to face, complete phrases chart, semantic differential which is a type of rating scale, observation, test or inventories, recollection of data from other researchers, mechanic or electronic instruments like lie detector or the one that measures a vehicle's speed and some specific one's of the field of investigation. These previous instruments are gathered first and then, analyzed. In this manner, the instruments can be used alone; however, nowadays, it is more likely for researchers to use different ones to obtain more accurate results.

On the other hand, the qualitative method is perfectly defined by Taylor, Bogdan, and DeVault (2016) as “*the phrase qualitative methodology refers in the broadest sense to research that produces descriptive data—people’s own written or spoken words and observable behavior.*” This method generates meaning and understanding through description; it focuses on the quality or meaning of experiences. Its approach can be useful to study problems that require complex and social environments by understanding, describing, and discovering significant terms. Some characteristics of the qualitative method are its subjectivity and flexibility and it aims to study and describe the topic to later create a theory based on perspective. It differs to the quantitative on its structured system since the researcher can go back to previous phases whenever it is needed.

Moreover, it is well-known for having the goal of exploring and identifying patterns, themes, and initial models to provide a thorough understanding of the situation or, in this case, the objective of the investigation. The qualitative method conveys detailed information to make sense of the context in which the research is placed and put together a transparent comprehension of it to make use of it as a methodological method (Gery and Russel, n.d).

Interviews, field studies, documents or diary studies, focus groups, and auto-ethnography are qualitative data instruments that a researcher can implement on his or her study with their respective justification. The first is a one on one conversation with a person of interest that would provide information to the research. The second refers to observation. The third collects data on behavior, activities, and experiences over time. The fourth one is a more informal instrument in which issues and concerns are talked over with other people, and the last one is both, a method and a product, since the researcher shares personal

experiences suitable for understanding and developing the investigation. The collection of such data and its respective analysis happen at the same time.

In addition, this method goes from a general organization of data to presenting it either in narrative or graphic form. Qualitative research will look at language, culture, religion, ethnicity to have a broad knowledge for description and also will seek to answer the questions dealing with what and how (Rahman, 2017). Moreover, and based on all of the concepts above and the objectives of this investigation, the researcher is going to focus on the qualitative method, as the analysis is about a subjective experience with documents to be translated and the researcher will have to deliberate which translation method is better for each sentence or paragraph. In addition, the researcher is going to study the phenomena by analyzing the documents and talking to the people in charge of the organizations that created or know more about the documents. The research emphasizes on the decision made, as in the words of Van Maanen (Rahman, 2017) it as, *“an umbrella term covering an array of interpretive techniques which seek to describe, decode, translate, and otherwise come to terms with the meaning, not the frequency, of certain more or less naturally occurring phenomena in the social world.”*

3.2 Research Design

Bhatta determines in his book, *Research Methods in Remote Sensing* (2013) that, *“A research design is the arrangement of conditions for collection and analysis of data. In other words, is like the plan or strategy the researcher is going to apply to obtain the information she or he wants for the ongoing investigation.”* The research design is used specifically to answer the question : What is the effect of the procedures and

methods used to translate the documents *El aborto como tabu en el derecho humano* from Spanish into English for ACCEDER and *Alcohol and Mental Health* and *The Effects of Abusive Drinking* from English into Spanish for Asociacion Educalcohol? To conceptualize this information, it is prudent to have knowledge about the most used qualitative research designs, which are comprised by the action research and descriptive research and, of course, an explanation of why the researcher elected one over the other. They basically determine how depth the analysis will be.

According to O'Brien, R. (2001), the action research is "learning by doing" - a group of people identify a problem, do something to resolve it, see how successful their efforts were, and if not satisfied, try again. This leads researchers to investigate the phenomena, formulate interpretations of the particular situation, and elaborate a strategy to resolve them by doing observations and analysis. In this research, the major aspect is the process, not the final outcome, as it focuses on development and learning reality and ordinariness of social situation of a special group of people or single individuals, and tries to transform the phenomena previously introduced by also contributing to their knowledge. This research is subjective, and the researcher takes a really important place, since it is viewed as a participant of the investigation and learns on the process of the investigation and on the field.

The main objective of the descriptive research is to describe step by step important characteristics and features from whatever phenomena, its situation, and results (Rajasekar, Philominathan, and Chinnathambi, 2013). It answers to the questions what the phenomena is and how it performs. It is key to acknowledge that the descriptions provide are applicable material and consistent with the analysis, so it will be very helpful for the researcher. As it

is said, good description presents what we know about capacities, needs, methods, practices, policies, populations, and settings in almost every research a manner that is relevant to a specific research or policy question. The specifications used to describe the phenomena are usually categorical and very explanatory. This category has just one variable and it is classified as causal. Its importance is to show the dimension of the phenomena and define where and how the useful instruments for the investigation will be applied in relationship with its environment.

According to what the researcher mentioned, she wisely decided to use the communicative method; therefore, the descriptive research is the perfect one for the investigation that is going to be developed since the researcher is going to interact with the documents and the people who manages them. A modification to the texts could be done as a translator, but her intention is to maintain the meaning and structure as similar as the original. The researcher will accomplish that by making choices such as which translation method is more suitable for each word or sentence by considering her knowledge and the rules established for every method. The benefits of this research design are the core of description, which allows the researcher to define significant terms to carry out this investigation in particular because it has a lot of terms. The researcher finds this design better because the action research is all about the process not much about the outcome; thus, when talking about a translation, the process is important, but also an accurate final result, as it is a clear representation of that the process went perfectly.

3.3 Information Sources

An information source is anything that provides information. It can be tangible like documents and books or intangible like an article from the internet or what a person shares

about the topic of interest (Stewart, 2018). This information sources can be obtained from libraries, internet, or institutions like universities. For this investigation, the researcher has the task to translate the documents *Alcohol and Mental Health* and *The Effects of Abusive Drinking* provided by Asociacion Educalcohol and *El aborto como tabu en el derecho humano* from ACCEDER organization. Consequently, she finds clever to make use of tangible and intangible information sources throughout the whole collecting data process. In this section, information sources are going to be divided into three: primary sources, secondary sources, and tertiary sources.

A primary resource is the one that includes specifically first-hand information. Gelburd (n.d) states that “*Primary sources may include, but are not limited to letters, journals and other items written by individuals; newspapers, magazines and other news sources; laws, statutes and regulations; and memos, reports and other records generated within organizations.*” Key primary sources for this investigation will be all related with translation methods and procedures, mostly from internet and they will assist the researcher on acquiring knowledge to develop the translations previously mentioned.

A secondary source is the one that has compiled information from others to adapt or that will work into the researcher’s investigation. The secondary source gathers information from different fonts for example books, thesis, newspapers, magazines and articles on websites. It is important to take into account what Stewart and Kamins state (1984)

When evaluating secondary information, six questions must be answered: (1)

What was the purpose of the story? (2)Who collected the information? (3) What information was actually collected? (4) When was the information collected?

(5) How was the information obtained? (6) How consistent is the information with other sources?

Those questions will assist the researcher on where to look for further information to save time, and to take advantage and benefit from the sources as much as possible Stewart and Kamins state (1984). In this investigation, the researcher will mainly use secondary sources since they are more accessible and trustworthy. Moreover, tertiary sources are the ones including primary and secondary sources. These sources are not from the author or a person that did some research but are written by someone who is interest on the topic; nonetheless, it is not an expert on it. Most of the time, this sources are not that reliable, so in this investigation the researcher is going to use the acceptable ones such as dictionaries, glossaries, encyclopedias and manuals.

3.4 Analysis Categories

The analysis categories are derived from the specific objectives of the investigation and in this section they will be briefly mentioned. They are translation, translation methods, text analysis, the effect of translation methods applied and glossary. They will help in the creation of the instruments that are going to be key in this investigation.

3.4.1 Translation

Corresponding to its meaning, Osman (2018) explains that: it is the act of transferring the linguistic entities from ne language in to their equivalents in another language.

3.4.2 Translation Methods

Translation methods focus on the problems a translator can face, being those grammatical, lexical, etc. The appropriate selection and application of these methods is key

to deliver an accurate translation. The translation methods have specific features like when to use it and how to use it. In this process, there are various methods to convey the message in a better way taking into account the content, style, target language and culture.

3.4.3 Text Analysis

It is about getting to know deeply the text that is going to be translated with information such as style, function, scale, difficulty, etc (Nemark,1988). The translator will gather this information through a chart.

3.4.4 Glossary

The Meriam Webster Dictionary (1828) defines a glossary as “*A collection of textual glosses or of specialized terms with their meanings*”. That is exactly what the translator intends to do with relevant and frequent terms.

3.5 Data collection Instruments

“The research questions and objectives of a particular study will determine whether the aim is to obtain purely interactional data or data that also inform us about the interactional behavior of the participants in the context under study or in other contexts.”(Canals, 2017, p.391). The instruments are seen as an assistant for the researcher and the investigation, the researcher has to be aware of the objectives previously mentioned on this paper to create the aforementioned instruments.

3.5.1 Text Analysis Chart

This intends to represent specific characteristic information of a text by analyzing and classifying it on chart form. The first step to create a text analysis chart is to do three columns. In the first one, there is going to be the word category, which have the category

names among which it will be classified. The second and third column will have the name of the documents to be translated, each of them with their specific language, so it is clearer for the researcher and the readers. The second step will include the categories, those are: Text style, Scale of formality, Scale of generality or Difficulty, Scale of emotional tone, Text function and type of translation.

The third step for the research is to write the divisions of such categories. For text style there are four options to analyze narrative, descriptive, discussion and dialogue. The scale of formality's subtopics are officialese, official, formal, neutral, informal, colloquial, slang or taboo. The scale of generality or difficulty comprises: The simple, popular, neutral, educated, technical, opaquely or opaquely technical. Scale of emotional tone divides into: Intense, warm, factual and understatement. The text function comprises: informative, expressive or vocative. And finally, the type of translation which could be semantic or communicative. After doing all of that, the researcher has to select the category for each document to be translated.

3.5.2 Color Coding

The color coding is a system that helps the researcher in the identification of translation procedures used in the process by giving each one a different color. To create a color-coding, it is necessary to draw two columns, on one it will be written the translation procedure and on the other one, the color selected. The translation procedures that will be considered in this investigation paper are transposition, modulation, omission, amplification, explicitation, literal translation, and punctuation changes. This means that this chart will need seven lines, one for each method and sequentially for each color.

3.5.3 Glossary

The creation of a glossary is to compile pertinent and constant terms of the specific documents under investigation. By doing so, the researcher can reach out to it at every moment needed, so that she saves time since it is done alphabetically. There will be one glossary for each language and respectively for each document. A chart with four columns is step number one, in the first column will be written the Spanish or English term; on the next one, its respective equivalent on the other language, the third one is the definition and the last one will have the grammatical category. A glossary also ensures that the translation keeps its coherence since it uses correct, same term over and over again.

3.6 Collection Data Process and Data Analysis

The documents to be translated are in PDF, so the researcher will first convert them into a word file to be able to edit it as she considers pertinent. Then, the actual process will begin with a general reading of both documents to be translated, this will be her first contact with them. Later on, the researcher will do a more careful reading which it is called specific reading. Here, it will start the analysis of the texts with the categories mentioned of the text chart analysis, so the researcher will be aware of the style and function, to name a few, of the documents. Knowing this, the researcher can have a clear and concrete idea of which and how the translation procedures will be applied and make use of the color-coding system previously mentioned. At the end, there will be fifteen paragraphs for each language analyzed in this matter. In the middle of all this, the researcher will take notes of the unfamiliar and specific terms from both documents, so that it will be accessible throughout the translation but also help future readers for a better understanding.

3.7 Data Collection Instruments

Text Analysis:

| | | |
|--------------------------------------|--------------------------------------|---------------------------|
| | El aborto como tabú en el derecho | Alcohol and Mental Health |
| Text Style | | |
| Scale of Formality | | |
| Scale of Generality or Difficulty | | |
| Scale of Emotional Tone | | |
| Text Function | | |
| Type of Translation | | |

*Table 1 shows how text analysis will be carried out to the translated texts. Source:
Researcher's own creation.*

Color Coding:

| Translation Method | Color Representation |
|---------------------|----------------------|
| Transposition | Yellow |
| Modulation | Blue |
| Omission | Red |
| Amplification | Green |
| Explicitation | Purple |
| Literal Translation | Pink |
| Punctuation Changes | Orange |

*Table 2 represents the colors for each translation method. Source:
Researcher's own creation.*

Glossary:

| English term | Spanish Equivalent | Definition | Grammatical Category |
|---------------------|---------------------------|-------------------|-----------------------------|
| | | | |
| | | | |

Table 3 shows how the glossary from English to Spanish will be carried out. Source:

Researcher's own creation.

| Spanish term | English Equivalent | Definition | Grammatical Category |
|---------------------|---------------------------|-------------------|-----------------------------|
| | | | |
| | | | |

Table 4 shows how the glossary from Spanish to English will be carried out. Source:

Researcher's own creation.

Chapter IV

Translated Documents

This chapter shows the translation the investigator developed with the mentioned documents. The first translation is from English to Spanish and the last one from Spanish to English. These translations were done by the researcher and meticulously reviewed by the researcher and her tutor.

4.1 Translation from English to Spanish #1

Alcohol y salud

Alcohol y salud mental

Tabla de contenidos

Introducción 1

Salud mental en Quebec 2

Salud mental y alcohol 5

Salud mental y dependencia 6

Effectos negativos: Salud mental y alcohol 10

Conclusión 12

Alcohol y salud

Alcohol y salud mental

Introducción

Como regla general, el alcohol afecta el humor de la personas, a menudo de forma positiva. Por otro lado, su consumo es asociado a varios estados psicológicos. “Nuestro

consumo de alcohol es asociado a los momentos emotivos--bebemos cuando nos sentimos tristes, bebemos cuando nos sentimos felices.

En la gran mayoría de casos, no hay una relación directa entre el consumo de alcohol y el estado psicológico de una persona, y el alcohol no causa problemas particulares. Sin embargo, para individuos con trastornos mentales, la bebida puede conllevar a serias consecuencias.

De hecho, investigaciones han confirmado que hay un vínculo de doble sentido entre trastorno mental y el abuso o dependencia al alcohol. En este reporte Educ' alcohol presenta en lenguaje cotidiano algunos de estos hallazgos con la visión de proteger a los más vulnerables a los efectos del alcohol.

La meta de este panfleto es informar al público sobre la relación entre trastorno mental y un problema con la bebida. En él encontrará los resultados de estudios poblacionales que tratan trastornos mentales y problemas de consumo de alcohol en adultos que sufren de enfermedades mentales.

Sin comprometer el rigor científico, hemos usado un estilo simple y directo para explicar la fuerte correlación entre trastornos mentales y problemas con la bebida. El panfleto incluye las razones del por qué las personas con problemas en su salud mental deben ser particularmente cuidadosas cuando toman. Explica las condiciones en las cuales tomar podría llevar a una enfermedad mental. También provee una lista de servicios disponibles para los que lo necesitan.

Creemos que esta publicación ayudará no solo a los que sufren de una enfermedad mental pero también a los que se preocupan por ellos. Sirve para recordarnos que somos

vulnerables, que cualquier tipo de problema puede afectar a cualquiera de nosotros y que para todos nosotros, la moderación siempre está en el buen gusto.

The Éduc'alcool Board of Directors

SALUD MENTAL EN QUEBEC

Desafortunadamente, muchas personas piensan que una enfermedad mental es diferente a otras enfermedades. Individuos que sufren de un trastorno mental son

frecuentemente percibidos como inestables, impredecibles, peligrosos o perezosos. Pueden ser hasta rechazados. Según la Asociación Médica Canadiense, apenas la mitad de nosotros se atrevería a admitirle a un amigo o compañero de trabajo que un miembro de la familia ha sido diagnosticado con una enfermedad mental.

Sin embargo, los problemas de salud mental son comunes y van en aumento entre todos los grupos poblacionales. Puede pasarle a cualquiera.

LOS TRASTORNOS MENTALES MÁS COMUNES

Trastornos de ansiedad. Estos son caracterizados por miedo, preocupación y estrés. Las manifestaciones irracionales y excesivas de ansiedad causan sufrimiento e interfieren con la vida normal cotidiana. Los principales trastornos de ansiedad son fobia específica, fobia social, trastorno de pánico, trastorno de ansiedad generalizada, estrés postraumático y trastorno obsesivo compulsivo.

Trastornos emocionales. Estos son caracterizados por cambios anormales en el ánimo, estado emocional o humor. Dichos trastorno son condiciones patológicas serias que influyen la manera en que persona piensa, se comporta y funciona. El trastorno emocional más común es el trastorno bipolar, el cual se manifiesta como una alteración en los estados de ánimo conocidos como euforia (alto) y depresión (bajo). Trastorno depresivo mayor también es común, caracterizado por una tristeza profunda y una pérdida de energía significativa de la cual es difícil para una persona salir rápido de esto sin ayuda.

Trastornos de personalidad. Hay una serie de estos y su impacto varía de leve a severo en relaciones interpersonales. Los trastornos de personalidad afectan la manera en que las personas hacen cosas, es decir, sus hábitos y comportamientos los cuales

frecuentemente pueden ser muy diferentes a la norma social. Finalmente, estos trastornos llevan a malestar o funcionamiento deficiente. En general, a las personas que sufren trastornos de personalidad se les dificulta congeniar con otros ya que pueden ser irritables, demandantes, hostiles, miedosos o manipuladores.

Trastorno psicótico. Estos son considerados severos y causan tal significativa distorsión de la realidad que algunas personas son incapaces de diferenciar entre lo que es real y lo que no. La esquizofrenia es el trastorno principal de este tipo.

Estadísticas preocupantes

Estudios muestran que a lo largo de la vida, cerca de un 60% de la población experimentará un periodo de mucho estrés o un evento traumático como una muerte inesperada de una ser querido, un asalto o un accidente grave. Para algunos este trauma causará estrés a largo plazo. Se estima que entre un 7% a un 10% de la población adulta sufre de estrés crónico.

Un estudio de salud Canadiense muestra que el 23% de Quebequenses sufrirán en algún punto de sus vidas de un trastorno emocional o de ansiedad. Eso es un total de más de 1.3 millones de Quebequenses.

En los últimos 12 meses, 8% de los Quebequenses han tenido un problema de salud mental.

Los trastornos mentales atacan en cualquier lugar, no importa el sexo, la edad o la posición económica. No obstante, en Quebec, la depresión severa, manía, trastorno de pánico, fobia social y agorafobia son diagnosticadas más comúnmente en mujeres (11%) que en hombres (6%). Los hombres son más probables a sufrir de trastorno de personalidad antisocial con comportamiento impulsivo.

También estos trastornos parecieran ser más comunes entre personas jóvenes 15-24(13%) al contrario de adultos 25-64(8%) o de la tercera edad o mayores (3.3%).

Además, las personas de bajos recursos son más afectadas (15%) que aquellas con mayores ingresos.

Los mismos resultados han sido observados en estudios Estadounidenses. Actualmente en Quebec cerca de 70,000 personas sufren de esquizofrenia. Eso es un 1 % de la población.

La esquizofrenia normalmente se manifiesta entre el final de la adolescencia y la mitad de los treintas. Este devastador trastorno afecta hombres y mujeres de la misma manera.

De acuerdo al Institut de la statistique du Québec, el número de personas que sufren de un trastorno mental es indudablemente mayor al que muestran los estudios ya que los estudios raramente cubren todos los trastornos mentales.

Como consecuencia, hay pocos datos precisos sobre el número exacto de personas que sufren de trastornos de personalidad. En Estados Unidos, se estima que del 6 al 9 por ciento de la población tiene alguna forma de trastorno de personalidad, a como se define comúnmente.

El uso de medicamentos psicotrópicos es generalizado en Quebec. Cerca del 16% de los adultos los han tomado por lo menos una vez-prescrito o no- en los últimos 12 meses.

Los medicamentos más comunmente usados son para trastornos del sueño, ansiedad y depression, en ese orden. El uso de antidepresivos esta en fuerte aumento.

En 2005, físicos de Quebec escribieron 7.5 millones de recetas para antidepresivos. Según el Conseil du médicament du Québec(Junta de drogas de Quebec), del 2000 al 2004, casi un quinto de Quebenquenses (19.2%) tomaron antidepresivos por al menos un año.

En 2006, 4.4% de Quebenquenses en el plan público del seguro de recetas, consumieron medicación antipsicótica, ya fuera en pequeñas dosis como tranquilizantes o en grandes dosis para tratar trastornos mentales como la esquizofrenia.

SALUD MENTAL Y ALCOHOL

Cuando se trata de alcohol, dentro de las personas más vulnerables se consideran las que están traumatadas, ansiosas o sufren de un trastorno emocional o psicótico. Numerosos estudios confirman la frecuente asociación entre problemas de salud mental y el abuso o dependencia al alcohol.

De un quince a un veinte por ciento de las personas con trastornos mentales tienen problemas con drogas, mientras que más del 50% de las personas diagnosticadas con ansiedad generalizada también tienen problemas de drogas.

Estudios realizados en los Estados Unidos y el Reino Unido muestran que comparado con la población general, casi el doble de personas con problemas de salud mental tiene un problema de dependencia al alcohol.

Un estudio Canadiense de salud, mostró que las personas que han sufrido de una gran depresión en los anteriores 12 meses fueron más propensos a abusar del alcohol

(12.3%) que el resto de la población (7%). Las mismas personas también fueron más propensas a sufrir dependencia al alcohol (5.8%) que otros (2.6%).

Los Quebequenses que reconocen haber tenido un trastorno emocional o de ansiedad en algún momento de sus vidas son tres veces más propensos a tener problemas con la dependencia al alcohol que otros (3.8% comparado con 1.3%).

Los Quebequenses que reportan haber estado ansiosos o deprimidos en los últimos 12 meses son cuatro veces más probables que otros a tener un problema de dependencia al alcohol (6% comparado a 1.5%).

Entre los trastornos de ansiedad, el trastorno de pánico es el más estrechamente relacionado a la dependencia al alcohol.

El abuso al alcohol es particularmente común entre personas que tienen un trastorno de control de impulsos o son amantes a la adrenalina.

Las personas que sufren de esquizofrenia son tres veces más probables que otras a tener problemas de alcohol. Aun así, su problema a más propenso a ser abuso al alcohol que dependencia a él.

TRASTORNOS MENTALES Y DROGAS ILICITAS

Aparte de los problemas de alcohol, las personas con trastornos mentales son vulnerables a todos los tipos de sustancias psicoactivas.

Entre los Quebequenses de 15 años y mayores de esa edad, el uso de cannabis es dos veces más común entre los que han tenido en algún punto de sus vidas un trastorno emocional o de ansiedad que los que no han tenido estos trastornos.

Además, el uso de cannabis es seis veces más común entre esquizofrénicos que entre otros.

El número de consumidores de drogas ilícitas es dos veces tan alto entre aquellos que han tenido un trastorno emocional o de ansiedad en algún momento de sus vidas.

SALUD MENTAL Y DEPENDENCIA

No hay una razón a priori del por qué las personas con trastornos mentales son más propensas que otras a abusar o depender del alcohol. Ni por qué la situación contraria es verdad. Cada persona es un individuo único en circunstancias específicas, el resultado de una interacción compleja entre factores genéticos y biológicos, personalidad y el ambiente social.

No obstante, algunos expertos continúan trabajando en formular teorías acerca de la fuerte relación entre las enfermedades mentales y problemas de alcoholismo.

1• Predisposición

Una teoría concierne los criterios particulares de personalidad, genética hereditaria, factores sociales y otras características de personas con un trastorno mental, lo cual puede predisponerlos al abuso o convertirse dependientes al alcohol. Algunos expertos incluso

sugieren que la base neurológica de la enfermedad mental puede ser muy similar a la de la dependencia al alcohol.

El malfuncionamiento de ciertos circuitos cerebrales asociados con el aprendizaje, específicamente con el que conecta la amígdala, el hipocampo y el giro cingulado, pueden ser el factor en ambos, trastornos emocionales y problemas de alcoholismo.

Otras investigaciones han mostrado una relación entre trastornos psicóticos y problemas de alcoholismo., basado en genes comunes o anomalías en el cerebro.

Más específicamente, los trastornos psicóticos y el alcoholismo pueden surgir de cambios en el cerebro causados por glutamato. De hecho, interrupciones en el funcionamiento del sistema dopaminérgico del cerebro aparecen para hacer a los esquizofrénicos más sensibles al alcohol.

Según la OMS y el Ministerio de Salud de Canadá: dos ampliamente reconocidas agencias de salud, la misma estrategia de tratamiento y prevención pueden ser usadas para mejorar ambas, la salud mental y la dependencia al alcohol debido a sus similitudes neurobiológicas. Un enfoque terapéutico combinado podría tratar la enfermedad mental y el problema de abuso al alcohol al mismo tiempo.

Añadiendo a las predisposiciones genéticas, un número de predisposiciones ambientales pueden también explicar la fuerte relación entre trastornos mentales y el abuso o dependencia al alcohol.

Las consecuencias colaterales de estrés relacionado con problemas familiares serios durante la infancia, deficiente supervisión parental o abuso infantil a una temprana edad podrían incrementar el riesgo no solo de problemas de adicción sino también trastorno emocional, de ansiedad o personalidad, particularmente trastorno impulsivo.

Igualmente, las personas con problemas de alcoholismo y las personas con problemas de salud mental usualmente viven en el mismo tipo de ambiente social. Ambos suelen ser marginalizados, empezando en la adolescencia.

2• Sensibilidad

Otra teoría contiene información sobre personas con enfermedades mentales son más sensibles que otras por los efectos dañinos de las sustancias psicoactivas. Por consiguiente, todas las otras cosas siendo iguales, la misma cantidad de alcohol va a tener un mayor efecto en la persona con un trastorno mental.

3• Auto medication

Usualmente se observa que las personas con trastornos mentales toman alcohol por sus propiedades de relajación, es un intento a hacerlos sentir mejor con ellos mismos. Esta práctica es conocida como auto medicación y es la tercera gran teoría que intenta explicar el enlace entre salud mental y la dependencia de alcohol.

Las personas en dolor toman sustancias psicoactivas para escapar su condición patológica o al menos atenuar los síntomas, los cuales son de origen neurobiológico.

En otras palabras, ellos no se auto medican para remedir un trastorno mental pero para combatir el sufrimiento, la tristeza, enojo o la intranquilidad que causa.

Mientras que la automedicacion es comun entre las personas que sufren de todos los tipos de enfermedades mentales, es particularmente prevalente entre aquellos con trastonos bipolar durante una fase maniaca, tambien entre los que sufren de trastorno de ansiedad.

Entre el 25% y 35% de las personas con ansiedad generalizada dicen que piensan en beber o consumer drogas para aliviar su ansiedad.

De hecho, una investigación ha mostrado que entre la población general, el 18.3% de las personas que sufren de ansiedad generalizada, 16.9% de ellos sufren de fobia social y el 15.0% de los que sufren una fobia específica, toman alcohol para calmar sus síntomas de ansiedad.

Las personas con trastorno de ansiedad generalizada se auto medican más que aquellos con fobias ya que la ansiedad generalizada viene de estímulos internos. Eso significa que la frecuencia con la que ellos experimentan esos estímulos provocadores de ansiedad es muy alta.

Para las personas con ansiedad generalizada es más difícil evitar el impulso que ellos tanto temen que para las personas con fobias sociales. Ya que ellos son más impacientes por evadir esos impulsos que no pueden escapar, las personas ansiosas toman más que personas con fóbicas.

ADVERTENCIA: LA AUTO MEDICACION ES UNA MALA ESTRATEGIA!

Tomar, es decir, auto medicarse con alcohol, proporciona gratificación inmediata que a su vez direcciona a tomar más. No obstante, es contraproducente.

El alcohol realmente puede alterar la química y fisiología del cerebro, particularmente al estimular artificialmente la producción de dopamina. A como el cerebro se adapta a operación con la repentina liberación de dopamina, dos cosas pasan: La reducción en el número de receptores de dopamina y la reducción en la producción natural de dopamina. En otras palabras, el cerebro pierde su capacidad natural de controlar el estrés, trastornos emocionales y ansiedad.

Una pequeña cantidad de alcohol puede dar un alivio de estrés de corto plazo, pero el alcohol no trata ninguna de las causas de estrés. A través de un largo plazo, las personas que se han auto medicado necesitan cada vez más grandes cantidades de alcohol para obtener un nivel aceptable de dopamina y sentir los beneficios psicológicos.

Esto crea un hábito, el cual lleva a un incremento al tomar que podría convertirse en dependencia. Una persona con problemas de salud mental que se vuelve dependiente al alcohol se encuentra después atrapado en un círculo vicioso en el cual cada problema se mantiene e incluso se agarban otros.

Físicos y profesionales de la salud deben advertir a las personas con trastornos de ansiedad que mientras el alcohol puede temporalmente aliviar sus síntomas, beber aumenta

el riesgo de empeorar el problema o hasta desarrollar otros trastornos mentales. Además, beber aumenta el riesgo de suicidio.

4• Haciendo las cosas peor

Generalmente hablando, dentro de cualquier población dada, hay individuos que presentan síntomas de ansiedad, depresión o psicosis los cuales no necesariamente desarrollaran algún trastorno de ansiedad, emocional, o psicótico. A veces, sus parientes cercanos sufren las mismas patologías. Por lo tanto, dichas personas están predispuestas a una enfermedad mental pero no es una certeza.

Cualquiera que se sienta particularmente ansioso o deprimido y está experimentando síntomas inusuales como dificultad para concentrarse, enfoque reducido, alteraciones del sueño o necesita retraerse socialmente, debería ser muy cuidadoso y evitar el alcohol completamente. El alcohol puede a las personas que son genéticamente predispuestas a enfermedades mentales aún más vulnerables.

Cuando las personas que experimentan señales de alerta de un trastorno mental, toman sustancias como alcohol, se ponen en mayor riesgo de desarrollar una enfermedad mental. De hecho, el alcohol puede alterar un número de neurotransmisores, incluyendo glutamato, el cual está involucrado en la esquizofrenia.

También una predisposición genética a ciertos trastornos de personalidad, como trastorno impulsivo o déficit atencional—con o sin hiperactividad— puede empeorar si hay exposición prenatal al alcohol.

De este modo, mientras que en algunas personas los problemas de salud mental los pueden llevar a problemas de alcoholismo, lo opuesto puede ocurrir también: los problemas de alcoholismo pueden contribuir al desarrollo de una enfermedad mental.

Efectos adversos:

Enfermedad mental y alcohol

Alcohol y sueño

La estabilidad emocional de las personas depende significativamente de la calidad y cantidad de sueño que ellos tengan. El sueño permite a ambos, el cuerpo y la mente a regenerarse y recargarse. Para las personas que están cansadas es más difícil lidiar con la vida, que a su vez direcciona a acumular estrés.

Algunas personas tienen dificultad para quedarse dormidos cuando están estresados. Ellos pueden volver al alcohol, pensando que va a aliviar el problema. El alcohol obviamente puede hacer a una persona soñolienta. Pero también puede causar insomnio y frecuentes interrupciones de sueño, agravando así el problema original.

El alcohol afecta el ciclo del sueño. Las personas pueden sentirse cansadas e indispuestos el día después de tomar mucho, incluso si han dormido lo suficiente. Ya que el alcohol interrumpe el sueño, el cual es esencial para la salud mental, cualquiera sufriendo de un trastorno mental debería mantener el tomado al mínimo.

Alcohol y medicamentos

Aun el consumo de alcohol normal y no abusivo puede afectar negativamente la recuperación de una persona con trastorno mental, específicamente si esta persona toma medicamentos.

Las personas con trastornos mentales que se medican y toman alcohol al mismo tiempo son muy probables a olvidar tomar sus medicinas. Además, el alcohol puede reducir la efectividad de dichos medicamentos o la velocidad a la cual son eliminados del cuerpo.

Por ejemplo, algunos antidepresivos son usados como sedantes durante periodos de depresión. Si alguien está tomando dichos antidepresivos y también alcohol los efectos secundarios de los antidepresivos pueden ser agravados y ser incluso mucho más dañino debido a como el alcohol afecta el hígado. El trabajo del hígado es eliminar los antidepresivos del cuerpo. El abuso de alcohol perjudica el papel del hígado, de ese modo, amplificando los efectos secundarios de los antidepresivos o reduciendo enormemente su efectividad.

Es por eso que las personas que toman medicamentos para problemas de salud mental son advertidas de abstenerse de tomar alcohol.

ALCOHOL Y SUICIDIO

La mayoría de personas que cometen suicidio tienen algún tipo de problema de salud mental. Investigadores estadounidenses incluso han sugerido que nueve de diez suicidios tienen un trastorno mental reconocido.

Adicionalmente, los tomadores con problemas están en mayor riesgo de suicidio que otros. Según la OMS, cerca del 25% de las personas que se suicidan tienen problemas de alcoholismo y el 50% de ellos tenían alcohol en la sangre cuando se suicidaron.

El riesgo de suicidio es 5.5 veces más alto entre personas que abusan o dependen del alcohol que entre otras. También ha sido demostrado que las personas con trastornos mentales que toman alcohol están en un mayor riesgo de suicidio.

Ya que el alcohol elimina inhibiciones, puede llevar a una persona suicida a tomar acción, cuyo estado psicológico ya está inestable debido a serios trastornos mentales. Las personas que están contemplando el suicidio deberían por lo tanto nunca tomar alcohol.

CONCLUSION

Éduc'alcool aconseja encarecidamente que si alguien decide tomar alcohol sea por disfrute y gusto. Más importante, nadie nunca debería tomar para escapar de sus problemas, ahogar sus sufrimientos.

Reconocemos que la tentación a tomar alcohol excesivamente o de una forma incontrolada puede ser fuerte bajo ciertas circunstancias, tal como durante una situación estresante, un evento desafortunado, una muerte o una separación. Es por eso que es particularmente importante ser cuidadoso en esos momentos.

Tomar alcohol excesivamente puede ser mucho más destructivo para personas que son crónicamente infelices y pueden sufrir de un trastorno mental. De hecho, ciertos factores de herencia genética pueden predisponer a algunas personas a ambas, enfermedad mental y dependencia al alcohol.

En estos casos, premiarse tomando alcohol debe ser evitado a toda costa. Mientras el alcohol tiene un efecto desinhibidor y puede inducir un sentimiento de relajación, puede ser muy dañino durante periodos de gran dificultad. En dichos momentos, es muy importante pedir ayuda, buscar servicios comunitarios o consultar un profesional de salud que puede ofrecer tratamiento integral. Si es necesario, ambos problemas- enfermedad mental y consumo de alcohol- pueden ser tratados al mismo momento por el mismo equipo en el mismo centro de tratamiento.

Nunca es suficiente decirlo: El alcohol no es una medicina, y los lugares que lo venden no son farmacias.

El alcohol nunca debe ser usado para auto medicarse. No puede curar nada. De hecho, en el caso de trastornos mentales, puede empeorar las cosas.

Esta advertencia va dirigida a personas que toman alcohol y las personas que se preocupan por ellas. Los amigos y familia pueden jugar un papel muy importante en el proceso de ayuda y sanación de una persona con trastornos psicológicos y problemas de alcoholismo. Sobre todo, pueden alentar a las personas en riesgo a buscar ayuda profesional.

Es vital permanecer consciente de sus emociones y ajustar debidamente el consumo de alcohol. Y recordar que en los tiempos más difíciles, la moderación es particularmente de buen gusto.

PARA MAS INFORMACIÓN

Acerca de la salud mental o trastornos mentales y dependencia al alcohol

- Centre Dollard-Cormier:

<http://www.centredollardcormier.qc.ca/cdc/service.html>

- ToxQuébec: <http://www.toxquebec.com>

- Institut Universitaire en santé mentale du Québec:

<http://www.institutsmq.qc.ca/>

- Ministère de la Santé et services sociaux – Mental Health:

http://www.msss.gouv.qc.ca/sujets/prob_sante/

[sante_mentale/index.php?accueil_en](http://www.msss.gouv.qc.ca/sujets/prob_sante/sante_mentale/index.php?accueil_en)

- Canadian Mental Health Association: <http://www.cmha.ca>
- Centre for Addiction and Mental Health: <http://www.camh.ca>

EN LA MISMA COLECCIÓN:

Las series de reportes en Alcohol y salud de Éduc'alcool son bien investigados y fáciles de leer. Cada uno va directo al punto y es una fuente útil de salud, educación e información.

Todos los reportes pueden ser descargados del sitio web de Éduc'alcool www.educalcool.qc.ca o pueden ser pedidos llamando al 1-888-

ALCOOL1.

ALCOHOL Y EL CUERPO HUMANO

Una explicación de lo que le sucede al alcohol al pasar por el cuerpo y los efectos que produce.

LOS EFECTOS DEL CONSUMO MODERADO Y REGULAR DE ALCOHOL

Una reseña de la investigación acerca de cómo el consumo moderado y regular de alcohol afecta la salud humana.

EL ALCOHOL Y LOS ADULTOS MAYORES

Una descripción de los efectos del alcohol en las personas de 65 o más años. Incluye consejos útiles para personas de la tercera edad, sus familias, amigos y los que los cuidan.

EMBARAZO Y EL CONSUMO DE ALCOHOL: TUS PREGUNTAS CONTESTADAS

Respuestas directas a preguntas hechas frecuentemente acerca del consumo de alcohol durante el embarazo y la lactancia, para una mujer embarazada y aquellas que podrían quedar embarazadas.

CONSUMO DE ALCOHOL DE BAJO RIESGO: 2 3 4 5 0

Una guía básica a las reglas de consumo de alcohol de bajo riesgo para hombres y mujeres.

LOS EFECTOS DE CONSUMIR ALCOHOL ABUSIVAMENTE

Una reseña de los efectos fisiológicos y psicológicos del abuso de alcohol. Son destacadas las consecuencias de consumir alcohol crónica y excesivamente ocasional.

LAS COMBINACIONES DE ALCOHOL

Un panfleto explicando los efectos beneficiarios, dañinos y totalmente peligrosos de combinar alcohol con otras varias drogas o actividades.

EL EFECTO DEL CONSUMO TEMPRANO DE ALCOHOL

Un panfleto que examina los efectos dañinos del consumo temprano de alcohol y explica las razones básicas del por qué las personas jóvenes no deberían tener libre acceso al alcohol.

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4.1.2 Translation from English to Spanish #2

ALCOHOL Y SALUD

LOS EFECTOS DE TOMAR ABUSIVAMENTE

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Introducción

Los Quebequenses están muy preocupados de la relación entre alcohol y salud. Cuando se les pregunta que es lo que más les interesa de tomar alcohol, el consenso es claro y consistente: vínculo entre tomar alcohol y salud está siempre de primero en la lista.

Éduc'alcool es consciente de que el conocimiento solo no determina el comportamiento humano. Sin embargo, ayuda a las personas a tomar decisiones. Entre más informadas estén las personas acerca de los efectos de tomar alcohol, mas inteligentemente pueden apreciar y disfrutar el consumo moderado de alcohol, y más exitosamente pueden evitar el consumo abusivo de alcohol y sus terrible efectos.

Sabemos que la gran mayoría de Quebequenses nunca van a tener que lidiar con los efectos dañinos descritos en este folleto. Generalmente, la mayoría de nosotros tenemos una

actitud sana con respecto al alcohol y la regla es tomar moderadamente, mientras que el abuso es la excepción.

No obstante, creemos que los profesionales de la salud necesitan poner atención específica a los problemas que resultan de la dependencia y consumo excesivo de alcohol. Es por eso que publicamos Los efectos de tomar abusivamente. Nótese que nuestro enfoque no son las causas del alcoholismo, sino el impacto dañino de tomar alcohol abusivamente.

Como todas las publicaciones en las series de Alcohol y salud, esta estaba preparada con el máximo cuidado. Como siempre, la información científica ha estado “traducida” a un lenguaje más amistoso para los usuarios haciéndolo más entendible para la mayor cantidad de personas posible.

Sinceramente esperamos que esta publicación va a servir para continuar informando quebequences acerca del consumo de alcohol y convencerlos que la moderación siempre está en el gusto.

Demasiado es demasiado:

Dependencia y exceso

En el cuerpo humano, los efectos dañinos de tomar alcohol abusivamente ocurren bajo dos diferentes circunstancias. Cuando hay **dependencia** al alcohol, los efectos son

crónicos y resultan de tomar regular y fuertemente. Cuando hay **exceso**, los efectos son graves y son resultado de ocasiones individuales donde se toma alcohol inmoderadamente; el riesgo es que la cantidad de alcohol sea proporcional a la de sangre.

Las personas que tienen dependencia al alcohol están poniendo en riesgo su salud. Entre otras cosas, arriesgan desarrollar cirrosis del hígado, una enfermedad muy grave. Lo que no es muy conocido es que hasta tomar alcohol ocasional pero en exceso puede dañar cada órgano del cuerpo.

Si toma alcohol en exceso con frecuencia o no, si alguna vez ha estado borracho probablemente haya experimentado los desagradables efectos de “mañana después”, un palpitante dolor de cabeza, malestar estomacal y vomito.

La mayoría de personas, especialmente las jóvenes, no están conscientes de que solo con una ocasión de severa intoxicación de alcohol puede causar serios problemas, incluyendo sangrado gastrointestinal, un ritmo cardiaco anormal (arritmia), un derrame (accidente cardiovascular) y depresión respiratoria que puede llevar a la muerte. Asimismo, el alcohol causa una multitud de problemas sociales- accidentes, peleas, relaciones sexuales sin protección, etcétera.- que tienen su propia consecuencia médica, las cuales son usualmente malentendidas o menospreciadas.

Se necesita la información correcta para tomar la decisión correcta

El alcohol puede producir efectos placenteros, pero también causa problemas. Cuando decidimos tomar, debemos mantenernos conscientes y atentos. Físicamente hablando, ¿Tomar es bueno o malo para nosotros?

Dado que en Quebec tomar ha estado incrementando desde el 1992, y que la población está envejeciendo y por eso volviéndose más vulnerables a los efectos del alcohol, debemos hacer lo que podemos para detenernos de convertirnos literalmente “hartos de beber.”

Algunas condiciones patológicas no son causadas solo por el consumo de alcohol en exceso. Como resultado, cuando alguien no tiene el clásico perfil estereotipado de un alcohólico, el alcohol puede no ser la primera causa inmediata que se viene a la mente con los síntomas mostrados.

Cuando se trata de alcohol, no nacemos iguales. Algunos de nosotros somos más sensibles que otros a sus efectos. Algunas personas son más vulnerables debido a razones biológicas o genéticas. En dichas personas, un número de condiciones puede ser provocado por una relativamente pequeña cantidad de alcohol.

Algunas complicaciones no resultan por el consumo de alcohol sino de la abstinencia.

La dependencia es causada por el efecto del alcohol en áreas del cerebro conocidas como los “centros del placer”.

Cuando estos centros del placer son estimulados por alcohol, le dan una sensación de bienestar a tomador. Cuando los tomadores se vuelven dependientes de ese sentimiento, para ellos es difícil dejar de tomar. De hecho, cuando los alcohólicos dejan de tomar, a menudo se ponen muy mal físicamente: 4% de ellos sufren convulsiones y 6% sufre de una forma grave de delirio llamada Delírium trémens. Los medicamentos pueden ser necesarios para aliviar estos síntomas y siempre es aconsejable un fuerte apoyo psicológico.

No tienes que ser un alcohólico para sufrir de los efectos del alcohol. Pasa que algunas personas que son particularmente vulnerables al alcohol toman más de lo que sus cuerpos pueden tolerar, mientras que otros simplemente toman más.

Cuando tu tomas crónica o excesivamente, el alcohol puede significar efectos dañinos en el cuerpo y afecta fuertemente cómo reaccionan los órganos.

RECUERDE!

- El alcohol es un **irritante** para todo el tracto digestivo, incluyendo la boca, la garganta, el esófago, el estómago y los intestinos. El alcohol también afecta las válvulas que controlan el paso de la comida desde la boca hasta los intestinos.
- El alcohol es una **comida** y el hígado es el responsable de digerirlo. El hígado es una pequeña fábrica capaz de descomponer por hora cerca de 7 a 8 gramos de puro

alcohol. Eso es igual a una reducción de alcohol en la sangre de aproximadamente 15-17 mg/100 ml por hora. Eso es:

Una botella de cerveza de 340-ml/12-oz(5% alcohol)

Una botella de vino de 140-ml/5-oz(12%alcohol)

Un shot de 45-ml/1.5-oz(40% alcohol)

Cuando el hígado es sobrecargado o dañado, reacciona guardando grasa, lo cual afecta el funcionamiento normal que es muy para la vida humana.

- El alcohol afecta el **corazón** y las venas, aunque tiene un cierto efecto protector en las arterias y promueve la producción de colesterol “bueno”. Los alcohólicos pueden tener enfermedades del corazón pero sus arterias estarían libres de grasa.
- El alcohol afecta el **cerebro** y el sistema nervioso, en particular los nervios en las piernas. El alcohol es una neurotoxina que afecta, entre otras cosas, la memoria, el balance y la habilidad de anticipar cosas.

Los efectos de tomar abusivamente

Los alcohólicos arriesgan con dañar casi cada sistema principal del cuerpo humano, ya sea a través de la dependencia o el consumo excesivo. El alcohol puede tener un impacto dañino en todo: los órganos internos (hígado, páncreas, esófago, estómago e intestinos), el sistema circulatorio (corazón, arterias y el sistema cerebrovascular), el sistema nervioso, salud mental, hasta a un feto. La intoxicación

por alcohol también direcciona a problemas sociales que pueden tener serias consecuencias médicas.

Efectos en los órganos internos

Hígado

Las enfermedades en el hígado son las más comunes relacionadas con el abuso de alcohol. Ya que el hígado carga con la gran responsabilidad de metabolizar el alcohol, entonces inevitablemente sufre el impacto de intoxicación.

Cuando una persona toma más lo que el hígado puede procesar, las lesiones se empiezan a formar. Las enfermedades del hígado relacionadas con el alcohol progresan de una condición relativamente benigna en la que se acumula grasa en la célula conocido como “hígado graso” (esteatosis hepática) y finalmente cirrosis. Ambas, esteatosis hepática y hepatitis alcohólica son condiciones reversibles que en algunos casos pueden improvisar sin dejar consecuencias a largo plazo, si la persona deja de tomar por completo. No obstante, si el consumo continuo, las condiciones que una vez fueron reversibles se convertirán en el 25 % de los casos en hepatitis severa o cirrosis. Ambas enfermedades mencionadas al final son muy graves con una tasa de supervivencia de 5 años del 20% al 60%.

Los efectos tóxicos del alcohol en el hígado pueden ser vistos primero como lo que es considerado el consumo moderadamente excesivo. El riesgo de cirrosis se vuelve importante cuando el consumo de alcohol llega a los 30-60 gramos al día, lo cual es 2.2-4.5

bebidas al día. Una persona tendría que tomar esa cantidad por lo menos durante 10 años antes de que la enfermedad aparezca, aunque bebedores más excesivos podrían ver los síntomas antes. El consumo debe ser continuo, más que acumulativo. De hecho, el riesgo es más alto cuando las personas toman por 10 años seguidos, a si toman 10 años repartidos en un periodo de 30 años. Sin embargo, la investigación no revela si hay una diferencia entre dividir el consumo entre los siete días de la semana o consumirlo de manera concentrada en pocos días, como durante el fin de semana.

Obviamente las enfermedades del hígado pueden ser causadas por otra cantidad de cosas- virus, problemas del ducto biliar, medicamentos, enfermedades genéticas o condiciones metabólicas- pero información epidemiológica indica que el abuso de alcohol es la causa principal de muerte debido a las complicaciones del hígado.

Páncreas

Del 80% al 90% de los casos, el alcohol es la causa de ambas formas de pancreatitis grave y crónica. La pancreatitis aguda puede ser tratada y su función saludable restaurada, pero la pancreatitis crónica causa *cicatrices permanentes* que resultan en deterioro de la función pancreática a largo plazo y la posibilidad de complicaciones múltiples.

La pancreatitis aguda es usualmente un indicador de que una condición crónica está por venir. El consumo regular excesivo continuo pasándole factura al páncreas, a veces causa una inflamación permanente que puede causar un serio daño en la función exocrina (glandular) del páncreas.

La pancreatitis aguda es generalmente resultado de un proceso de auto-digestión en el cual las enzimas pancreáticas destruyen el tejido del órgano mismo, llevando a inflamarlo. Los principales síntomas de la pancreatitis aguda son dolor abdominal y vómito, los cuales persisten incluso después de que la persona deje de tomar.

La pancreatitis crónica puede presentar un grave episodio de los mismos síntomas (dolor abdominal, náuseas y vómito). En algunos casos serios, puede haber trastornos metabólicos serios y complicaciones circulatorias agudas que pueden ser fatales.

Algunas personas pueden desarrollar una enfermedad pancreática por tomar moderadamente (menos de dos bebidas al día)

, mientras que otras pueden tomar hasta 25 tragos el día antes de que los síntomas aparezcan. Igual otros nunca desarrollaran pancreatitis sin importar cuando tomen.

Personas con alto riesgo, la hepatitis crónica se desarrollará con el consumo prolongado de alcohol, es decir, más de 10-15 años en mujeres y entre 15-20 años en hombres. La vulnerabilidad de cada individuo hacia el alcohol determina un factor de la enfermedad pancreática.

Esófago

Las personas que abusan del alcohol están en riesgo de desarrollar una condición llamada enfermedad de reflujo gastroesofágico. Normalmente, la comida pasa del esófago al estómago y al intestino. El reflujo gástrico causa una devolución de los fluidos desde el estómago hasta el esófago, resultando en una incómoda sensación de ardor.

El reflujo gástrico puede llevar a esofagitis, una condición que involucra la inflamación de la mucosa esofágica y más severa devolución de ácidos.

La esofagitis ser aguda (severa, repentina y de corta duración) o crónica (se desarrolla y empeora en un largo periodo de tiempo). La sensación de ardor puede ser provocada por comida, alcohol o líquidos calientes.

En los alcohólicos, la esofagitis crónica puede crear úlceras en el esófago. Los tomadores regulares, que toman en gran cantidad pueden desarrollar un desgarro en el revestimiento mucoso hasta el punto que el esófago se une con el estómago. El revestimiento es causado por repetidas y prolongadas náuseas que en el 5% de los casos lleva a hemorragia digestiva, en la cual la persona vomita sangre (hematemesis) en cantidades que pueden ser consideradas fatales.

El alcoholismo crónico es el factor contribuyente principal en el cáncer de esófago, y el riesgo aumenta significativamente cuando se fuma.

Estómago

La intoxicación por alcohol puede causar una inflamación en la mucosa del estómago—la capa que protege las paredes del estómago. Esta condición es causada por gastritis aguda. Tomar en exceso puede causar acidez, náuseas, vomito (algunas veces con sangre) y dolor en la parte superior del área abdominal (dolor epigástrico). Los síntomas generalmente desaparecen dos o tres días después de que la persona deja de tomar.

El consumo regular, abusivo de alcohol puede resultar en gastritis crónica, la cual es usualmente asintomática y muy difícil de curar, ya que se desarrolla lentamente a lo largo de los años. Es generalmente acompañada de anemia y malnutrición; algunas veces, junto con reflujo gástrico (ver arriba), Los alcohólicos también pueden desarrollar hemorragia digestiva, debido principalmente a rupturas en las venas esofágicas, o el deterioro o creación de ulcera en la mucosa gástrica.

Intestinos

El alcohol perjudica la habilidad del cuerpo para absorber varios nutrientes, incluyendo aminoácidos, vitamina A y C, minerales y glucosa.

También daña las células que cubren el trato intestinal y afecta la producción de secreciones esenciales para el transporte de nutrientes a la sangre. Uno de los efectos es diarrea, en el 10% del 50% de alcohólicos. Los efectos del alcohol en los intestinos son generalmente moderados y con la ayuda de apoyo nutricional y vitamínico, pueden desaparecer 2 o 6 semanas después de que la persona deje de tomar.

Efectos en el sistema circulatorio

Arterias

Entre más usted tome, mayor será su presión sanguínea. La relación entre el alcohol y la presión sanguínea es mucho más obvia en tomadores mayores a 40 años. La presión sistólica incrementa en un promedio de 2.7 mmHg en aquellos que beben entre 4 a 6 tragos al día, y 4.6 mmHg en aquellos que beben al menos 7 tragos al día. La hipertensión

relacionada con alcohol (presión sanguínea alta) tiende a desaparecer cuando la persona deja de tomar pero regresa si la persona vuelve a tomar.

La hipertensión puede causar una variedad de problemas de salud, incluyendo angina y alteraciones en el ritmo cardiaco.

El alcohol también contribuye a disminuir el fibrinógeno, una proteína que funciona como un coagulante de sangre. Pero la coagulación es importante: nos permite sobrevivir a lesiones al rápidamente detener el sangrado. Si un vaso sanguíneo se rompe, particularmente como resultado de presión sanguínea alta, el alcohol puede ser dañino o hasta fatal por su efecto anticoagulante.

Corazón

Tomar regularmente en gran cantidad a través de 10 años puede debilitar el musculo del corazón y evita que bombee sangre eficientemente, una condición llamada cardiomiopatía alcohólica. En algunos tomadores, la enfermedad puede ser asintomática y puede ser detectada solamente por accidente. En otros causa dolor en el pecho, palpitaciones, tos en la noche, fatiga anormal, dificultad para respirar y algunas veces hasta paro cardiaco por arritmia.

Los alcohólicos que sufren de cardiomiopatía a menudo experimentan problemas en el ritmo cardiaco (taquicardia, palpitaciones) cuando toman una cantidad excesiva. En la mayoría de los casos, el ritmo cardiaco normal espontáneamente vuelve en 24 horas.

En casos de extrema intoxicación, incluso las personas no alcohólicas con corazones saludables pueden tener alteraciones en el ritmo cardíaco.

ATAQUES CEREBRALES

El consumo de alcohol abusivamente es un factor de riesgo en accidentes cardiovasculares (ACV), conocidos también como ataques cerebrales. El consumo crónico en grandes cantidades incrementa el riesgo de muerte por una hemorragia cerebral, mientras que los episodios de intoxicación pueden obstruir el flujo de sangre al cerebro, el cual también puede causar un ataque cerebral.

Efectos en el Sistema nervioso

Todo consumo de alcohol en exceso tiene consecuencias neurológicas. En bajas dosis, el alcohol tiene un leve efecto estimulante que es emocionante e incluso desinhibidor. En altas dosis, actúa como un sedante y puede causar reducción en la atención, pérdida del balance, deficiencia al hablar y confusión mental. Estos problemas son asociados generalmente con la embriaguez común.

Todo muy frecuentemente, sin embargo, estos problemas se convierten en los síntomas más serios de embriaguez patológica, incluyendo agitación y agresividad. Estos son los mayores problemas responsables de los efectos sociales dañinos del alcohol (ver arriba, Los efectos en el ambiente social)

El consumo crónico y abusivo puede causar una variedad de alteraciones en el sistema nervioso central y periférico.

Algunos problemas pueden resultar de la desnutrición que a menudo plaga a los alcohólicos.

Algunas complicaciones neurológicas pueden estar ligadas al malfuncionamiento del hígado.

El alcohol puede ser una causa principal de problemas neurológicos específicos.

Algunos problemas neurológicos como el delirio alcohólico grave (delirium tremens), ocurre cuando un alcohólico deja de tomar.

Las complicaciones neurológicas asociadas con el consumo de alcohol abusivo son descritas a menudo individualmente, pero con frecuencia es mejor considerar a todas como parte de un complejo total.

Síndrome de Wernicke-Korsakoff

Uno de los problemas más serios resulta del consumo de alcohol continuo y excesivo es el Síndrome de Wernicke-Korsakoff, el cual es causado por una deficiencia significativa de tiamina (vitamina B1).

La encefalopatía de Wernicke es un síndrome grave caracterizado por confusión, falta de coordinación (ataxia), parálisis de los músculos de los ojos y a veces hasta estupor

y coma. Estas condiciones clínicas pueden desarrollarse repentinamente o a través de varios días.

Los individuos diagnosticados con la psicosis de Korsakoff usualmente tienen síntomas de amnesia anterógrada y retrógrada (pérdida de memoria severa), al igual que desorientación temporal, falso reconocimiento y confabulación (memorias inventadas). La psicosis de Korsakoffs generalmente sigue la encefalopatía de Wernicke, por lo que ambas son consideradas usualmente como un solo síndrome. Esos casos son espectaculares y afortunadamente muy raros.

Polineuritis

La polineuritis alcohólica es la complicación neurológica más común causada por alcoholismo crónico. Muchos nervios se inflaman, involucrando la ruptura de la mielina (el recubrimiento alrededor del nervio) y el deterioro del sistema nervioso periférico. Usualmente, la condición empieza de manera insidiosa, con síntomas que incluye adormecimiento inusual o sensaciones punzantes (disestesia), pies fríos, calambres, particularmente en las pantorrillas y la resistencia reducida al caminar. Es causado por el efecto tóxico del alcohol y sus metabolitos, y es acentuado por la deficiencia de tiamina. En casos más severos, se puede propagar a las extremidades superiores. La polineuritis se puede revertir lentamente después de que la persona deje de beber.

Neuritis óptica

La neuritis óptica es una lesión en el nervio óptico que puede ser causada por intoxicación crónica de alcohol. La condición es caracterizada por una reducción progresiva y bilateral en la agudeza visual. El campo de visión es reducido y los pacientes tienen

dificultad al distinguir colores. La condición es reversible si la persona deja de tomar—y tomar—y toma las vitaminas adecuadas.

Encefalopatía hepática

La encefalopatía hepática es observada entre las personas cuya función del hígado es severamente deteriorada por la cirrosis. Puede ser causada por sustancias tóxicas que el hígado afectado no es capaz de seguir metabolizando. La forma más común de encefalopatía es caracterizada en la primera fase por movimientos involuntarios de muñeca, en la segunda fase por confusión mental y en la tercera fase por un profundo coma.

Atrofia cerebral

Alrededor de la mitad de todos los alcohólicos sufren atrofia cerebral, caracterizada por diversos grados de ataxia (perdida de coordinación) afectando primeramente el torso y las extremidades inferiores. Las personas que tienen problemas sincronizando sus movimientos, los cuales se manifiestan esencialmente como dificultad al caminar.

Demencia alcohólica

Tomar mucho durante un largo periodo de tiempo puede causar lesiones en el cerebro que produce los síntomas de demencia. Los problemas incluyen pérdida de memoria, dificultades de aprendizaje, daño en las habilidades psicomotoras, deficiente sentido de tiempo y espacio y en general la función cognitiva reducida (como la habilidad de razonar).

Los procesos intelectuales y emocionales de los alcohólicos son usualmente deteriorados. Los alcohólicos que carecen de consciencia moral y social y se comportan

irresponsablemente sin la preocupación de las consecuencias no solo se ponen en riesgo sino también a los demás.

Epilepsia alcohólica

Del cuatro al siete por ciento de los alcohólicos sufren de ataques epilépticos. De hecho, el alcoholismo es la principal causa de un inicio tardío de epilepsia en adultos. Entre los alcohólicos, los ataques de epilepsia pueden ser relacionados directamente a intoxicación grave, al igual que desistir al alcohol.

Delirio alcohólico grave

Cuando los alcohólicos dejan de tomar de repente (usualmente sin intención), experimentan los síntomas de delirio alcohólico grave (delirium tremens) entre las 6 u 8 horas desde su última bebida. Se sienten acelerados, temblorosos, nerviosos, ansiosos y con náuseas. Si la abstinencia al alcohol continua, los síntomas pueden volverse más severos: agitación y confusión, alucinaciones, temblores, insomnio, arritmia cardíaca y fiebre. Los delirium tremens pueden ser fatales: si no se trata, el 30% de los alcohólicos morirán de esto.

Los efectos en salud mental

El consumo abusivo de alcohol puede causar una variedad de trastornos psiquiátricos. Estudios muestran que los alcohólicos tienen más problemas mentales que los no-alcohólicos. El término psiquiátrico comorbilidad es usado cuando un individuo muestra

comportamiento inadecuado al beber, junto con problemas mentales o psiquiátricos que no son causados por intoxicación aguda ni abstinencia.

La combinación de condiciones psiquiátricas y el consumo de alcohol abusivamente deben ser tomadas más seriamente, ya que las alteraciones mentales pueden ser confundidas fácilmente como efectos del alcohol. Ambos problemas deben ser tratados al mismo tiempo como parte de un plan de tratamiento integral, si no cada uno puede tener un impacto negativo en el tratamiento del otro.

Tres principales tipos de problemas psiquiátricos afectan a los alcohólicos en un mayor grado que a los no alcohólicos:

Trastornos de personalidad. Las personas que tienen problemas de bebida sufren de la gama completa de trastornos de personalidad. Po ejemplo, el trastorno de personalidad antisocial es diez veces más común entre alcohólicos que entre la población general. También hay una fuerte conexión entre el alcoholismo y todos los tipos de trastornos alimenticios, particularmente entre mujeres.

Trastornos emocionales y de ansiedad. Esta categoría incluye el trastorno bipolar y la depresión, el último es extremadamente común entre alcohólicos. La depresión debe ser tomada muy seriamente: el suicidio-una de sus consecuencias- es de ocho a diez veces más común entre alcohólicos que entre la población general. Los alcohólicos no sufren excesivamente de condiciones relacionadas a la ansiedad, como trastorno de pánico y fobia

social, pero ambos sin embargo son sobrerrepresentados entre alcohólicos que entre el resto de la sociedad.

Esquizofrenia y otras enfermedades graves. Mientras que no hay un vínculo entre la esquizofrenia y la intoxicación o la abstinencia, esta grave enfermedad es padecida cada vez más entre alcohólicos que entre no alcohólicos. La mayoría de problemas psicóticos presentados entre los alcohólicos están relacionados a la intoxicación, como se describió anteriormente en *Los efectos en el sistema nervioso*.

Los efectos en el ambiente social

El consumo abusivo de alcohol lleva a problemas sociales con serias consecuencias sociales y médicas que son frecuentemente subestimadas.

Mucho alcohol causa alteraciones en el cerebro, en el sistema nervioso central y el sistema hormonal, el cual a su vez, afecta los procesos cognitivos y fisiológicos. Cuando las personas están borrachas, todo sufre: el tiempo de respuesta, el control muscular, la destreza, coordinación entre manos y vista, la memoria a pequeño y mediano plazo y la capacidad para solucionar problemas.

En otras palabras, el rango de mortalidad es más alto entre alcohólicos no solo por las enfermedades particulares y las condiciones causadas por el alcohol pero también porque el alcohol incrementa el riesgo de suicidio, homicidio y lesiones resultantes de accidentes automovilísticos y violencia, por ejemplo.

Claramente, la intoxicación es usualmente a quien se culpa por lesiones que requieren cuidado médico. Sin embargo, no siempre es mencionado el vínculo entre intoxicación y la severidad de dichas lesiones. Por ejemplo, mientras que todas las víctimas de accidentes automovilísticos pueden sufrir lesiones graves, las víctimas intoxicadas son más propensas a lesionarse más grave o fatalmente que aquellas que están sobrias.

La razón exacta de esto no es totalmente comprendida, pero una explicación podría ser que el alcohol inhibe la producción de fragmentos moleculares conocidos como radicales libres, de este modo altera la composición química de la sangre y pudiendo causar un edema cerebral o hemorragia.

Los estudios también muestran que la intoxicación por alcohol es un factor en el 64% de los incendios y quemaduras, el 48% de hipotermia y casos de congelación, y el 40% de las caídas.

Accidentes de tránsito

La Société de l'assurance automobile du Québec reporta que en el 2016, el 33.3% de los conductores que murieron en las carreteras de Quebec estuvieron tomando. Si consideramos solamente a los conductores que tenían más del límite legal de alcohol en la sangre .08, el porcentaje baja a 25.5%, representando 88 muertes. Mientras que ese número todavía es muy alto, el porcentaje de muertes en carreteras relacionadas con alcohol ha ido cayendo durante 25 años ya que en 1987 era de 50.3%.

El impacto social de accidentes no mortales es mucho más significativo. La mayor parte de los costos sociales y económicos de la intoxicación por alcohol pueden atribuirse a la conducción en estado de ebriedad.

En cuanto a los accidentes con lesiones no mortales, los conductores ebrios están en mayor riesgo comparado a aquellos que no tienen alcohol en sus sistemas, de tener un accidente por su cuenta (como golpear un poste de luz o salirse de la carretera), contrario de tener un accidente que involucre a alguien más (como otro vehículo, un peatón o un ciclista).

Entre más graves las consecuencias de un accidente, más probable que el alcohol esté involucrado. Desde el 2012 hasta el 2016, hubo más de 1800 lesiones leves, 260 lesiones graves y 110 muertes al año causadas por el consumo de alcohol. Eso corresponde al 5%, 15% y 30% de las víctimas en cada categoría (Sûreté du Québec, 2018). En todos los casos, hombres y adultos jóvenes están en mayor riesgo de un accidente relacionado al alcohol.

Violencia

Si bien es erróneo pensar que directamente el alcohol causa violencia, la realidad es que, en nuestra sociedad, la intoxicación por alcohol tiene un impacto directo en comportamientos violentos y las lesiones resultantes.

Ya que uno de los efectos neurológicos del consumo de alcohol es la pérdida de inhibición, el alcohol es un factor determinante en el tipo de violencia usualmente asociada con la eliminación de la inhibición, como agresión sexual y física.

Estudios muestran que la probabilidad de un comportamiento agresivo incrementa con la cantidad de alcohol consumido. La intoxicación por alcohol es por lo tanto asociada con homicidio, crímenes violentos, agresiones físicas y sexuales y violación.

Un estudio Canadiense sobre adicción, llevado a cabo entre la población adulta, reveló que en los 12 meses anteriores a la encuesta, 11% de los encuestados habían sido empujados y 3% agredidos por alguien que había estado tomando. Hay un estrecho vínculo entre intoxicación y comportamiento criminal, y una parte significativa de esa relación es la causa y efecto.

Las víctimas usualmente también están intoxicadas cuando la violencia ocurre. En algunos casos, tomar pone a las personas más vulnerables a comportamientos agresivos, y a otras les provoca atacar.

Violencia conyugal

El consumo abusivo de alcohol por un miembro de una pareja puede escalar a un conflicto que puede resultar en violencia física. El riesgo de violencia conyugal incrementa con la frecuencia de intoxicación. En Canadá, el 41% de las víctimas mujeres y 25% hombres dicen que su compañero estaba bajo la influencia del alcohol cuando la violencia ocurrió. Según Statistics Canada, 26% de los hombres y 55% de las mujeres que han matado a sus parejas, estaban borrachas cuando se cometió el asesinato.

Un vínculo definitivo se ha establecido entre tomar y la gravedad de la violencia conyugal. Cuando el miembro violento estaba bajo la influencia del alcohol al momento del

ataque, la víctima está en mayor peligro de ser herida físicamente y de requerir atención médica.

Adicionalmente a la lesión física que puede resultar de violencia conyugal, los estudios han mostrado que las parejas de alcohólicos son más probables a sufrir de ansiedad, insomnio, tensión y depresión.

Sexualidad

La intoxicación por alcohol, particularmente entre personas jóvenes, es vinculada con sexo sin protección, el cual incrementa el riesgo de enfermedades de transmisión sexual (ETS) y embarazos no deseados.

Alcohol y el feto

Mujeres embarazadas que toman al punto de la intoxicación, arriesgan dar a luz a niños con síndrome alcohólico fetal. Este síndrome abarca una multitud de problemas que pueden incluir retardo de crecimiento, deficiencias intelectuales, malformaciones en el corazón, una cabeza anormalmente pequeña y otras anormalidades faciales y esqueléticas.

Para más información, vea el panfleto de Éduc'alcool llamado *Embarazo y el consumo de alcohol: sus preguntas contestadas*.

Más vale prevenir que lamentar

La mayoría de tomadores nunca sufren ninguna de las condiciones descritas en este panfleto. Sin embargo, es importante recordar que muchos síntomas pueden desarrollarse en algún punto sin alcanzar un nivel peligroso.

Nunca olvide que algunas personas nacen vulnerables al alcohol sin llevarlos a dependencia psicológica o física, igual puede afectar la función de sus órganos y sistemas.

Cuando el placer de tomar sobrepasa sus efectos dañinos, es mejor reducir el consumo de alcohol o dejar de tomar por completo, para ver si la situación mejora.

Cuando usted va a su chequeo anual, sea inteligente y dígame a su doctor cuanto toma—aunque no le pregunten—para que el doctor pueda hacer una evaluación más informada de sus análisis y resultados.

A *Éduc'alcool* le gustaría agradecer al Dr. Maurice Dongier, MD, FRCPC, Profesor Emeritus, Departamento de psiquiatría de la universidad McGill, por su valiosa contribución al revisar la última versión de esta publicación.

4.2 Translation from Spanish to English.

Abortion in Costa Rica:

Following the juridical footprints of a social taboo

Mag. Larissa Arroyo Navarrete¹

Summary

The present article develops and analyses a prohibited topic in Costa Rican society: abortion. For this purpose, it is exposed the social and juridical's reality framework of abortion. As well as, the Penalty Code in terms of penalization, the difference between

abortion and homicide as juridical figures, the protection of embryos and fetus on the Civil Code. Also, juridical assets and conflicting rights frequently reduced to the right to life and the woman's health versus the right to life of the embryo or fetus, the Artavia Murillo et al. sentence as a breaking point and its international scopes, the therapeutic abortion regulation as a rule exception, the Human Rights Committee's evaluations and recommendations, the emblematic cases of Ana and Aurora before the Inter-American Commission on Human Rights. And finally, both conclusions and recommendations will be provided.

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1.- Introduction

"International human rights organizations have several times acknowledged that when a woman's reproductive rights are rejected-including the access to obstetric, contraception, information of reproductive health or safe abortion services- are being

denied the right to decide on her own life, to protect her health and to exercise her rights.”
(Cárdenas, 2012)

Abortion has been a prohibited topic in Costa Rica's society. Usually, is a topic that it is not talked to the point that there is very little information about how many women abort in the country, how they do it, under which circumstances they do it, and even when on the legally established margins they request one to the Government. The stigma of the word "abortion" has made it to be directly related to something prohibited, illegal or that has fatal consequences. However, there are grounds for which women in Costa Rica are guaranteed, at least formally, to terminate pregnancy.

Women abort, in Costa Rica and throughout the world. There is no discussion about that, however, is the whole society and not the woman, who aborts. The society is the one who argues and decides if this should entail a social or legal penalty. Nowadays, the situation is quite clear in Costa Rica; there is a dichotomy between what is legally established and medical and juridical practice. Thus, this article pretends to delve into Costa Rica's juridical regulation analysis of abortion from the intersectionality and a perspective of human rights and gender in the only confessional country in Latin America.

2. - In numbers: The reality of abortion in Costa Rica

Unfortunately, there are little studies about the number of abortions that are done in the country. Being these provided by public health services or outside of the legally protected exceptions, therefore, it is unknown for sure under which circumstances these are done. In the case of clandestine induced abortions, in other words, those done beyond what

is allowed by the Criminal Code. As it will be seen later on, due to the social stigma and discrimination suffered by women, like the fact that they constitute a referable offense both to women and to those who support them to do it, it is impossible to have reliable data. In that sense, the most reliable data is from 2007 and it is from an investigation done by Cristian Gómez Ramírez of Costa Rican Demographic Association. Under an authentic methodology which was employed on several occasions by the “Allan Guttmacher Institute(AGI).”

This investigation gathered the opinions and perceptions of experts on the topic and combined them with the information and the medical records of health centers. Gómez established that the estimate of induced abortions per year in Costa Rica is 27.000, i.e, a rate of 22.3 abortions for every thousand women between the ages of 15 and 49; and an average of 38 abortions for every 100 born alive. That means that in Costa Rica there is an abortion for every three born alive. (Gómez Ramírez, 2008) About the induced abortions outside the health system, it is imperative to consider the book “Al amparo de la noche. La ruta crítica de las mujeres que se realizan abortos clandestinos en Costa Rica” The shelter of the night. The route that criticizes women who perform clandestine abortions in Costa Rica” because it gives tools to understand who clandestine abortions are done in the country. (Maroto Vargas, 2010)

The estimate made by Gómez Ramírez must be added to the number of abortions done under the Criminal Code's article 121. Those are the abortions done in the correspondent health centers, under legal grounds, as long as these are registered under the right procedure. Thereof, doubts about the reported number may arise because of the stigma that abortions involve for the health personnel. Nevertheless, despite the importance of the

topic, the country does not have statistics and state reports that allow knowing with certainty the number of abortion requests under current legal grounds, whether done, granted, or denied. It is with this context, that we start from the fact that the Costa Rican state has failed to massively produce and disseminate public data about the requests and consequent approvals or denials of therapeutic abortion, as well as abortions that are performed by the public and private health system.

3. - The abortion approach in Costa Rica: truths and myths

I. - Costa Rican Criminal Code and abortion penalty

Since 1970², our legislation had various penalty articles in which there is a reference to abortion. Nevertheless, the idea of abortion being prohibited in absolute terms has been generalized in Costa Rican society, health personnel and in even judiciary civil service. The truth is that although abortion is penalized, the current legislation itself makes a clear difference in the exceptions and penalties. These depend on the circumstances in which it is performed, the person or persons who perform it, if there is or not consent from the woman, and the gestational period of the embryo or fetus.

i. The penalty.

Up to now, in Libro Segundo de los Delitos under the title I of Crimes Against Life we find a section exclusively committed to abortion. Our legislation evaluates the penalty based on two essential elements: consent seen as the capacity to demonstrate it and the gestational age of the fetus or embryo. On Criminal Article 118³ is stated “Abortion with or without consent” where it is explicit that the older the gestational age, the penalty rises. The

article 118, under the title "Abortion with or without consent", proves that our legislation evaluates the penalty based on two essential elements:

- consent is seen as the capacity to demonstrate it; and
- the gestational age of the fetus or embryo.

| Consent | Gestational age | Penalty |
|--|----------------------------------|----------------------|
| Without woman's consent | The fetus has more than 6 months | 3-10 years of prison |
| Without woman's consent | The fetus has less than 6 months | 2-8 years of prison |
| With consent but the woman is under 15 years old | The fetus has more than 6 months | 3-10 years of prison |
| With consent but the woman is under 15 years old | The fetus has less than 6 months | 2-8 years of prison |

Regarding the treatment giving by our Criminal Code to the woman who performs an abortion by herself or through a third party, article 119 about "Procured abortion" coincidentally establishes with article 118 an evaluation based on the gestational age of the fetus or embryo.

² Código penal, 15 de noviembre 1970

³ **“Abortion with or without consent.**

Article 118. - Whoever causes a fetus death will be punished: 1) three to ten years of prison if they act without woman's consent or if she is younger than fifteen years old. That penalty will be from two to eight years if the fetus had reached six months of intrauterine life; 2) one to three years of prison if they act with the woman's consent. That penalty will

be from six months to two years if the fetus had not reached six months of intrauterine life.

In the previous cases, the respective penalty will be raised if the woman is killed. "

⁴ "Procured abortion. Article 119. – It will be punished with one to three years in prison the woman who consents or causes her own abortion. The penalty will be from six to two years if the fetus has not reached six months of intrauterine life."

| Consent | Gestational age | Penalty |
|---|--------------------------------|------------------------------|
| The woman who has an abortion either by her own or with help of another person. | The fetus is over six months. | 1-3 years of prison. |
| The woman who has an abortion either by her own or with help of another person. | The fetus is under six months. | 6 months- 2 years of prison. |

Furthermore, it must be considered that the penalty for a woman who has an abortion either on her own or with help of another person, is lower than the penalty established for this second person. This differentiated treatment implies the recognition that the decision to have an abortion carries weighty reasons for the legislation.

| Criminal Code | Person | Gestational Age | Prison Penalty |
|---------------|---|-------------------------------|----------------------|
| Art. 118 | The woman who has an abortion either by her own or with help of another person. | The fetus is over six months. | 1-3 years of prison. |

| | | | |
|----------|--|-----------------------------------|---------------------------------|
| Art.119 | Person, who is NOT the woman, that causes an abortion with her consent | The fetus is over six months. | 3-10 years of prison |
| Art. 118 | The woman who has an abortion either by her own or with help of another person. | The fetus is under six months. | 6 months- 2 years of prison. |
| Art.119 | Person, who is NOT the woman, that causes an abortion with her consent | The fetus is under six months. | 2-8 years of prison |

i. - Honor as a legal asset

In archaic terms, honor is an asset to protect and that is why it wants to hide the dishonor of women and it is referred like that in our Criminal Code. In such a way, it determined that it is an element to consider to reduce the penalty, the reason for wanting to hide the dishonor of women. Hence, the justification for the article's 120⁵ “Abortion honoris causa”.

Also, it is important to stand out judicial pardon under article 93⁶ of the same code above. Meanwhile, the legislator granted the honor of the woman to provide the possibility of termination of the penalty when a woman has caused her own abortion. Even for whoever produced it, if this person was an ascendant or descendant by consanguinity or

sister. The same article goes further and although it is not an explicit legal cause to terminate the pregnancy, rape is considered reason enough to grant that forgiveness.

Finally, “culpable abortion” 's penalty refers to the pregnancy interruption as long as it does not fall into any of the above circumstances and that it limits to establish fine days rather than a prison penalty. Unlike the criminal type of culpable homicide which in article 117 establishes penalties between 6 months and 19 years of prison. ⁷

⁵ “Article 120.- If the abortion has been committed to hide the woman's dishonor, either by herself or by third parties with her consent, the penalty will be three months to two years in prison.

⁶ Judicial pardon.

Article 93. - It also extinguishes the penalty, the pardon that the judges may grant the convicted in a sentence, before a report rendered by the Institute of Criminology on their personality, in the following cases:

(...)

4) Whoever has caused abortion to save her own honor or has produced it to an ascendant or descendant by consanguinity or sister for that purpose; 5) To the woman who has caused her own abortion if the pregnancy was a consequence of rape; "

⁷ Anyone who by fault causes an abortion will be punished with a sixty to one hundred twenty days fine. "

II. Homicide and abortion: TWO VERY DIFFERENT PENAL FIGURES

There have been initiatives so that the abortion penal figure was equivalent to homicide but it should be emphasized that nowadays they are two very different criminal definitions with very different legal consequences. This deserves to be thoroughly analyzed considering that in other countries like El Salvador, precisely in light of this assumption, there is a lawsuit by national civil society organizations like the Citizen Group for the Decriminalization of Therapeutic, Ethical, and Eugenic Abortion and international organizations such as Amnesty International (El Salvador's total abortion ban sentences children and families to trauma and poverty, 2015). This lawsuit is about cases where women are being incarcerated even if they suffer spontaneous abortions or are being denied access to abortion to safeguard the fetus's life which results in both deaths. (Ventas, El Salvador: "She died with the fetus inside because the law against abortion did not allow us to give her treatment for her cancer",2016). The number of prosecuted and convicted women to prison sentences up to 40 years, in some cases for aggravated homicide because of the relatedness degree has been increasing. (Ventas, Abortion in El Salvador: "If this were my wife, I already would have blown her head off", 2015). To sum up, in El Salvador these practices of abortion criminalization and equating it to homicide have had a disproportionate impact on women in more vulnerable situations since they are in poverty, without education access, and many times even for being young. (CDR, left out, chased, incarcerated. The impact of absolute criminalization of abortion in El Salvador., 2013).

In the case of Costa Rica, since 2004 this was solved by Constitutional Chamber on its 2792 sentence (action of unconstitutionality,2004) and it was established by the Artavia Murillo et al. Vs. Costa Rica sentence in 2012 (Artavia Murillo et al. (in vitro fertilization)Vs Costa Rica case, 2012). The aforementioned action of unconstitutionality

against the articles 118,119,120,121 and 122 from the Criminal Code and 31 from the Civil Code was filed by a lawyer under the argument that there was a violation of the right to equality and protected justice by constitutional article 33 since several articles of the Costa Rican Criminal Code and Civil Code treated embryos and fetuses unequally regarding people. Despite allegedly being the same legal asset "life". Additionally, it pleaded that article 121 was also unconstitutional in that it gave greater weight to women's right to health when, according to its argument, the right to life of the embryo or fetus was a superior legal asset.

In addition to that, he pleaded that article 31 from Civil Code indicated that the rule gives the person who is born alive the quality of a person, therefore, defied what was established in the Constitutional sentence 2306 (action of unconstitutionality, 2000) where in vitro fertilization was prohibited, such prohibition was maintained until the Inter-American Court settled the matter.

At that moment, the Constitutional Chamber determined that the plaintiff's argument referred to the fact that:

"(...) What is at stake here is the correctness of the decision made by the legislator regarding the criminalization of a conduct and the plaintiff's thesis axis is that a lower-ranking legal asset such as health has been preferred over another of higher hierarchy as is life "⁸

For this reason, the Chamber stated since then that the danger to a woman's health represents a danger of injuring her dignity as a human being and that the legal system cannot demand to support her. Another interesting point is that it refers to the fact that

hierarchically the right to life is not superior to the right to health, but that they are of equivalent rank. And therefore, the decision of the woman whose pregnancy could result in injuring her health, dignity, or life, cannot be sanctioned.⁹ Hence, the Constitutional Chamber concludes that there is no irreconcilable collision that warrants the annulment of the disputed rule.

⁸The highlight is not from the original.

Even though, this High Chamber speaks in this sentence of danger to women's health as an important and serious threat even when her life is not directly put at risk. It is impossible to omit the health definition by World Health Organization (WHO) in Preamble of its Constitution, which was adopted by the International Health Conference, held in New York, 19 June - 22 July 1946; signed on 22 July 1946 by the representatives of 61 States and entered into force on 7 April 1948:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” (OMS, 1946)

This definition has been widely used as a parameter by the Costa Rican Constitutional Chamber. However, there is a particular contradiction on the abortion matter, since it was the same Chamber that denied access to an interruption of pregnancy in Ana and Aurora's cases, described in this article in the emblematic cases section. Anyhow, the protection of the fetus's life and health cannot go without understanding the protection of a woman's life and health, due to the intrinsic relationship between the product of the pregnancy and the person carrying that pregnancy. This was brought back by the Artavia Murillo's sentence as developed in the dispute's Legal Assets section.

9” However, and in accordance with the doctrine and comparative legislation on the issue, it should be noted that when speaking of mother’s health danger, it is an important and serious threat that even when it does not directly put the mother’s life at risk (case in which the other normative assumption would be applicable), represents a danger of injury to her dignity as a human being of such magnitude that - for this reason - the social body is not in a position to demand to support her, under threat of a penalty. Then, it is necessary to understand that the exclusion of penalty will then operate in the case of a confrontation of two legal assets and two constitutional values, not of different but equivalent rank. In such case - the specific variables of which the Chamber cannot and should not list in the abstract, but rather to verify and declare to the competent judicial authorities - it is not at all unfortunate and even less unconstitutional that the legislator has refrained from sanctioning the preference that is made for the woman’s health if she is going to be seriously injured by the pregnancy to the degree of being also seriously affected her dignity as a human being and eventually, her life. "The highlight is not the original.

Civil Code

One of the allegations most used to affirm when abortion is discussed, is that there is a collision of rights of two subjects, meaning the fetus and the woman. Meanwhile, the embryo or fetus has the right to life based on article 31 of the Civil Code, on the existence of people, which establishes:

“Article 31. - The existence of the natural person begins when is born alive and is considered born for everything that favors her or him from 300 days before her or his birth. The loyal representation of the gestational being corresponds to whoever would exercise it

as if he or she had been born and in case of impossibility or incapacity, to a legal representative.”

In this sense, it is worth highlighting two essential points. The first one that deals with the used number to determine as born the natural person: 300 days. This does not correspond even to the counted 40 weeks since the woman's last period, the measure used in medicine to estimate birth. The second and more important is the fact that existence is determined to start only if the fetus is born alive.

Concerning the embryo or fetus's right to life, it is essential to resume the Inter-American Court of Rights standard in the *Artavia Murillo et al. Vs. Costa Rica's* case, which was the result of the dispute since 2000 to ensure access to the medical technique of in-vitro fertilization as will be seen later.

4.- Legal assets in dispute

Even with the legal grounds in force, the concept of "human life" and the legal protection granted to it have been widely debated, but especially about the alleged right to life of the product of the pregnancy. For this, it is relevant to develop the issue in light of the Inter-American Court of Human Rights judgment in *Artavia Murillo et al. Vs. Costa Rica's* case. (*Artavia Murillo et al. (In vitro fertilization) vs. Costa's* case, 2012).

Artavia Murillo Vs Costa Rica from the I/A Court H.R Judgment/sentence

On February 3, 1995, by executive decree No. 24029-S, the Ministry of Health authorized conjugal couples to use IVF and to control its implementation. However, on April 7, 1995, an unconstitutional action was filed against such decree. It was alleged that this medical practice was a supposed violation of fertilized eggs right to life and on March

15, 2000, the Constitutional Chamber annulled the decree as unconstitutional, making Costa Rica, practically the only country in the world that does not allow it.

It was until November 28, 2012, that the Inter-American Court settled the matter, but the Costa Rican State, through the Constitutional Chamber, again pleaded that there was a violation of the embryos right to life. And that therefore, it was necessary to regulate this technique through law and not by a decree as the Executive Power had tried to do. Thus, again, the dispute over the embryos right to life, created a dispute to the point of questioning, even by the Judicial Power of the obligation to comply with the judgment of the Inter-American Court. Therefore build resistance in compliance with the IVF judgment, even the Constitutional Chamber itself, which even put a stop to the presidential decree that allowed the practice of the technique. While in the legislative assembly they were working to resolve under the argument of violation the right to life and with the political and judicial questioning seriousness of the I/A Court H.R as the entity in charge of the legitimate interpretation of the American Convention on Human Rights. This was settled in February 2016 with Costa Rica's supervisory sentence/judgment from I/A Court H.R:

“By five votes to one, 4. Provide that, regarding compliance with the third operative point of the Judgment and under what is indicated in Considering 36 of this Resolution, Executive Decree No. 39210-MP-S of September 11, 2015, remains in force, without detriment of the legislative body issuing any subsequent regulation in adherence to the standards indicated in the Judgment “(Supervision of judgment compliance, 2016).

In any case, the *Artavia Murillo et al. Vs. Costa Rica* judgment left us 5 key points (UNFPA, 2016) to resolve other reproductive rights issues and in particular the issue of therapeutic abortion:

Recognition of reproductive rights and autonomy

The Inter-American Court of Human Rights recognized, in the case of *yore*, the interrelation that exists between reproductive autonomy, access to reproductive health services, within these must be included: access to scientific advances, protection of private and family life, protection to freedom and personal integrity, and to founding a family. These are seen as reproductive rights and therefore as human rights. The violation of these particularly impacts women due to the consequences of these decisions when developing their life projects. Additionally, the I/A Court H.R determined that reproductive rights are based on the recognition of all couples and individuals basic right to freely and responsibly decide: children number, birth spacing, the interval between them and to have the information and the means to do so, and the right to attain the highest level of sexual and reproductive health.¹⁰

¹⁰(*Artavia Murillo et al. (in vitro fertilization) Vs. Costa Rica case, 2012*)(paragraph 146, paragraph 150)

Access to reproductive health services

For the Inter-American Court of Human Rights, the lack of national regulations on reproductive health could result in a serious decline of the reproductive autonomy and freedom rights (Paragraph 147) and the Costa Rican Social Security Institute should include the access to IVF as part of its assisted reproduction and infertility programs and treatments, under guarantee duty regarding the non-discrimination principle (paragraph 4).

Definition of right to life concept

The life beginning's issue, the right to it, and the recognition of legal protection have constituted the biggest knot in these discussion issues. In short, the Inter-American Court determined that the CONCEPTION begins with the IMPLEMENTATION. The consequences are enormous in a country where it is still claimed that emergency contraception is abortive and therapeutic abortion should be restricted when the woman is in mortal danger, although that is not what article 121 of the Criminal Code states, which ensures all women's right to abortion with impunity to avoid danger to the woman's life or health.

The Court defined how the term "conception" should be interpreted and, based on scientific evidence, it determined that two complementary and essential moments in embryonic development must be distinguished: fertilization and implantation, noting that only when the second moment is fulfilled the cycle that allows understanding that conception exists closes. The Court stated that, when the egg is fertilized, it leads out to a different cell and with sufficient genetic information for the development of a possible "human being". The truth is, that if such embryo, it is not implanted in a woman's body, its development chances are nil. ¹¹

The recognition of the right to life's protection is gradual, NOT absolute

This is a torrential impact point in our regulations. The Court concluded that the right to life's protection is gradual and incremental but not absolute, from the embryo's implantation in the woman's uterus and as the gestational development of the latter reaches a greater degree of proximity to the live birth's psychobiological and moral condition. Most of the ACHR's Member States allow IVF practice within their territories. The Court considered that this is possible based on the interpretation given to ACHR 4th article's

scope, according to which the protection of the embryo should not be of such magnitude that the IVF technique is not allowed (paragraph 256). The Court held that within the framework of Convention's article 4.1, the absolute protection of the embryo that results from the autonomy, auto-determination, freedom, personal identity, and life project right's violation is opposed to the ACHR'S objective and purpose, that protects the human rights.¹²

¹¹ (Artavia Murillo et al. (In vitro fertilization) vs Costa Rica case, 2012) (Paragraph 186- 187; Paragraph 189; Paragraph 222; Paragraph 264).

From a legal point of view, the allegation that only the Legislative Assembly can allow IVF due to the legal reserve because of the supposed non-implanted embryo's right to life violation. The allegation collapses with the sentence interpretation against Costa Rica of the Inter-American Court from article 4.1 of ACHR, paragraph 189 on the term "conception", since it establishes that this term must be understood as implantation and therefore it ought to be read that the right to life's legal protection is due from the implantation and not from fertilization.

The embryo's protection, which is carried out through the pregnant woman's protection

Finally, the Inter-American Court of Human Rights established that the embryo's protection is carried out through the pregnant woman's protection. If conception only occurs within the woman's body, the direct object of protection is fundamentally the pregnant woman, since the defense of the unborn is essentially carried out through her protection.¹³

In this respect, paragraph 223 is decisive since it concludes the historic and systematic interpretation of existent records in the Inter-American System confirms that it is not appropriate to grant the embryo the status of a person. This is the current basis for the interpretation of our constitutional article 21 saying: "Human life is inviolable" which must be complementary with what the Inter-American Court of Human Rights established regarding the fact that the implanted embryo will enjoy the right to life's law protection, and this protection must be gradual and incremental according to the embryo's development and not absolute as the groups that work hard to undermine the rights of women and men who suffer from infertility in the country have maintained. In other words, human life must be legally protected before implantation and the right to life must be recognized after implantation.

In conclusion, the Artavia Murillo judgment is a milestone in the Costa Rican legal reality, both in substance and in form. In substance, sets the progressivity of embryo protection and places its beginning at implantation. In form, it clarifies to the Costa Rican legal system its obligations facing the international instruments and bodies that it has ratified: it is not a dead letter. Both situations undoubtedly adjust a more conducive panorama for the sexual and reproductive rights protection and fulfillment in Costa Rica.

5. - THE EXCEPTION TO THE RULE: UNPUNISHED ABORTION

As described in the previous section, the Costa Rican Penal Code includes abortion in the Title of Crimes against life in consideration of the fetus life, this despite the weighing of the penalty concerning the gestational development of the fetus, although it does not mention its feasibility as a consequence of gestational age. It is in this same title, that there is an article little known both by those law professionals, including the Judicial Power

personnel as by those health professionals either in the private or state sector. Article 121¹⁴ on unpunished abortion, popularly known as "therapeutic abortion" specifies that an abortion that necessarily has all of the following elements is not punishable:

1. - Being consensual by the woman;
2. - Being performed by a doctor or authorized obstetrician¹⁵;
3. - Being performed to avoid danger to the woman's life¹⁶;
4. - Being performed to avoid danger to the woman's health;
5. - A woman's life and/or health danger could not have been avoided by any other means than pregnancy.

5.1. - Costa Rica in the spotlight: Human Rights Committee's evaluations and recommendations to the country

I. COMMITTEE'S CONCLUDING OBSERVATIONS ON THE ELIMINATION OF DISCRIMINATION AGAINST WOMEN

In 2011, the Elimination of Discrimination against Women Committee, in its final observations of the Elimination of Discrimination against Women Committee (CEDAW Committee, 2011), expressed to the Costa Rican State its concern about the insufficient recognition and protection of the country's sexual and reproductive rights, including the lack of legal abortion access guarantee, due to the lack of clear medical guidelines which outline when and how a legal abortion can be done.¹⁷ Additionally, it recommended the development of medical guidelines on legal abortion access and its corresponding widespread among health professionals and the public in general, as well as considering the

possibility of examining the abortion law to identify other circumstances under which abortions might be allowed, such as pregnancies resulting from rape or incest cases.¹⁸

¹⁴ "Article 121.- Abortion performed by a doctor or by an authorized obstetrician with the woman's consent is not punishable when the intervention of the first would have not been possible if it has been done to avoid danger to the mother's life or health and this could not be avoided by other means. "

¹⁵ Gender-inclusive language is of recent use, therefore, it is not present in the vast majority of Costa Rican regulations, although according to constitutional jurisprudence the masculine has to be interpreted as non-restrictive of the feminine.

¹⁶ The article mentions the word "mother" and not "woman", representing an error in that the concept "mother" derives on one hand from the woman's construction identity or from the legal consequences for that woman who has given birth and that the product of that pregnancy has been registered according to the regulations as a son or daughter.

HUMAN RIGHTS COMMITTEE

The United Nations Human Rights Committee provided its observations to the Costa Rican State regarding the abortion's issue (OHCHR, 2016), stating its concern about the allowance of abortion only when there were a serious life and health risk for the pregnant woman and that the legislation did not allow other exceptions such as rape, incest, and fetus fatal disability cases, additionally that abortion in practice was inaccessible even when it answered to the only permitted reason, due to protocols absence that designate when it should be carried out, which leads pregnant women to seek clandestine abortion services that endanger their lives and health. Besides, it expressed concern over the

complaint information according to which women have been victims of violence by medical personnel and in some cases, they have even been denied basic medical procedures access.¹⁹

¹⁷32. The Committee expresses its concern about the insufficient recognition and protection of sexual and reproductive rights in the Member State. It is concerned that women do not have access to legal abortion, due to the lack of clear medical guidelines outlining when and how a legal abortion can be done (...). "

¹⁸ "c) To develop medical guidelines on legal abortion access and spread them widely among health professionals and the general public;

d) To consider revising the abortion law to identify other circumstances under which abortion might be allowed such as pregnancies resulting from rape or incest abortion cases."

¹⁹ "Abortion 17. The Committee is concerned allowance of abortion only when there was a serious life and health risk for the pregnant woman and that the legislation did not allow other exceptions such as rape, incest, and fetus fatal disability cases. Furthermore, it is concerned that abortion in practice was inaccessible even when it answered the only permitted reason, due to protocols absence that designates when it should be carried out, which leads pregnant women to seek clandestine abortion services that endanger their lives and health. Also, it preoccupies the Committee the information according to which women have been victims of violence by medical personnel and in some cases, they have even been denied basic medical procedures access (articles 3, 6, 7, and 17). Abortion 18. The Member State must: a) Review its abortion legislation to include additional grounds for the

voluntary termination of pregnancy, even when the pregnancy is the result of rape or incest and in case of fetus fatal disability, to ensure that legal barriers do not cause women to resort to clandestine abortion which puts their life and health at risk. "

It did not express that the Costa Rican State should:

"a) Review its abortion legislation to include additional grounds for the voluntary termination of pregnancy, even when the pregnancy is the result of rape or incest and in case of fetus fatal disability, to ensure that legal barriers do not cause women to resort to clandestine abortion which puts their life and health at risk;"

Child's Committee Recommendations

Child Rights Committee examined Costa Rica's fourth periodic report (CRC / C / CRI / 4) at its 1630th and 1631st sessions (see CRC / C / SR.130 and CRC / C / SR.131), held on June 10, 2011, and at its 1639th session, held on June 17, 2011, the following final observations regarding abortion were approved:

Concerns about the lack of legal abortion access, the lack of guidelines to inform physicians about when they can legally perform an abortion, the high rate of unsafe abortions, and the lack of abortion proper aftercare.²⁰ On this basis, recommended both the implementation of guidelines in which doctors will be informed when they can legally practice abortion in case of the woman's life and health are at risk. And clarification of the Criminal Code's Article 121 exception related to health applies, among other things, to pregnancies resulting from sexual violence and where the fetus has serious deformities. And to guarantee women and teenage rights to fall back to doctor's decisions; as well as to

expand legal abortion in rape and domestic violence cases and to improve availability and quality of abortion aftercare.²¹

It is worth mentioning that none of the three committee's recommendations have been fully and effectively fulfilled.

²⁰ "62. The Committee celebrates the Adolescent Health Plan 2010-2015 but is concerned about: (...) c) The lack of legal abortion access, the lack of guidelines to inform physicians about when they can legally perform an abortion, the high rate of unsafe abortions, and the lack of abortion proper aftercare. "

6. - EMBLEMATIC CASES

Recently, two women, Ana and Aurora, have lodged a complaint before the Inter-American Commission of Human Rights regarding the Costa Rican state's denial of providing them abortion which they had the right to according to the respective current regulation.

Ana (A.N) (CDR, A. N vs Costa Rica, 2008)

Ana (or A.N acronyms used in the case presented to the Inter-American Commission of Human Rights) is a woman who at 26 years old got pregnant. She did not plan it but this was exciting for her and that is why she was very worried when in the first stage of her pregnancy she started to profuse vomiting and bleeding. For this reason, she went to a state hospital to do some tests, and there she was informed with something that changed her life: a diagnosis that resulted in agony. The ultrasound revealed a high risk, 6 weeks pregnancy with "threatened abortion" of a fetus which was diagnosed with occipital

encephalocele, meaning so severe malformations that were incompatible with extra uterine life.

²¹ “c) Assume guidelines in which doctor will be informed when they can legally practice an abortion in case of it endangering the women’s life and health. And to make them clear the exception to article 121 from the Penalty Code, regarding health. It applies to the pregnancies resulting from sexual violence and pregnancies in which the fetus has serious malformations. And that it ensures the pregnant women and teenagers’ right to appeal the doctor’s decisions;

d) Expand legal abortion to rape and sexual family violence cases. Also to improve public hospitals availability and quality of attention after abortion.”

The result was a deep depression, for which knowing the Costa Rican legislation, that established the right to a pregnancy interruption to avoid a health (and life) danger and she repeatedly requested, verbally and in writing, to the hospital authorities. They refused. Meanwhile, her health was increasingly affected, to the point that at 5 months a psychiatrist determined that the pregnancy put her at a death risk by suicide and recommended the health authorities to interrupt the pregnancy.

A determining element was that in addition to the abortion denial, Ana had to face a hostile environment and mistreatment by medical personnel, which "instead of fulfilling their duty to take care of her health, they judged her and even subjected her to make jokes about her situation, further violating her fragile mental condition. "

On June 5, 2007, when she gave up hope that the health system would fulfill its duty to ensure her health, Ana's mother appealed to the Constitutional Chamber to protect her

daughter's health and life and request approval for a therapeutic abortion or with impunity as it is known by Costa Rican law. Two days later, the Constitutional Chamber determined that although the risk to her life and health had been informed and corroborated, it came from herself and not from the pregnancy. 27 days later, labor of more than 7 hours, resulted in a death female fetus. The autopsy revealed that death was due to "encephalocele and stillbirth", which, in simple words, revealed what Ana already knew that would happen: the fetus had died inside the uterus since the malformations implied that the brain's lining and protective fluid were outside the skull.

Ana lost her job, her partner, the possibility to finish her studies, the joy of living, and nowadays fights against depression, anxiety attacks, chronic diarrhea, and social inhibition. This very religious woman has tattooed on her skin the name she would have given to her daughter and she has willing to make any other woman live the torture that she remembers every day of her life since 2007.

Aurora

Even though Ana had started her battle to ensure every woman's right whose health was at risk of being able to access a pregnancy's therapeutic interruption, in 2012, Aurora (CDR, Pregnant Women's Right to Health, 2015) unfortunately, it would be proof that the health system kept discriminatory and denial practices of women's fundamental rights and that there was still a long way to go.

This pregnancy, like Ana's, was unexpected but highly desired and her life would be marked forever, when at a very early stage of pregnancy, Aurora went for prenatal care at her corresponding state hospital and received the diagnosis that the fetus had a "possible

abdominal wall syndrome." On medical advice, she had to wait until week 11, to be certain of the diagnosis, which turned out to be the same: the fetus malformations restrained any possibility of outside the uterus survival. This was produced in Aurora throughout the pregnancy, an acute depressive state, symptoms of explosive vomiting, and severe and continuous physical pain, which the doctor affirmed that they were "normal". Ana's story was repeated and although on multiple occasions, verbally and in writing, Aurora requested the termination of the pregnancy due to the danger to her integral health, that is, physical and emotional. The argument that came out of the doctors' mouths and health authorities was the same: a pregnancy could only be interrupted if it puts the woman's life at risk. The allegations that this was not what Article 121 of the Costa Rican Penal Code said and that they were whimsically restricting a criminal form, without valid reason and less with the legal power to do so, were useless.

She also appealed, like Ana, to the Constitutional Chamber, since her physical and emotional health worsened, to demand no longer access to abortion with impunity but an early birth. The time she had wasted requesting the medical authorities for her right to therapeutic abortion had made the situation much more serious than it initially was. In theory, the weeks of gestation meant that a fetus without malformations could survive outside the uterus, and therefore, even if it had congenital pathologies diagnosed as incompatible with extrauterine life, the procedure that applied could not be abortion, but rather an early birth for her suffering not lengthening.

The answer was received 7 weeks after the inevitable happened: she was intervened in emergencies, between severe pain and premature rupture of the membrane. She gave

birth to a fetus who died immediately after the cesarean section. Since then, Aurora suffers from social inhibition, anxiety, and a serious emotional disturbance.

Ana and Aurora's case before the IACHR

In 2008, Ana presented her case to the IACHR accompanied by the Costa Rican Collective Organization for the Right to Decide and with the legal support of the Center for Reproductive Rights. For 2013, with the same conviction that no woman would ever experience the torture and inhuman and degrading treatment to which she was exposed, Aurora filed her complaint before the same entity and with the same accompaniment. Currently, Anna and Aurora are represented by the Asociación Ciudadana ACCEDER and by the Center for Reproductive Rights and is in a process of negotiation of an amicable agreement initiated at the request of the Costa Rican State.

7. - Barriers to therapeutic abortion access: How many more Anas and Auroras?

Although, there is a vast list of possible and real barriers to accessing abortion with impunity, some to consider immediately are:

There is no official data on how many women request an abortion with impunity per year because their health is at risk or how many women access this medical procedure for the same reason. In the same way that occurs with induced abortion by causes that do not correspond to article 121 of the Criminal Code, the Costa Rican state has neglected to deepen a study of the collection, systematization, and analysis of information that is decisive for decision-making in public health matter.

The creation and approval of the regulation of article 121 is awaiting, which indicates to the health personnel and provides them with security about which are the

causes allowed by law in the country, to know expressly, that it is not only the woman's life who is supervised and protected but also health.

The fear of health personnel being denounced for regulations ignorance can only be eased under the urgency of a change in university's curriculum of health careers that allows the addition of human rights, gender, and particularly sexual and reproductive rights approach in the framework of technologies to not work.

The very lack of knowledge in legal matters from medical personnel, even those of the judiciary itself, is supported by the fact that Costa Rica is a confessional state that supports with impunity the imposition of moral and religious criteria over technical-medical and legal criteria.

The lack of technical regulation has made institutional customs equate to regulations as a product precisely of training in human rights, gender, and current regulations in health careers scarcity.

The lack of recognition of women about their rights and the mechanisms to demand them. This has implied a breach by the state of campaigns for the information spread on reproductive rights and their access mechanisms as well as a complaint in case of denial and therefore.

8. - Final conclusions.

A long time has passed since the action of unconstitutionality was filed where woman's right to health was questioned above the embryo's right to life, and from the constitutional court's resolution, but society and even the legal community keeps holding

frequent questions about the right of women in Costa Rica to make decisions about their bodies and therefore the actions aimed at materializing that will. This derives from the omission of the recognition of these as subjects of rights, holders of the dignity inherent to their condition of the person.

This is a taboo topic, and where, without a doubt, a weighing exercise is required to determine a possible collision of rights, but this cannot be done ignoring the fact that women are subject to rights with a dignity inherent to their condition as the person to be able to decide on their body, nor the differentiated impact on the denial of access to reproductive services including abortion with impunity.

The affectation by this denial, always taking into account the will of the woman as an essential requirement for any medical practice, implies being able to recognize therefore that there are rights systematically violated by the Costa Rican State such as the right to life, in its broader interpretation, that is, the right to a life with dignity and free from all kinds of violence, including that done by the state, the right to physical and emotional integrity, among others, without omitting the right to have resources.

Faced with the allegation of a supposed collision of rights between the woman's life and health and the life of the pregnancy product, be it an embryo or fetus, international human rights standards must be considered at all times. In this sense, the Artavia Murillo sentence establishes that the embryo or fetus protection can only be given through the protection of women.

On the other hand, it seems that the constant in trying to take as equivalent the right to life of an embryo with that of a fetus, without considering gestational age, omits several

points such as that our own system considers this element of pregnancy product's development of great relevance, even to determine the penalties, besides, that in article 121 of the Criminal Code deadlines to allow abortion is not established, but there are other requirements, among others that the woman's health or life could be at risk. Emphasis should be placed on those who "could" and not on those who necessarily "is" at risk in addition to the prevalence of the women's right to health, even over the right to life of the embryo or fetus.

In summary, decades ago, our own internal law established the weighting examination to the point that it guarantees the right of women to interrupt pregnancy to avoid a risk to their health, coinciding, by the way, with the Artavia Murillo sentence that emphasizes gradual protection and no absolute right to life of the fetus, however, we continue without guaranteed abortion access with impunity as current regulations establish and without covering discussions on the socio-cultural plane far from stigmas, stereotypes, and myths, of course, unrelated to scientific evidence.

CHAPTER V

Data Analysis

In this chapter, the investigator will present the results of the data analysis performed to the documents *El aborto como tabu en el derecho humano* from Spanish into English and *Alcohol and Mental Health and The Effects of Abusive Drinking* from English into Spanish. Johnson (2011, p 1) explains that “*Data analysis is a process used to transform, remodel and revise certain information (data) with a view to reach to a certain conclusion for a given situation or problem.* Later on, adds that “*Data analysis, in a research supports the researcher to reach to a conclusion.*” Furthermore, this information will answer the research question formerly asked in this paper and leads to its conclusion.

The instruments used helped the investigator before the translation of the documents to determine key aspects of the text, as well as during and after the translation with the method election and its specific rules and frequent or unknown terms. All the information gathered needs to be organized as Merriam (2009, p. 237) mentions: “... *a great amount of qualitative data needs to be sorted through, selected, and woven into a coherent narrative.*” Therefore, the results will be available for all interested people in the fields mentioned in this investigation, hopefully this approach will fulfill their needs.

5.1 Analysis and Interpretation of the Results

As mentioned before on Chapter III, the instruments used to make such analysis were text analysis chart based on Newmark’s knowledge (1988), a color coding explaining which translation procedure was used in specific sentences, and a glossary with frequent and very important terms. The chosen instruments made easy the tasks of data collection

for the analysis of both texts, the effect of translation methods, ~~in them~~ and the relevance of the translation tools, besides of the interpretation of the results, since the instruments were accurate and straightforward.

5.1.1 Text Analysis

The first step a translator must take when translating is to read the source text and then analyze it. The text analysis comprise aspects that are needed for the translator to start developing the translation. Style, function, tone, different scales, and type of translation are the aspects that help the translator to identify the text and render an accurate translation.

The following chart contains the results of such analysis done by the researcher.

| | El aborto como tabú en el derecho | Alcohol and Mental Health | The Effects of Abusive Drinking |
|---|--------------------------------------|------------------------------|------------------------------------|
| Text Style | Descriptive | Descriptive | Descriptive |
| Scale of Formality | Formal | Formal | Formal |
| Scale of Generality or Difficulty | Educated/technical | Educated | Educated |
| Scale of Emotional Tone | Intense/factual | Warm/factual | Warm/factual |
| Text Function | Informative | Vocative/ informative | Vocative/ informative |
| Type of Translation | Semantic | Semantic | Semantic |

Table 5 shows the text analysis carried out to the translated texts. Source: Researcher's own creation.

The first aspect analyzed in the text analysis chart is the style. The three of them are descriptive since the topic and specific situations are developed with many details and in a vivid form by helping the readers to better comprehend them. For instance, the Spanish text in Spanish describes legal processes related to abortion in Costa Rica, specific cases, differences among mistaken terms, assets, rights, evaluations, and recommendations. The texts in English give a description of how alcohol affects people in different situations such as during pregnancy and when having a mental disorder, driving, having intercourse or taking medication. As mentioned in Chapter II, there are three types of description. The text *El aborto como tabú en el derecho* is a subjective description because of the emotions shown when illustrating the unfairness and breach of the Costa Rican laws regarding abortion. Meanwhile, the other two texts about alcohol are objective, as they do not show many emotions rather, they go straight to the point. They have neutral vocabulary and emphasizes on the information given.

The second aspect of this chart is the scale of formality. According to the research made of the mentioned texts, they were classified as formal. These texts are official and have very serious content. The first one was actually written by a lawyer and has long sentences full of legal information from the Costa Rican Penalty Code and the Inter-American Commission on Human Rights. The last two texts are also formal, since they are also serious documents related to health. They were written by trustworthy specialists who at great length cite official health investigations and Canadian governmental census.

According to the scale of generality or difficulty, the researcher found that the three texts in discussion have an educated level. Moreover, the text about abortion is also considered technical, as the legal information written had to be researched thoroughly because it is not of general knowledge. On the other hand, an educated level in scale means that the texts are formal and have content that aims to inform or teach. For example, all these texts can be relevant to institutions wanting to apprise their learners or members on abortion in Costa Rica and alcohol effects in the people mostly in Canadian citizens. The latter have vocabulary pretty easy to understand, and there were even images that really helped.

The scale of emotional tone is the fourth aspect. It refers to content, narrowness, and complexity. The text about abortion is classified as intense and factual in this scale. Intense because it is concentrated, and it can be felt the passion of the author regarding the topic; besides, it can be factual as the text is full of facts and certainty. The author cites many constitutional articles and laws. Moreover, the other two texts are also factual because they cite many doctors, health, and governmental institutions. Furthermore, they are written in a warm emotional tone. These texts invite the readership to be aware of what they are explaining and to take care. They give daily basis examples and have many colors and images, which can make the readership comfortable.

The text function of the first text is informative. As it has been mentioned throughout this section, this thesis informs an external and real situation. Informative texts have subdivisions and in this case, the abortion text is categorized as a formal, non-emotive, technical informative text because of the many literal language, latinised vocabulary, and

multi-noun compounds. Furthermore, the other two texts have a vocative function, which means that they focus on the readership. Its goal is for the audience to act, think, or feel what is being said as a way to persuade them. These texts are formal and are written with vocabulary on the same linguistic and cultural level of the readers. Further to this, their aim is to share specific knowledge, while when talking about the subdivision of the informative texts these texts are formal and technical.

Finally, the type of translation is the last aspect to be analyzed. This is because to determine the type of translation it is fundamental to have clear the aforementioned aspects; for instance, the linguistic level and text function. Both translations are semantic since they concentrate on the message, as well as on the readership. They are simple, clear, and naturally written and try to transfer the same feeling the author wanted. As mentioned in Chapter II, this type of translation is present in informative and vocative texts such as the ones translated. Moreover, Newmark (1981) stated that it is more comfortable for the translator to translate this type because it is not very strict which in this case, the investigator can confirm it. This analysis chart helped the investigator not only to fully understand the texts, but also to transfer the same intention and feeling of the author and more importantly, to translate them as accurate as possible following all the specific characteristics of each aspect.

5.1.2 Color Coding

As a way to identify the different translation methods used in the texts, a color coding is needed. In the process of making it, the researcher was able to detect mistakes and improve the translations. In addition, she was able to compare the translation procedures and understand them better. More importantly, the researcher analyzed the texts' total

structure including syntax, morphology, lexis, and pragmatics. The researcher used seven translation procedures, and each one of them has a different color of font or highlighter.

This will depend on how many procedures-a sentence has and that the colors are not heavy to see or difficult to be found. The assignment is transposition is highlighted in yellow, modulation in light blue font, amplification is in green font, explicitation is in purple font, literal translation can be found with pink font, and finally, the punctuation changes are in orange. It is important to add that omissions are represented with red color, but they are going to be found in the source text. This is because it is in there were the researcher and the readers can note better what is omitted in the translation. Moreover, the punctuation changes can be represented and therefore, found in the next word of the punctuation mark omitted.

| Translation Method | Color Representation |
|---------------------------|-----------------------------|
| Transposition | Yellow |
| Modulation | Blue |
| Omission | Red |
| Amplification | Green |
| Explicitation | Purple |
| Literal Translation | Pink |
| Punctuation Changes | Orange |

Table 6 shows the colors used in the text. Source:

Researcher's own creation.

5.1.2.1 Color Coding Alcohol and Mental Health and The Effects of Abusive

Drinking

Paragraph 1

Original Version

As a general rule, alcohol affects people's mood, often in a positive way. Conversely, drinking is associated with various psychological states. "Our use of alcohol is associated with times of emotion—we drink when we feel sad, we drink when we feel happy." In the vast majority of cases, there is no direct relationship between drinking and a person's psychological state, and alcohol causes no particular problems. However, for individuals with mental disorders, drinking can have serious consequences.

Translated Version

Como regla general, el alcohol afecta el humor de las personas, a menudo positivamente. Por otro lado, su consumo es asociado a varios estados psicológicos. "Nuestro consumo de alcohol es asociado a los momentos emotivos, bebemos cuando nos sentimos tristes, bebemos cuando nos sentimos felices". En la mayoría de los casos, no hay una relación directa entre el consumo de alcohol y el estado psicológico de una persona, además, el alcohol no causa problemas particulares. Sin embargo, para personas con trastornos mentales, la bebida puede conllevar a serias consecuencias.

Paragraph 2

Original Version

In fact, research has confirmed that there is a two-way link between mental illness and alcohol abuse or dependence. In this report, Éduc'alcool presents some of the **research** findings in everyday language, with a view to protecting those who are most vulnerable to the effects of alcohol. The goal of this brochure is to inform the public about the relationship between mental illness and problem drinking. In it, you will find the results of population based studies **dealing** with mental health, and with drinking problems among adults who suffer from mental disorders.

Translated Version

De hecho, **investigaciones han confirmado** que **existe** un vínculo de **dobles sentidos** entre trastorno mental y **el** abuso o dependencia **al** alcohol. En este reporte Éduc'alcool presenta, en lenguaje cotidiano, algunos de estos hallazgos, con la visión de **proteger** **a los** más vulnerables a los efectos del alcohol. La meta de este panfleto es informar al público sobre la relación entre trastorno mental y **un problema con la bebida**. **En este panfleto** encontrará los resultados de **estudios poblacionales** **en el que se mencionan** la salud mental y **su relación con** los problemas de consumo de alcohol en adultos que sufren de enfermedades mentales.

Paragraph 3

Original Version

Without compromising scientific rigour, **we** have used a simple, straightforward style to explain the strong correlation between mental disorders and problem drinking. The brochure covers the reasons why people with mental health problems must be particularly

careful when drinking. It explains the conditions under which drinking might even lead to mental disorders. And it provides a list of services available to those in need. We hope this publication **will be** useful not only to those who suffer from mental illness, but also to the people who care about them. It serves to remind us that we are all vulnerable, that any kind of problem can affect any one of us, and that for **all** of us, moderation is always in good taste.

Translated Version

Sin comprometer **el** rigor científico, hemos usado un estilo simple y **directo** para explicar la fuerte correlación entre trastornos mentales y **problemas con la bebida**. **El** panfleto **incluye las razones del por qué las personas con problemas en su salud mental deben ser particularmente cuidadosas cuando toman**. Explica las condiciones en las cuales el **(consumo de alcohol)** podría llevar a una enfermedad mental. También provee una lista de servicios disponibles **para los que lo necesitan**. Esperamos que esta publicación **ayudará** no solo **a los que sufren** de una enfermedad mental, sino también **a los que se preocupan** por ellos. Sirve para recordarnos que somos vulnerables, que cualquier tipo de problema puede afectar a cualquiera de nosotros y que, para todos nosotros, **la** moderación siempre es de buen gusto.

Paragraph 4

Original Version

Unfortunately, many people think of mental illness as different from other illnesses. Individuals who suffer from mental disorders are **all too** frequently perceived as unstable, unpredictable, dangerous or lazy. They may even be stigmatized. According to the Canadian Medical Association, barely half of us would dare admit to a friend or co-worker

that a family member had been diagnosed with a mental illness. And yet, mental health problems are common and on the rise among all segments of the population. It can happen to anyone.

Translated Version

Desafortunadamente, muchas personas piensan **que una** enfermedad mental es diferente a otras enfermedades. **Las personas** que sufren de un trastorno mental son frecuentemente percibidas como inestables, impredecibles, **peligrosas, perezosas y pueden ser hasta rechazadas**. Según la Asociación Médica Canadiense, apenas la mitad de nosotros se atrevería a admitirle a un amigo o compañero de trabajo que un miembro **de la** familia ha sido diagnosticado con una enfermedad mental. **Sin embargo**, **los** problemas de salud mental son comunes y **van en aumento** entre todos los **grupos** poblacionales. Puede pasarle a cualquiera.

Paragraph 5

Original Version

Studies show that, over the course of a lifetime, about 60% of the population will experience a period of great stress or a traumatic event, such as the sudden death of a loved **one**, an assault, or a serious accident. For some, this trauma will cause long-term stress. It is estimated that 7% to 10% of the adult population suffers from chronic stress. One Canadian health study shows that 23% of Quebecers will suffer from a mood or anxiety disorder at some point in their lives. That's a total of more than 1.3 million Quebecers.

Translated Version

Estudios muestran que, **a lo largo de la vida**, cerca **de un** 60 % de la población

experimentará un periodo de mucho estrés o un evento traumático, como **una** muerte inesperada de un ser querido, un asalto o un accidente grave. Para algunos, este trauma **causará estrés a largo plazo**. Se estima **que entre** un 7 % a **un** 10 % de la población adulta sufre de estrés crónico. Un estudio de salud canadiense muestra que **el** 23 % de quebequenses sufrirán **en algún punto de sus vidas** de un trastorno emocional o de ansiedad. Eso es un total de más de 1.3 millones de quebequenses.

Paragraph 6

Original Version

In the last 12 months, 8% of Quebecers have had a mental health problem. Mental disorders strike anywhere, regardless of sex, age, or economic position. However, in Quebec, major depression, mania, panic disorder, social phobia and agoraphobia are diagnosed more commonly among women (11%) than among men (6%). Men are more likely to suffer from antisocial personality disorder with impulsive behaviour. Also, these disorders seem to be more common among young people 15-24 (13%), as opposed to older adults 25-64 (8%) or seniors 65 and older (3.3%). What's more, people from lower-income households are more affected (15%) than those with higher incomes (6%).

Translated Version

En los últimos 12 meses, 8 % de los quebequenses han tenido un problema **de** salud mental. **Los** trastornos mentales atacan **en** cualquier lugar, **sin importar** el sexo, **la** edad o **la** posición económica. **No obstante**, en Quebec, la depresión severa, manía, trastorno de

pánico, fobia social y agorafobia son diagnosticadas más comúnmente en mujeres (11 %) que en hombres (6 %). Los hombres son más propensos a sufrir de trastorno de personalidad antisocial con comportamiento impulsivo. Estos trastornos también parecieran ser más comunes entre personas jóvenes, entre edades de 15 a 24 (13 %), al contrario de adultos entre 25 a 64 años (8 %) o personas de la tercera edad o mayores (3.3 %). Además, las personas de bajos recursos son más afectadas (15 %) que aquellas con mayores ingresos (6%).

Paragraph 7

Original Version

Studies done in the United States and United Kingdom show that, compared to the general population, almost twice as many people with mental health problems have a problem with alcohol dependence. One Canadian health study showed that people who had suffered from major depression in the previous 12 months were more likely to have abused alcohol (12.3%) than the rest of the population (7%). The same people were also more likely to suffer from alcohol dependence (5.8%) than others (2.6%). Quebecers who acknowledge having had a mood or anxiety disorder at some point in their lives are three times more likely to have a problem with alcohol dependence than others (3.8% compared to 1.3%).

Translated Version

Estudios realizados en los Estados Unidos y el Reino Unido muestran que, comparado con la población general, casi el doble de las personas con problemas de salud mental tiene un problema de dependencia al alcohol. Un estudio canadiense de salud mostró que las personas que han sufrido de una gran depresión en los anteriores 12 meses

fueron más propensas a abusar del alcohol (12.3 %) que el resto de la población (7 %). Las mismas personas también fueron más propensas a sufrir dependencia al alcohol (5.8 %) que otros (2.6 %). Los quebequenses que reconocen haber tenido un trastorno emocional o de ansiedad en algún momento de sus vidas son tres veces más propensos a tener problemas con la dependencia al alcohol que otros (3.8 % comparado con 1.3 %).

Paragraph 8

Original Version

It is often observed that people with mental disorders drink alcohol for its soothing properties, in an attempt to make themselves feel better. This practise is known as selfmedication, and it is the third main theory that seeks to explain the link between mental health and alcohol dependence. People in distress take psychoactive substances to escape their pathological condition, or at the very least to attenuate the symptoms, which are neurobiological in origin. In other words, they do not self-medicate in order to remedy a mental disorder, but to combat the suffering, sadness, anger or agitation it causes.

Translated Version

Usualmente, se observa que las personas con trastornos mentales toman alcohol por sus propiedades de relajación, en un intento por hacerse sentir mejor con ellos mismos. Esta práctica es conocida como automedicación y es la tercera gran teoría que intenta explicar el enlace entre salud mental y la dependencia de alcohol. Las personas con dolor toman sustancias psicoactivas para escapar de su condición patológica o al menos atenuar los síntomas, los cuales son de origen neurobiológico. En otras palabras, ellos no se auto

medican para remediar un trastorno mental, sino para combatir el sufrimiento, la tristeza, el enojo o la intranquilidad que el trastorno causa.

Paragraph 9

Original Version

Generally speaking, within any given population, there are individuals presenting symptoms of anxiety, depression or psychosis who will not necessarily develop any serious anxiety, mood or psychotic disorders. Sometimes, their close relatives suffer the same pathologies. Such people are thus predisposed to mental illness, although it's not a certainty. Anyone who feels particularly anxious or depressed and is experiencing unusual symptoms, such as difficulty concentrating, reduced focus, sleep disturbances or a need to withdraw socially, should be very careful and avoid alcohol completely. Alcohol can make people who are genetically predisposed to mental illness even more vulnerable.

Translated Version

Por lo general, dentro de cualquier población dada, hay personas que presentan síntomas de ansiedad, depresión o psicosis, los cuales no necesariamente desarrollarán algún trastorno de ansiedad, emocional o psicótico. A veces, sus parientes cercanos sufren las mismas patologías. Por lo tanto, dichas personas están predisuestas a una enfermedad mental, pero no es una certeza. Cualquiera que se sienta particularmente ansioso o deprimido y está experimentando síntomas inusuales como: Dificultad para concentrarse, enfoque reducido, alteraciones del sueño o tiene la necesidad de, debería ser muy cuidadoso y evitar el alcohol por completo. El alcohol puede hacer a las personas, que son genéticamente predisuestas a enfermedades mentales, aún más vulnerables.

Paragraph 10(1 and 2 from alcohol and health)*Original Version*

Quebecers are very concerned about the relationship between alcohol and health. When asked what interests them most about drinking, the consensus is clear and consistent: the link between drinking and health is always first on the list. Éduc'alcool is well aware that knowledge alone does not determine human behaviour. However, it does help people make decisions. The more informed people are about the effects of drinking, the more intelligently they can appreciate and enjoy drinking moderately, and the more successfully they can avoid abusive drinking and its terrible effects.

Translated Version

Los quebequenses están muy preocupados por la relación entre alcohol y salud. Cuando se les pregunta qué es lo que más les interesa de tomar alcohol, el consenso es claro y consistente: el vínculo entre tomar alcohol y la salud está siempre de primero en la lista. Éduc'alcool es consciente de que el conocimiento solo no determina el comportamiento humano. Sin embargo, ayuda a las personas a tomar decisiones. Cuanto más informadas estén las personas acerca de los efectos de tomar alcohol, más inteligentemente pueden apreciar y disfrutar el consumo moderado de alcohol, y de manera más exitosa pueden evitar el consumo abusivo de alcohol y sus terribles efectos.

Paragraph 11*Original Version*

Some pathological conditions are not caused only by excessive drinking. As a

result, when someone does not have the classic or stereotypical profile of an alcoholic, alcohol may not immediately spring to mind as a cause of the symptoms displayed. When it comes to alcohol, **we** are not all born equal. Some of **us** are more sensitive to its effects than others. Some people are more vulnerable because of biological or genetic reasons. In such people, a number of conditions may be brought on by a relatively small amount of alcohol. **And** some complications result not from drinking, but from alcohol withdrawal. Dependency is caused by the effect of alcohol on areas of the brain known as the "pleasure centres."

Translated Version

Algunas condiciones patológicas no son causadas solo por **el consumo de alcohol en exceso**. Como resultado, cuando alguien no tiene el **clásico perfil estereotipado** de un alcohólico, **el alcohol** puede no ser **la primera causa** inmediata **que se viene** a la mente con los síntomas mostrados. Cuando se **trata** de alcohol, no todos nacemos iguales. Algunos somos más sensibles **que otros a los efectos del alcohol**. Algunas personas son más vulnerables **debido a** razones biológicas o genéticas. **En dichas personas, un número de condiciones puede ser provocado por una relativamente pequeña cantidad de alcohol.** Algunas complicaciones no resultan por **el consumo de alcohol**, sino por la abstinencia. La dependencia es causada por el efecto del alcohol en áreas del cerebro conocidas como los "centros **del** placer".

Paragraph 12

Original Version

When these pleasure centres are stimulated by alcohol, they give the drinker a sense

of well-being. When drinkers become dependent on that feeling, it's difficult for them to stop drinking. In fact, when alcoholics quit drinking, **they** are often physically very unwell: 4% of them suffer convulsions and 6% suffer from an acute form of delirium called delirium tremens (also known as the DTs). Medication may be necessary to relieve these symptoms and strong psychological support is always advised. You don't have to be an alcoholic to suffer the effects of alcohol. **It** happens that some people who are particularly vulnerable to alcohol drink more than their bodies **can** tolerate, while others simply drink **too** much.

Translated Version

Cuando estos centros del placer son estimulados por alcohol, **le dan una sensación de bienestar al tomador**. Cuando **los** tomadores **se** vuelven **dependientes** de ese sentimiento, **se les hace** es difícil dejar de tomar. De hecho, cuando **los** alcohólicos dejan de tomar, a menudo **se ponen** muy mal físicamente: **El** 4 % de ellos sufren convulsiones y **el** 6 % sufre una forma grave de delirio llamada Delirium trémens (**delirio tembloroso**). **Los medicamentos** pueden ser necesarios para aliviar estos síntomas y **siempre es aconsejable un fuerte apoyo psicológico**. No tienes que ser un alcohólico para sufrir de los efectos del alcohol. Pasa que algunas personas que son particularmente vulnerables al alcohol toman más de lo que sus cuerpos pueden tolerar, mientras que otros simplemente toman más.

Paragraph 13

Original Version

Alcohol is an irritant for the entire digestive tract, including the mouth, throat,

esophagus, stomach and intestines. Alcohol also affects the valves that control the passage of food from the mouth to the intestines. Alcohol is a food and the liver is responsible for digesting it. The liver is a little factory capable of **breaking down** about 7-8 grams of pure alcohol an hour. That equals a reduction in blood alcohol of about 15-17 mg/100 ml per hour. That's about: one 340-ml/12-oz bottle of beer (5% alcohol), one 140-ml/5-oz glass of wine (12% alcohol), one 45-ml/1.5-oz shot **of spirits** (40% alcohol)

Translated Version

El alcohol **irrita** todo el tracto digestivo, incluyendo la boca, **la** garganta, **el** esófago, **el** estómago y los intestinos. El alcohol también afecta las válvulas que controlan el paso de **la** comida desde **la** boca hasta los intestinos. El alcohol es una comida y el hígado es **el** responsable de digerirlo. El hígado es una pequeña fábrica capaz de descomponer **por hora** **cerca de 7 a 8 gramos de puro alcohol**. Eso **es igual** a una reducción **de alcohol en la sangre** de aproximadamente 15-17 mg/100 ml por hora. Eso es: **Una botella de cerveza de 340-ml/12-oz** (5 % alcohol) **Una botella de vino de 140-ml/5-oz** (12 %alcohol) **Un trago de 45-ml/1.5-oz** (40 % alcohol)

Paragraph 14

Original Version

When a person drinks more than the liver can process, lesions begin to form. Alcohol-related liver disease progresses from a relatively benign condition of fat cell accumulation known as “fatty liver” (hepatic steatosis) to more serious inflammation (alcoholic hepatitis) and finally cirrhosis. Both hepatic steatosis and alcoholic hepatitis are

reversible conditions that in some cases may improve without long-term consequences if the person stops drinking completely. However, if drinking continues, the oncereversible conditions will develop into severe hepatitis or cirrhosis in 25% of cases. Both of the latter are very serious diseases with a 5-year survival rate of 20% to 60%.

Translated Version

Cuando una persona toma más de lo que el hígado puede procesar, se empiezan a formar lesiones. Las enfermedades del hígado relacionadas con el alcohol progresan de una condición relativamente benigna en la que se acumula grasa en la célula conocida como “hígado graso” (esteatosis hepática) a una inflamación más seria (hepatitis alcohólica) y, finalmente, a cirrosis. Ambas, la esteatosis hepática y la hepatitis alcohólica, son condiciones reversibles que en algunos casos pueden improvisar sin dejar consecuencias a largo plazo, si la persona deja de tomar por completo. No obstante, si el consumo continúa, las condiciones que una vez fueron reversibles se convertirán el 25 % de los casos en cirrosis o hepatitis severa. Ambas enfermedades mencionadas al final son muy graves con una tasa de supervivencia de 5 años del 20 % al 60 %.

Paragraph 15

Original Version

In 80% to 90% of all cases, alcohol is the cause of both acute and chronic forms of pancreatitis. Acute pancreatitis can be treated and healthy function restored, but chronic pancreatitis causes permanent scarring that results in long-term impairment of pancreatic

function and the possibility of multiple complications. Acute pancreatitis is often an indicator of a chronic condition to come. Regular heavy drinking continues to take its toll on the pancreas, sometimes causing a permanent inflammation that can seriously impair the exocrine (glandular) function of the pancreas.

Translated Version

Del 80 % al 90 % de todos los casos, el alcohol es la causa de **ambas formas de pancreatitis grave y crónica**. La pancreatitis aguda puede ser tratada y la función saludable **páncreas** restaurado, pero la pancreatitis crónica causa *cicatrices permanentes* que resultan en el deterioro de la función pancreática a largo plazo y la posibilidad de complicaciones **múltiples**. La pancreatitis aguda es usualmente un indicador **de que** una condición crónica está **por** venir. **El consumo** regular excesivo continua **pasándole factura** al páncreas, **a veces** causa una inflamación permanente que puede causar **un serio** daño en la función exocrina (glandular) del páncreas.

5.1.2.2 Color Coding El Aborto como tabú en el derecho humano.

Paragraph 1

Original Version

El aborto ha sido un tema prohibido en **la** sociedad costarricense. De este terna, no

se suele hablar al punto que contamos con poquísima información sobre cuántas mujeres abortan en el país, como lo hacen, en qué circunstancias lo hacen e incluso cuando lo solicitan al Estado en los márgenes establecidos legalmente. La estigmatización de la palabra "aborto" ha hecho que se relacione directamente con algo prohibido, ilegal o con consecuencias funestas, **no** obstante, existen causales por **las** cuales **las** mujeres tienen garantizado en Costa Rica, al menos **en el plano de lo** formal **el** derecho a interrumpir **el** embarazo.

Translated Version

Abortion has been a prohibited topic in **Costa Rica's society**. **Usually**, is a topic that it is not talked to the point that **there is very little** information about how many women abort in the country, how they do it, **under** which circumstances they do it, and even **when on the legally established margins they request one to the Government**. The stigma of the word "abortion" has made it **to be** directly related to something prohibited, illegal or **that has** fatal consequences. However, **there are** grounds for which women in Costa Rica are guaranteed, at least formally, to terminate pregnancy.

Paragraph 2

Original Version

Las mujeres abortamos, en Costa Rica y **en** el mundo entero. Sobre esto no **cabe**

discusión, **no** obstante, es la sociedad entera, y no la mujer quien aborta, quienes discuten y deciden si esto debería conllevar una sanción social y / o una pena jurídica. Actualmente la situación es bastante clara en Costa Rica; hay una dicotomía entre **lo** que se establece legalmente y la práctica médica y jurídica. **Es** por ello **que** este artículo pretende ahondar en **el** análisis de la regulación jurídica en Costa Rica del aborto desde la interseccionalidad y desde una perspectiva de derechos humanos y género en el único país confesional de América Central.

Translated Version

Women **abort**, in Costa Rica and **throughout** the world. **There is** no discussion about that, however, is the whole society **and not the woman, who aborts**. **The society is the one** who argues and decides if this should entail a social or legal penalty. Nowadays, the situation is quite clear in Costa Rica; there is a dichotomy between what is **legally established** and **medical and juridical practice**. Thus, this article pretends to delve into **Costa Rica's juridical regulation analysis of abortion from the intersectionality and a perspective of human rights and gender in the only confessional country in Latin America.**

Paragrap 3

Original Version

Desde 1970, nuestro ordenamiento contaba **con** varios artículos penales en **los**

cuales hace referencia al **tema del** aborto. **No** obstante, se ha generalizado la idea de que el aborto es prohibido en términos absolutos, **tanto en la** sociedad costarricense **como en el** personal **de** salud e incluso funcionariado **del** Poder Judicial. Lo cierto es que, si bien **el** aborto está penalizado, **el** propio ordenamiento vigente hace una clara diferencia en las excepciones y **las** penas dependiendo de las circunstancias en las cuales se realiza, la persona o **las** personas que lo realizan, si existe consentimiento de la mujer o no y el periodo gestacional del embrión o feto.

Translated Version

Since 1970, our legislation **had** various penalty articles in which **there is** a reference to abortion. Nevertheless, **the idea of abortion being prohibited in absolute terms has been generalized** in Costa Rican society, health personnel and even **in** judiciary civil service. The truth **is** that although abortion is penalized, **the current legislation itself** makes a clear difference in the exceptions and penalties. These depend on the circumstances in which **it** is performed, the person or persons who perform it, **if there is** or not consent from the **woman**, and the gestational period of the embryo or fetus.

Paragraph 4

Original Version

En la actualidad en **el** Libro Segundo de los Delitos bajo el título 1 de Delitos contra la Vida encontramos una sección dedicada exclusivamente al aborto. Nuestro ordenamiento **hace una** valoración **de** la pena **con** base en dos elementos esenciales: **el** consentimiento

visto como la capacidad de manifestarlo y la edad gestacional del feto o embrión. Esto consta en el artículo penal 1183 "Aborto con o sin consentimiento" donde se explicita que, a mayor edad gestacional, la pena se eleva. Este artículo 118, bajo el título "Aborto con o sin consentimiento", evidencia que nuestro ordenamiento hace una valoración de la pena con base en dos elementos esenciales: - el consentimiento visto como la capacidad de manifestarlo; y - la edad gestacional del feto o embrión.

Translated Version

Up to now, in Libro Segundo de los Delitos under the title I of Crimes Against Life we find a section exclusively committed to abortion. Our legislation evaluates the penalty based on two essential elements: consent seen as the capacity to demonstrate it and the gestational age of the fetus or embryo. On Criminal Article 1183 is stated "Abortion with or without consent" where it is explicit that the older the gestational age, the penalty rises. The article 118, under the title "Abortion with or without consent", proves that our legislation evaluates the penalty based on two essential elements: • consent is seen as the capacity to demonstrate it; and • the gestational age of the fetus or embryo.

Paragraph 5(Footnote #3)

Original Version

Artículo 118.- El que causare la muerte de un feto será reprimido: 1) Con prisión de

tres a diez años, si obrare sin consentimiento **de la** mujer o si ésta fuere menor de quince años. Esa pena será de dos a ocho años, si el feto había alcanzado seis meses de vida intrauterina; 2) Con prisión de uno a tres años, si obrare con consentimiento de la mujer, Esa pena será de seis meses a dos años, si el feto no había alcanzado seis meses de vida intrauterina. En los casos anteriores se elevará la respectiva pena, si **del hecho resultare la** muerte de la mujer."

Translated Version

Article 118. - Whoever causes a fetus death **will be** punished: 1) three to ten years of prison **if they** act without woman's consent or if she is younger than fifteen years old. That penalty **will be** from two to eight years **if** the fetus had reached six months of **intrauterine life**; 2) one to three years of prison **if** they act with the woman's consent. That penalty **will be** from six months to two years **if** the fetus had not reached six months of intrauterine life. In the previous cases, the respective penalty will be raised if the woman is killed. "

Paragraph 6

Original Version

Adicionalmente, alegó que **el** artículo 31 del Código Civil señalaba que la norma le otorga la calidad de persona al que nace viva, y que por lo tanto contravenía lo establecido en la sentencia constitucional 2306 (Acción de inconstitucionalidad, 2000) donde se prohibía la fertilización in vitro, prohibición **que por cierto** se mantuvo hasta **que** la Corte Interamericana zanjó el asunto. La Sala Constitucional, en ese momento determinó que la argumentación del accionante hacía referencia a que: "(...) lo que está en juego aquí es la corrección de la decisión tomada por el

legislador en lo referente a la penalización de una conducta y el eje de la tesis del accionante es que se ha preferido un bien jurídico de menor jerarquía como la salud frente a otro de mayor jerarquía como lo es la vida."

Translated Version

In addition to that, he pleaded that article 31 from Civil Code indicated that the rule gives the person who is born alive the quality of a person, therefore, defied what was established in the Constitutional sentence 2306 (action of unconstitutionality, 2000) where in vitro fertilization was prohibited, such prohibition was maintained until the Inter-American Court settled the matter. At that moment, the Constitutional Chamber determined that the plaintiff's argument referred to the fact that: "(...) What is at stake here is the correctness of the decision made by the legislator regarding the criminalization of a conduct and the plaintiff's thesis axis is that a lower-ranking legal asset such as health has been preferred over another of higher hierarchy as is life"

Paragraph 6

Original Version

Es por esto, que la Sala se manifestó desde entonces en el sentido de que el peligro de la salud de la mujer representa un peligro a la lesión a su dignidad como ser humano y que el ordenamiento no puede exigirle que la soporte. Otro punto interesante es que hace referencia a que jerárquicamente el derecho a la vida no es superior al derecho a la salud, sino que son de rango equivalente y por lo tanto, la decisión de la mujer cuyo embarazo pudiera resultar en lesión a su salud, a su dignidad o a su vida, no puede ser sancionada. 9

La Sala constitucional, por lo tanto, concluye que no existe ninguna colisión irreconciliable que amerite la anulación de la norma discutida.

Translated Version

For this reason, the Chamber **stated** since then that the danger to a woman's health represents a danger of **injuring** her dignity as a human being and that the **legal system** cannot demand to support her. Another interesting point is that it refers to **the fact** that hierarchically the right to life is not superior to the right to health, but that they are of equivalent rank. And therefore, the decision of the woman whose pregnancy could result in **injuring** her health, dignity, or life, cannot be sanctioned. **Hence, the Constitutional Chamber** concludes that there is no **irreconcilable collision** that warrants the annulment of the disputed rule.

Paragraph 7

Original Version

Si bien, este alto Tribunal habla en esta sentencia de peligro para la salud de la mujer, como una amenaza grave y seria aun cuando no pone directamente en riesgo su vida, no es posible omitir **la** definición de salud por parte la Organización Mundial de la Salud (OMS) en **el** preámbulo de su Constitución, la cual fue adoptada por la Conferencia Sanitaria Internacional, celebrada en Nueva York **del 19 de junio al 22 de julio de 1946**, firmada **el 22 de julio de 1946** por los representantes de 61 Estados que entró en vigor el 7 de abril de 1948: "**La** salud es un estado de completo bienestar físico, mental y social, y no solamente la ausencia de afecciones o enfermedades." (OMS, 1946)

Translated Version

Even though, this High Chamber speaks in this sentence of danger to **women's health** as an **important and serious** threat even when **her** life is not directly put at risk. It is impossible to omit the health definition by World Health Organization (WHO) in Preamble of its Constitution, which was adopted by the International Health Conference, held in New York, 19 June - 22 July 1946; signed on 22 July 1946 by the representatives of 61 States **and** entered into force on 7 April 1948: "Health is a state of complete physical, mental and social well-being and not merely the absence of **disease or infirmity**." (OMS, 1946)

Paragraph 8*Original Version*

Esta definición ha sido ampliamente utilizada como parámetro por la misma Sala Constitucional costarricense, no obstante, existe una contradicción particular en la temática del aborto, **ya que** fue la misma Sala quien denegó **el** acceso a una interrupción del embarazo en los casos de Ana y Aurora, descritos en este artículo en el apartado de casos emblemáticos. **En cualquier caso**, la protección de la vida y **la** salud feto no puede pasar sin entender la protección de la vida y **la** salud de la mujer, por la relación intrínseca entre el producto del embarazo y la persona que carga ese embarazo. Esto lo retomó la sentencia Artavia Murillo como desarrollado en el apartado sobre Bienes Jurídicos en Disputa.

Translated Version

This definition has been widely used as **a** parameter by the Costa Rican

Constitutional Chamber. However, **there is** a particular contradiction on the **abortion matter**, since it was the same Chamber **that** denied access to an interruption of pregnancy in **Ana and Aurora's cases**, described in this article in the emblematic cases section. Anyhow, the protection of the **fetus's life and health** cannot go without understanding the protection of a woman's life and health, due to the intrinsic relationship between the product of the pregnancy and the person carrying that pregnancy. This was **brought back** by the Artavia Murillo's sentence as developed in the **dispute's Legal Assets section**.

Chapter 9

Original Version

Uno de los alegatos, más utilizados para afirmar que cuando se discute sobre aborto, hay una colisión de derechos de dos sujetos, a entender del feto y de la mujer, **en** tanto el embrión o feto tiene derecho a **la** vida sobre la base del artículo 31 del Código Civil, sobre Existencia de **las** personas, que establece: "Artículo 31.- La existencia de la persona física principia al nacer viva y se reputa nacida para todo lo que la favorezca desde 300 días antes de su nacimiento. La representación leal del ser en gestación corresponde a quien la ejercería como si hubiera nacido y en caso de imposibilidad o incapacidad **suya**, a un representante legal."

Translated Version

One of the **allegations** most used to affirm when abortion is discussed, **is that** there is a collision of rights of two subjects, **meaning** the fetus and the woman. Meanwhile, the embryo or fetus has **the** right to life based on article 31 of the Civil Code, **on the** existence of people, which establishes: "Article 31. - The existence of the natural person begins **when**

is born alive and is **considered** born for everything that favors **her or him** from 300 days before **her or his** birth. The **loyal representation** of the **gestational being** corresponds to **whoever would** exercise **it** as if **he or she had been** born and in case of impossibility or incapacity, to a legal representative.”

Paragraph 10

Original Version

En ese sentido, vale destacar dos puntos esenciales. El primero que versa sobre el número usado para determinar cómo nacida la persona física: 300 días. Esto no corresponde **de manera alguna** ni siquiera a las 40 semanas contadas desde **la** última regla de **la** mujer, medida usada por **la** medicina para calcular el parto. El segundo y más importante es el hecho **de** que **se** determina que la existencia inicia únicamente si el feto nace vivo. En relación al derecho a la vida del embrión o feto, es imperativo retomar el criterio de la Corte Interamericana de Derechos en el caso Artavia Murillo y otros vs Costa Rica, que fue el resultado de la disputa desde **el** año 2000 para **poder** asegurar **el** acceso a la técnica médica de fertilización in vitro como se verá más adelante.

Translated Version

In this sense, **it is** worth highlighting two essential points. The first one that deals with the **used number** to determine as born the natural person: 300 days. This does not correspond even to the counted 40 weeks since the woman's last period, **the** measure used in medicine to estimate birth. The second and more important is the fact that **existence is determined** to start only if the fetus is born alive. **Concerning** **the embryo or fetus's right to life**, it is **essential** to **resume the Inter-American Court of Rights standard in the Artavia**

Murillo et al. Vs. Costa Rica's case, which was the result of the dispute since 2000 to ensure access to the medical technique of invitro fertilization as will be seen later.

Paragraph 11

Original Version

La Corte IDH en el caso de marras reconoció la interrelación que existe entre la autonomía reproductiva, el acceso a los servicios de salud reproductiva, dentro de los cuales se debe incluir el acceso a los avances científicos, la protección de la vida privada y familiar, a la libertad e integridad personal y a fundar una familia, vistos estos como derechos reproductivos y por lo tanto como derechos humanos, cuya violación impactan de manera particular a las mujeres por las consecuencias que estas decisiones tienen a la hora de desarrollar su proyecto de vida. Adicionalmente la Corte IDH determinó que los derechos reproductivos se basan en el reconocimiento del derecho básico de todas las parejas e individuos a decidir libre y responsablemente: el número de hijos e hijas, el espaciamiento de los nacimientos, el intervalo entre éstos y a disponer de la información y de los medios para ello, y el derecho a alcanzar el nivel más elevado de salud sexual y reproductiva.

Translated Version

The Inter-American Court of Human Rights recognized, in the case of yore, the interrelation that exists between reproductive autonomy, access to reproductive health services, within these must be included: access to scientific advances, protection of private

and family life, protection to freedom and personal integrity, and to founding a family.

These are seen as reproductive rights and therefore as human rights. The violation of these particularly impacts women due to the consequences of these decisions when developing their life projects. Additionally, the I/A Court H.R determined that reproductive rights are based on the recognition of all couples and individuals basic right to freely and responsibly decide: children number, birth spacing, the interval between them and to have the information and the means to do so, and the right to attain the highest level of sexual and reproductive health.

Paragraph 12

Original Version

Desde un punto de vista jurídico, el alegato de que únicamente la Asamblea Legislativa puede permitir la FIV debido a la reserva de ley por la supuesta vulneración del derecho a la vida del embrión no implantado, se derrumba con la interpretación en la sentencia contra Costa Rica de la Corte IDH del art. 4.1. de la CADH en el párrafo 189 sobre el término "concepción", ya que establece que éste debe de ser entendido como implantación y por lo tanto ha de leerse que la protección legal al derecho a la vida se debe desde la implantación y no desde la fecundación.

Translated Version

From a legal point of view, the allegation that only the Legislative Assembly can allow IVF due to the legal reserve because of the supposed non-implanted embryo's right to life violation. The allegation collapses with the sentence interpretation against Costa Rica of the Inter-American Court from article 4.1 of

ACHR, paragraph 189 on the term "conception", since it establishes that this term must be understood as implantation and therefore it ought to be read that the right to life's legal protection is due from the implantation and not from fertilization.

Paragraph 13

Original Version

En 2011, el Comité para la Eliminación de la Discriminación contra la Mujer en sus Observaciones finales del Comité para la Eliminación de la Discriminación contra la Mujer (ComitéCEDAW, 2011), manifestó al Estado Costarricense su preocupación por el insuficiente reconocimiento y protección de los derechos sexuales y reproductivos del país, incluyendo la falta de garantía al acceso al aborto legal, debido a la falta de directrices médicas claras en que se esboce cuándo y cómo puede hacerse un aborto legal. Adicionalmente, le recomendó la elaboración de directrices médicas sobre el acceso al aborto legal y su correspondiente difusión amplia entre los profesionales de la salud y el público en general así como que considerara la posibilidad de revisar la ley relativa al aborto con miras a la identificación de otras circunstancias bajo las cuales podría permitirse el aborto, como los abortos en casos de embarazos resultantes de violación o incesto."

Translated Version

In 2011, the Elimination of Discrimination against Women Committee, in its final observations of the Elimination of Discrimination against Women Committee (CEDAW Committee, 2011), expressed to the Costa Rican State its concern about

the insufficient recognition and protection of the country's sexual and reproductive rights, including the lack of legal abortion access guarantee, due to the lack of clear medical guidelines which outline when and how a legal abortion can be done. Additionally, it recommended the development of medical guidelines on legal abortion access and its corresponding widespread among health professionals and the public in general, as well as considering the possibility of examining the abortion law to identify other circumstances under which abortions might be allowed, such as pregnancies resulting from rape or incest cases.

Paragraph 14

Original Version

Si bien existe una vasta lista de posibles y reales barreras para el acceso al aborto impune, algunas a considerar inmediata son: No existen datos oficiales sobre cuántas mujeres solicitan por año un aborto impune porque su salud está en riesgo o cuántas mujeres acceden a este procedimiento médico por esta misma causa. De la misma forma que ocurre con el aborto inducido por causas que no correspondan al artículo 121 del Código Penal, el Estado costarricense ha omitido ahondar en la recopilación, sistematización y análisis de información que es determinante para la toma de decisiones en materia de salud pública.

Translated Version

Although, there is a vast list of possible and real barriers to accessing abortion with impunity, some to consider immediately are: There is no official data

on **how many** women request an **abortion with impunity per year** because their health is at risk or **how many** women access this **medical procedure** for the same reason. In the same way that occurs with **induced abortion** by causes that do not correspond to article 121 of the Criminal Code, the Costa Rican state has neglected to deepen a **study** of the collection, systematization, and analysis of information that is decisive for **decision-making** in **public health matters**.

Paragraph 15

Original Version

Está pendiente la creación y aprobación de la reglamentación del artículo 121, que le indique al personal de salud y le brinde seguridad sobre cuáles son las causales permitidas por ley en el país, a saber, **de forma** expresa, que no es únicamente la vida de la mujer que es tutelada y protegida, sino **que además** la salud también **lo es**. El temor del personal de salud de ser denunciado por desconocimiento de la normativa solo puede aliviado bajo la urgencia de un cambio en **el** curriculum universitario de **las** carreras de salud que permita incorporar el enfoque de derechos humanos, género y particularmente de derechos sexuales y reproductivos en el marco de las tecnologías para no funcionar.

Translated Version

The creation and approval of the regulation of article 121 is awaiting, which indicates to the **health personnel** and provides them **with** security about which are the causes allowed by law in the country, to know expressly, that it is not **only** the **woman's life**

who is tutored and protected but also health. The fear of **health personnel** being denounced for **regulations ignorance** can only be eased under the urgency of a change in university's curriculum of health careers that allows the addition of **human rights, gender, and particularly sexual and reproductive rights approach** in the **framework of technologies to not work.**

5.1.3 Glossary

The researcher created two glossaries, one from Spanish to English and the other from English to Spanish. They have the most difficult, relevant, and frequent terms found in the texts. This instrument helped the researcher while doing the general reading to understand the texts better. Likewise, when the time to translate them came, the equivalent was already known. Each of the glossaries have the term in the source language, the respective equivalent in the target language, the definition of the term, and, finally, its grammatical category. In the making, the usage of different bilingual dictionaries and memory translations was needed. The previous mentioned was done to improve the quality of information put into these glossaries for a general better comprehension.

5.1.3.1 Glossary from Spanish to English

| Spanish terms | English equivalent | Definition | Grammatical category |
|----------------------|---------------------------|--|-----------------------------|
| Código penal | Penalty Code | A code of criminal laws and their punishments. | Noun |

| | | | |
|-------------------------|----------------|---|------|
| Código Civil | Civil Code | Laws which deal with business and negligence lawsuits and practices. | Noun |
| Bienes jurídicos | Legal Assets | Something that a person or company owns and can be used to pay a debt | Noun |
| Parteolas | Breaking point | The stage at which a person, company, system, etc. loses control over a situation and can no longer deal with their problems. | Noun |
| CIDH | I/A Court H.R | Inter-American Court of Human Rights | Noun |
| Dicotomía | Dichotomy | A division into two contradictory groups. | Noun |
| Ahondar | Delve | To search, especially as if by digging, in order to find a thing or information. | Verb |

| | | | |
|-----------------------|---------------|--|-----------|
| Confesional | Confessional | Of a determine religion that has privileges among others. | Adjective |
| Fidenignos | Reliable | That can be trusted | Adjective |
| Estigma | Stigma | A strong feeling of disapproval that most people in a society have about something | Noun |
| Ordenamiento | Legislation | A set of laws suggested by a government and made official by a parliament | Noun |
| Arcaicos | Archaic | Very old-fashioned | Adjective |
| Supra | Above | To refer to something mentioned earlier | Adjectivo |
| Consanguinidad | Consanguinity | The condition of being blood relations (related to someone by birth) | Noun |
| Equiparada | Equate | To compare or be in the same level | Verb |

| | | | |
|---------------------|--------------|---|-----------|
| Minuciosidad | Thoroughness | Care; attention to detail | Noun |
| Agravado | Aggravated | Serious, violent | Adjective |
| Contravenía | Defied | To refuse to obey someone or something | Verb |
| Zanjó | Settle | To decide or arrange something | Verb |
| Jerarquía | Hierarchy | An arrangement (of usually people in a group) in order of rank, importance. | Noun |
| Vigor | Force | Something that has strength | Noun |
| Doctrina | Doctrine | A belief or set of beliefs which is taught (science or catholic) | Noun |
| Intrínseca | Intrinsic | An intimate, internal and essential relationship. | Adjective |
| Alegato | Allegations | A statement that something has done something illegal. | Noun |
| Causales | Grounds | Good reasons | Noun |
| Alegado | Argued | Discussed or supposed | Adjective |

| | | | |
|-------------------|------------|--|-----------|
| Decreto | Decree | An order or command from someone in authority | Noun |
| Disputa | Dispute | An argument or quarrel | Noun |
| Técnica | Technique | It is the instrumental skill, covering the entire legal process from making to applying the law. | Noun |
| De marras | Yore | Previously mention, known or old. | Noun |
| Impune | Unpunished | Without punishment | Adjective |
| Erosionar | Undermine | To make someone or something less confident, less powerful, or less likely to succeed. | Vern |
| Hito | Milestone | An important event in the development or history of something | Noun |
| Ratificado | Ratified | (especially of governments or organizations) to make an agreement official | Adjective |

| | | | |
|-------------------------------|-------------------------|--|-----------|
| Ponderación | Weighing | To carefully consider, especially by comparing facts or possibilities, in order to make a decision | Noun |
| Estado parte | Member State | A country that belongs to a political, economic, or trade organization | Noun |
| Encefalocele occipital | Occipital encephalocele | A defect in the occipital bone through which herniation of intracranial (brain) content is seen | Noun |
| Tutelada | Supervised | That protects or defends. | Adjective |
| Resolución | Resolution | An official decision that is made after a group or organization has voted | Noun |

Table 7 Glossary from Spanish to English. Source: Researcher's own creation.

5.1.3.2 Glossary from English to Spanish

| English term | Spanish Equivalent | Definition | Grammatical category |
|--------------|--------------------|------------|----------------------|
|--------------|--------------------|------------|----------------------|

| | | | |
|---------------------|------------|--|-----------|
| Rigour | Rigor | The quality of being detailed, careful, and complete | Noun |
| Vulnerable | Vulnerable | An ability to be easily physically, emotionally, or mentally hurt, influenced, or attacked | Adjective |
| Moderation | Moderación | The quality of doing something within reasonable limits | Noun |
| Pathological | Patológico | Relating to or caused by a disease | Adjective |
| Emerge | Salir | To appear by coming out of something or out from behind something | Verb |
| Slight | Leve | Delicate or small in amount or degree | Adjective |
| i.e. | Esto es | Used especially in writing before a piece of information that | Adverb |

| | | | |
|--------------------|----------------|--|-----------|
| | | <p>makes the meaning of something clearer or shows its true meaning</p> | |
| Quebecers | Quebequenses | A resident of Quebec, Canada | Noun |
| Strike | Ataque | To hit forcefully | Verb |
| Agoraphobia | Agorafobia | Fear of going outside and being in public places or of being in a situation from which it might be difficult to escape | Noun |
| Undoubtedly | Indudablemente | Used to emphasize that something is true | Adverb |
| Widespread | Generalizado | Existing or happening in many places and/or among many people | Adjective |
| Sharp | Fuerte | Happening suddenly, quickly, and strongly | Adjective |
| Trill | Emoción | A feeling of extreme excitement, usually caused by something pleasant | Noun |

| | | | |
|-------------------------|----------------|--|-----------|
| Seekers | Buscador | A person who searches for something or tries to find or obtain something | Noun |
| Priori | A priori | Using general principles to suggest likely effects | Adjective |
| Traits | Criteria | A trait is also a characteristic of an organism that is passed from parent to child. | Noun |
| Predispose | Predisponer | To influence someone to behave or think in a particular way or to have a particular condition | Verb |
| Cingulate Cortex | Giro cingulado | An area of the brain that is an important part of the limbic system (= the part of the nervous system that controls many of our emotions) | Noun |

| | | | |
|--------------------------|------------------|--|-----------|
| Glutamate | Glutamato | The most abundant neurotransmitter in our brain and central nervous system | Noun |
| Dopaminergic | Dopaminérgico | The main source of dopamine (DA) in the mammalian central nervous system | Adjective |
| Marginalized | Marginalizado | To treat someone or something as if they are not important: | Verb |
| Soothing | Relajante | A calm feeling | Adjective |
| Attenuate | Atenuar | To make something less or weaker | Verb |
| Stimuli | Estímulos | Causing physical or psychological response | Noun |
| Counterproductive | Contraproducente | Having an effect that is opposite to the one intended or wanted | Adjective |
| Psychoactive | Psicoactivo | Mind-altering substance | Adjective |

| | | | |
|--------------------|----------------|---|-----------|
| Alleviate | Aliviar | To make something bad such as pain or problems less severe | Verb |
| Drowsy | Soñoliente | A state between sleeping and being awake | Adjective |
| Exacerbated | Agravado | To make something that bad even worse | Verb |
| Abstain | Abstenerse | Decide not to do something | Verb |
| Consensus | Consenso | A generally accepted opinion or decision among a group of people. | Noun |
| Behaviour | Comportamiento | The activity of a human or animal that can be observed. | Noun |
| Abusive | Abusivo | Involving bad or wrong use of something or treatment of someone | Adjective |
| Pounding | Palpitación | The sound, feeling, or action of | Noun |

| | | | |
|--------------------|--------------|--|-----------|
| | | something beating repeatedly | |
| Harmful | Dañino | Causing or capable of causing harm, pain | Adjective |
| Utmost | Máximo | The greatest amount or degree possible | Adjective |
| Endangering | Arriesgar | To put someone or something at risk or in danger of being harmed, damaged, or destroyed | Verb |
| Cirrhosis | Cirrosis | A serious disease of the liver (= an organ in the body) that can result in death | Noun |
| Seizures | Convulsiones | A very sudden attack of an illness in which someone becomes unconscious or develops violent movements. | Noun |

| | | | |
|---------------------|----------------|---|-----------|
| Outweighed | Superar | To be larger in number or amount than something else. | Verb |
| Trembling | Tembloroso | (Of your body or a part of it) to shake without your intending to, usually because you are frightened, ill, tired, or upset. | Verb |
| Maladaptive | Inadaptado | Not having the ability to change to suit different conditions. | Adjective |
| Disturbances | Perturbaciones | Something that interrupts someone or makes someone feel worried. | Noun |
| Dexterity | Destreza | The ability to perform a difficult action quickly and skilfully. | Noun |
| Frostbite | Congelamiento | An injury caused by severe cold, | Noun |

| | | | |
|--------------------|----------------|-------------------------------|------|
| | | usually | |
| | | to their toes, fingers, ears, | |
| | | or nose, | |
| | | that causes permanent loss | |
| | | of tissue. | |
| Bulk | Grueso, masivo | Large size or mass. | Noun |
| Pedestrian | Peatonal | A person who | Noun |
| | | is walking, especially in | |
| | | an area where vehicles go. | |
| Host | Multitud | A great number of | Noun |
| | | persons or things. | |
| Retardation | Retardo | Slow development, | Noun |
| | | or development that | |
| | | is slower than it should be. | |

Table 8 Glossary from English to Spanish. Source: Researcher's own creation.

CHAPTER VI

Conclusions and Recommendations

This final chapter comprises the conclusions of the results obtained from the analysis of the translation procedures and methods used to translate the texts *El aborto como tabú en el derecho humano*, *Alcohol and Mental Health*, and *The Effects of Abusive Drinking*. Alongside, the researcher will develop a review on these results and their compliance with the objectives presented in Chapter I. At the end, there will be given some recommendations for future interested students, professors, and researchers on the topics.

6.1 Purpose of the Conclusion

The purpose of the conclusion is defined by Assan (n.d., p. 1) as "...to tie together, or integrate the various issues, research, etc., covered in the body of the thesis, and to make comments upon the meaning of all of it." In other words, it is like a summary of the important aspects of the investigation, to restate the focused insights, and present their results.

6.2 Conclusions

Conclusions emphasize the importance of the investigation and development of the results of the instruments. The importance of the investigation was firstly to meticulously analyze the texts for the researcher to build up the translations. Secondly, for future researchers who can use this paper to understand the format, the methods, and instruments used or for those interested in the topics. The developing of the results is key when

concluding the research. It comprises an explanation of how their usage affected in a positive way the documents. All methods and instruments combined helped to transfer the content and message naturally. Knowing that, the researcher will expand upon the following conclusions.

6.2.1 To translate the documents *El aborto como tabu en el derecho humano* from Spanish into English for ACCEDER and *Alcohol and Mental Health, The Effects of Abusive Drinking* from English into Spanish for *Asociacion Educalcohol*

The translation of both texts was complex because there were many details that had to be taken into count such as culture, target readership, time management, and technical vocabulary. It required a precise and careful job. As mentioned before in Chapter II, the first step was to make a general and close reading to each of the texts. This step aimed to get the main idea of the texts and unknown terms, respectively. The text about abortion had many laws, articles, national and international institution names that were unfamiliar for the investigator. The other two texts about health and alcohol included medical terms such as diseases, disorders, medications, and institutions that were challenging. Therefore, a meticulous search was made to deliver the most accurate translation possible with the right equivalents. The researcher used the help of different bilingual online and paper dictionaries, books, and memory translations to look for the vocabulary mentioned. Moreover, an advantage in this process was the information given by both non-governmental organizations for the researcher to comprehend who the texts were intended for.

The investigator had little trouble in giving some paragraphs the naturalness required, mostly to the abortion text. On the other hand, the biggest problem for the investigator was time management, since it was the first time dealing with highly technical and long texts to translate in so short time. Fortunately, this did not interfere with the deadline nor the quality of the translation, and the first specific objective of the investigation was accomplished.

6.2.2 To apply various translation techniques to the documents to achieve accurate and cohesive texts

For this objective, the implementation of translation techniques was mandatory. In order to achieve this, the instruments used in the investigation were key to improve the process. There were three instruments: the text analysis chart, color coding, and glossary. The text analysis chart was the first one created and presented in Chart I in Chapter IV of this investigation. Additionally, with this chart the investigator was able to identify the most important aspects of the source texts, which are text style, scale of formality, scale of generality or difficulty, scale of emotional tone, text function, and type of translation. Resulting this in a complete comprehension of the texts and the application of the necessary techniques to render accurate and cohesive texts.

The second instrument was a color-coding in which fifteen paragraphs from each language with an average of one hundred and one hundred twenty-five words were carefully selected. This allowed the researcher to make evident with different colors the translation procedures used in both translations. The methods used were literal translation, transposition, modulation, omission, amplification, explicitation, and punctuation changes. Moreover, it is important to notice the economy of language present in these documents

and therefore, in the translations. Baker (2015, p 1) explains that “*Human language is extraordinarily economical. We can say an extraordinary amount in very few well-chosen words. This economy is essential to its function.*” There can be found some compensations as well, which are more than three procedures in one sentence or phrase.

In addition, it can be stated that in the translation from Spanish to English, there were has many omissions since English can say a lot in few words; moreover, English uses less pronouns. While in the English to Spanish translation, there were found more amplifications and explicitations because the Spanish language needs more pronouns, repeats nouns and, in general, says little in many words. Compensations were mostly present when there was an amplification and an explicitation together with any other method. The Spanish translation of the alcohol and health documents had more transpositions and punctuation changes. This is normal due to the complexity and rules of the language and even more if it is compared with English. The English translation has more modulations. In both translations, the literal translation predominated. Thereby, all these methods made the translations more understandable, natural, and accurate.

This instrument resulted in the closest and natural translation of the texts using the translation procedures. Despite the economy of language and so many other differences that languages and translation procedures have, the investigator managed to clearly transfer the message. Consequently, it can be concluded that the second objective was also accomplished.

6.2.3 To evaluate the effect of the translation techniques applied to the documents

The purpose of rendering the most accurate translation possible is conceivable thanks to the translation procedures. To accomplish this, there was the necessity of analyzing how those procedures affected the translation of the documents. This was a demanding job for the investigator, as it included the consideration of some aspects previously mentioned such as grammar, cultural context, and communication. The effect of the text analysis chart on Chapter V was fundamental to determine the mentioned aspects, especially regarding the understanding and classification of the type of translation. In this case, the three texts belonged to a semantic translation. Moreover, this information enabled the investigator to continue with the next step that was of translating and creating a color-coding in which the details of the seven translation procedures were presented. The color-coding provided an effect of explanation and correction.

When the investigator had to categorize the texts into the many subdivisions that the text analysis has, helped her to understand better the message, the intention of the author, and the tone. The investigator made many questions to herself to have the correct answers according to these aspects. Did she notice the elements mentioned in the description of a specific aspect? For instance, is the text describing something? Does it have conversations, debates, or tells a story? How formal is it? How difficult was to read it? How difficult would it be to the target readership to read it? How does she feel when reading the text? What can she infer was the intention of the author? What is the rhetorical purpose of the text? Finally, is the translation considering the author and the source text before the target

readership? It was not an easy task, but after all these questions were answered the process of translation was mitigated.

Furthermore, while translating the documents, the investigator faced some normal problems ;grammatical issues, since the structure totally changed in the target language, as well as noticing that something was not clear or could confuse the readership, and, therefore, some words were added. In addition, the investigator explained how the procedures generally helped in the process. Literal translation gave her the opportunity to translate using the same structure to the original text, while making changes that of course did not alter the final result. Transpositions were done when there was a change in the category of the word, for example when changing a noun into a verb. Some modulations can be found when there is a word that changes from figurative to literal meaning, like in the same text where it goes from “there is” to “existe.”

Omissions were used when there was redundancy, pronouns, and auxiliaries that were not needed in the target text, for example the pronoun “we” was omitted, as the verb in Spanish already specifies the person and number. Amplifications are present in words that originally were not presented, but much needed in the target text for example “una, la, el” in Spanish and “to, with, be” in English. Moreover, explicitations can be found when in the target text the idea is not explicit, although the message has all the information, so an explicitation is needed for the target readership to fully comprehend. For instance, in the abortion text goes from se “derrumba” to the “allegation collapses.” Again, in the case of the abortion text, most of its paragraphs are longer than what it was supposed to, so punctuation changes were used to avoid run-on sentences and prevent the readership to get confused or bored while reading it.

At the end, the investigator compared the procedures and identified the appropriate one for specific terms or phrases. The most and least used in each language and concrete examples. All the translation procedures were crucial for her to render a natural version of the translations to be submitted. This objective was also accomplished due to the great results obtained with the effectiveness of the procedures applied.

6.2.4 To create a glossary with the most relevant terminology found in the texts

As mentioned before, a glossary includes unknown, frequent, and technical terms for the readers to employ it whenever needed. Furthermore, glossaries are of great significance to the investigator, as they helped her to convey the message accordingly to the topic and target language. This because there are single words that can mean different things, so the correct term is very important, as well as sharing it with the readership. This objective was reached by the creation of two glossaries, one for each language to assist the investigator. Firstly the researcher marked the terms in the close reading. Secondly, the researcher looked up the terms in dictionaries and, on one occasion, even asked the person in charge of the institution for clarification. Finally, all unknown, frequent, and technical terms were understood, and each had an equivalent before the entire translation began. By doing this, the investigator saved time which helped in the quality of the translation.

From the Spanish text translated into English, there were collected thirty-nine and from texts from English to Spanish, were fifty words. The latter glossary counted with more terms due to the fact that there are two different texts which together make up for the twenty-five pages requested for this investigation. Apart from that, these glossaries include a short definition of the term and the grammatical category.

While compiling these glossaries, the investigator was able to better understand the text, as well as particular words, especially with the grammatical category of each word from the glossary, as it allowed the researcher in the election of a translation procedure, in addition to the concordance of context and message of the source text. This instrument was very helpful and simplified the process, not only for the investigator but it will be for future readers.

6.3 Restatement of the Research Question

What is the effect of the procedures and methods used to translate the documents *El aborto como tabu en el derecho humano* from Spanish into English for ACCEDER and *Alcohol and Mental Health* and *The Effects of Abusive Drinking from English* into Spanish for Asociacion Educalcohol? This question was introduced in Chapter I, as the purpose was to research and develop the results throughout the investigation. The acquired knowledge from the antecedents and primary resources enabled the investigator to accomplish the task. The effect of the procedures and methods used in the documents provided by the NGO's Educalcohol and ACCEDER, out came in two new functional documents in their respective target languages.

The base of this investigation was the application of a text analysis chart, color-coding, and a glossary. The three of them had specific tasks that helped this investigation to achieve accurate and cohesive texts translations. The text analysis chart clarified the source text, the color-coding allowed the implementation of translation procedures such as literal translation, transposition, modulation, omission, amplification, explicitation, and punctuation changes that were fundamental to optimize-the final version. Ultimately, the

glossary was necessary since beginning of the translation process. To conclude, all of them had an exceptional effect on the documents provided because they were applied by the book. Newmark (1988) states that informative texts try harder to be or definitely are better than the originals; therefore, this statement was intended by the investigator with the usage of the procedures and methods.

6.4 Recommendations

The recommendations that will be developed in this section came from the results mentioned in the analysis performed by the investigator. They are aimed to future interested students, professors, and researchers on the topics. The recommendations break down from what the investigator finds important to share step by step, from the beginning until the end of the investigation.

First of all, the documents required by the university are very specific and not all organizations have such documents and such organizations do not answer as quickly as needed. A deep search in internet is recommended to future investigators. You can also ask friends, family, and even professors from the University for non- governmental organizations interested in the translation of documents to speed up the process and trying to deliver everything on time. Whenever the documents are available and everything is set, read the texts carefully and ask the person in charge of the institution if any doubt about content and visual style comes up. It is imperative to fully understand the text to continue with the investigation. Make sure that all the aspects of the investigation are legitimate, so when it is time to use them in the text analysis chart, there is not a problem while filling it up.

Clear and neat investigation instruments help the investigator to find the aspects faster. Do not rely on literal translation only, there are plenty of translation procedures that give accuracy and naturalness to a translation. The lack of knowledge on these procedures can provide an unsuitable translation and this can affect its quality. Additionally, being unfamiliarized with these procedures will delay the investigation and therefore, the translation.

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6.6 Annexes