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Strategic Approaches to Overcoming Focus and Accuracy Challenges in Remote Simultaneous Interpretation

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Abstract

With the expansion of digital technologies and online platforms, remote simultaneous interpretation (RSI) has become a prevalent and practical method. This type of interpretation, conducted through video conferences and online communication software, allows interpreters to perform simultaneous translation from different geographical locations without the need for physical presence. However, RSI faces specific challenges that do not exist in face-to-face interpretation, including maintaining focus and accuracy in the absence of physical and non-verbal interaction, as well as technical issues such as sound delays, network interruptions, and poor audio quality. This research, using a qualitative method through semi-structured interviews with three experienced interpreters, examines the psychological challenges and differences between remote and in-person interpretation. The findings indicate that even experienced interpreters require specialized training to transition to RSI. Managing attention resources, implementing preventive, supportive, and compensatory strategies to cope with emotional challenges, and managing technical problems are key factors for success in RSI.

Keywords: Remote Simultaneous Interpretation, Focus, Accuracy, Technical Challenges

1. Introduction

Interpretation, especially at the international level and in important conferences, negotiations, and seminars, is recognized as a tool for conveying information between different languages (Saeed, 2022). In today's world, with technological advancements and the expansion of digital platforms, Remote Simultaneous Interpretation (RSI) has become a popular and practical method. This type of interpretation, conducted through video conferences and online communication software, allows interpreters to perform simultaneous interpretation from different geographical locations without needing to be physically present. This transformation has brought numerous benefits, including facilitating international communication and reducing travel and accommodation costs for interpreters (Chia-Ming Fan. 2022). However, RSI also faces specific challenges that are not present in on-site interpretation. One of the most significant challenges is maintaining focus and accuracy in conditions where the interpreter lacks physical and non-verbal interaction and is also confronted with technical issues such as audio delay, network disruptions, and poor sound quality. These factors can significantly impact the quality of interpretation and may hinder the accurate and precise transmission of complex messages. In on-site interpretation, interpreters utilize non-verbal cues such as facial expressions, body language, tone of voice, and even environmental behaviors, which are effective in understanding the message accurately and maintaining interpretation precision (Amelina, 2020). While RSI is recognized as a modern tool for international information transfer, issues such as technical problems with platforms, lack of access to non-verbal signals, and the psychological pressure caused by physical distances pose major challenges to the accuracy and quality of this type of interpretation. In remote interpretation, interpreters face the absence of face-to-face interaction and the use of body language for better message comprehension (Saeed, 2023). This situation results in the loss of some non-verbal concepts essential for the accurate understanding of a message, thereby reducing the quality of interpretation. Additionally, various RSI platforms have their limitations. Issues such as audio transmission delays, signal interruptions, and poor video and audio quality can lead to decreased interpreter accuracy and efficiency (Mahyub Rayaa, 2022). These problems may cause serious errors, especially in sensitive and complex interpretations requiring high precision. Another challenge that remote interpreters encounter is the psychological pressure caused by the lack of in-

person interaction and technical issues. Interpreters may feel more tension in such situations and lose focus, as they must intensively and simultaneously use their cognitive abilities through digital technologies without the aid of linguistic or physical signals to help understand the text better. Given the increasing importance of RSI in a globalized world and its impact on international communications, it is necessary to scientifically examine the existing challenges, particularly those related to interpreter accuracy, focus, and psychological pressure (Куркимбаева, 2023). This research can serve as a practical guide for institutions and organizations operating internationally to improve RSI processes. Moreover, considering the prevalence of pandemics and significant changes in the methods of holding conferences and international meetings, RSI has become an essential option (Buján, 2023). This necessity further emphasizes the need for research in this field, as improving the quality of RSI directly affects international, commercial, and scientific communications. Furthermore, examining the psychological and cognitive differences between interpreters in RSI and on-site interpretation fills gaps in existing knowledge. Many studies have focused on the technical problems of RSI, but only a few have explored its psychological and cognitive dimensions (Gutiérrez, 2021). Addressing this research gap can be particularly influential in designing training courses, tools to improve interpreter performance, and enhancing interpretation technologies. RSI challenges include technical problems such as audio delay, network disruptions, poor video and audio quality, and the lack of access to non-verbal signals. These issues can hinder the accuracy and coherence of interpretations and, particularly in complex interpretations, disrupt message transmission (Alex, 2023). Additionally, interpreters' psychological and cognitive problems, such as stress from the inability to interact in person and pressure from needing to simultaneously use multiple cognitive skills (like listening, processing, and interpreting), may prevent interpreters from fully utilizing their abilities. One of the biggest gaps in existing research is the insufficient attention to the psychological and cognitive comparison of interpreters in RSI and on-site interpretation (Şengel, 2022). While there is extensive research on the analysis of on-site interpretation and its challenges, similar studies on RSI remain limited and rare. Moreover, a comprehensive and scientific analysis of the benefits and drawbacks of different RSI platforms and their impact on interpretation accuracy and quality has not yet been conducted. Therefore, this research aims to address the topic of "studying strategies to cope with the challenges of maintaining focus and accuracy in RSI." The primary objective of this research

is to study the cognitive and strategic factors in RSI. This research will examine the advantages and disadvantages of RSI, the platforms used, and its psychological differences with on-site interpretation. Additionally, effective strategies for coping with the challenges of maintaining focus and accuracy in RSI will be identified, and suggestions for improving efficiency and accuracy in RSI will be provided.

2. Research background

Mohammadi et al. (2024) in their study titled "Pragmatics of the Process of Explication in Simultaneous Interpretation" state that this article explores the discourse creation approaches of Iranian simultaneous interpreters and analyzes the strategies for translating discourse markers in the process of simultaneous interpretation. The aim of this study is to uncover the dimensions of explication in discourse management, which includes the expression of implicit information, reflection of omissions from the source text, and clarification of cohesion relations in the target text. The research corpus consists of 35,000words from three Persian speeches and their simultaneous interpretation into English. The results showed that approximately %80of interpreters utilized the explication discourse strategy. This study led to the discovery of a triangular model in the translation of discourse markers, which included strategies such as expansion, alteration, and omission of discourse markers. The educational, research, and academic applications of this approach were also analyzed .Qasemi et al. (2023) in their study titled "Number Game: A Comparison of Microsoft Translator and Professional Simultaneous Interpreters' Performance" state that this study compares the quality of number translation by Microsoft Translator and professional simultaneous interpreters. A collection of political speeches from the United Nations was gathered for this study. The results of the Pearson Chi-Square test showed that the performance of Microsoft Translator and professional interpreters in simultaneous number translation was similar, but the errors made by Microsoft were more limited compared to human interpreters. While Microsoft made only two types of errors (omission and others), human interpreters made various types of errors (omission, approximation, lexical, phonetic, and others). Therefore, combining Microsoft Translator with human interpretation in simultaneous number translation can be effective. Microsoft Translator can serve as a helpful tool for quick and accurate number translation, while professional interpreters can focus on other elements of the message .

Al-Harasha et al. (2020) in their study titled "Training Consecutive Interpretation: Challenges and Solutions" state that this research examines the challenges faced by translation students in consecutive interpretation classes and the strategies they employ to address these issues. The study involved 50final-year translation students at Yarmouk University who were enrolled in a consecutive interpretation course. The students were asked to translate an English text divided into one-minute segments, and their translations were recorded. The results showed that the main challenges faced by the students included language issues, memory, note-taking, and the inability to express concepts accurately in Arabic. The study emphasizes that training interpreters requires strengthening skills such as text segmentation, prediction, enhancing listening and memory abilities, and interpretation skills to address these challenges.

3. Research method

This research employs a qualitative method to examine the psychological challenges and differences in remote and on-site interpretation. Initially, the researcher conducted semi-structured interviews with three experienced interpreters. Questions were designed to explore various aspects of remote interpretation, including technical, psychological, and cognitive issues faced by interpreters. The interview questions covered topics such as experiential differences between on-site and remote interpretation, strategies for coping with technical problems, psychological stress from remote interpretation, and methods for maintaining focus and accuracy in such conditions. The interviewees' responses were systematically and thoroughly analyzed to extract their perspectives on the challenges and effective strategies in remote interpretation. This analysis aimed to identify common patterns and individual differences in the interpreters' experiences. Additionally, the researcher reviewed existing literature and previous studies on both remote and on-site interpretation, comparing the experiences of interpreters in these two types of interpretation. Ultimately, this research seeks to compare the cognitive and psychological differences of interpreters in on-site and remote interpretation to provide a comprehensive analysis of the challenges, coping strategies, and recommended solutions for improving interpreter performance in remote interpretation.

4. Discussion and results

4.1. Interpreter Training

Remote simultaneous interpretation (RSI), especially in situations where the interpreter lacks visual cues such as body language and the physical presence of the speaker, can present numerous challenges. Even experienced interpreters need training to transition to this type of interpretation. Interpreters are naturally accustomed to in-person settings where they can observe the speaker and other participants' visual reactions. In RSI, these reference points are lost, and interpreters must acquire new skills to maintain accuracy and focus in digital environments. Experienced interpreters often face greater difficulties adapting to RSI conditions because they are more proficient in in-person interpretation methods and techniques. In contrast, novice or beginner interpreters, due to their lack of reliance on old habits and methods, may find it easier to adapt to these new methods, especially if they receive the necessary training. This highlights the importance of initial training in RSI. In some international institutions, such as the Council of Europe, new interpreters benefit from the support of specialized teams that familiarize them with new technologies and answer their questions. This type of training can include technical tips and cognitive strategies that enable interpreters to better handle the challenges of RSI. However, in organizations like the European Commission or the European Parliament, formal training courses for RSI do not yet exist. Consequently, various online RSI platforms, such as iBridge, Interprefy, and VoiceBoxer, offer short training courses for interpreters to acquaint them with the specific conditions and technologies of these platforms, helping them provide better interpretation. These trainings are typically conducted online and range from 30 minutes to 2 hours. For instance, the Kudo platform also offers free online training courses for its users, which can include technical tips, software usage guides, and strategies to cope with challenges in virtual environments. Moreover, to ensure the quality of interpretation, some platforms have provided specific guidelines for optimal use of their technologies. For example, the Kudo platform offers recommendations on selecting the appropriate browser, using a headset with a microphone, maintaining a stable internet connection, and managing online meetings. These trainings are crucial for ensuring sound and image quality during interpretation and help interpreters perform their best in digital settings. Therefore, training interpreters for RSI requires careful planning and the use of up-to-date training techniques(Yan, 2018). In addition to the short-term courses offered by platforms, it is recommended to implement

comprehensive training programs at the national and international levels to help interpreters effectively cope with the new challenges of RSI and maintain the quality of their interpretations.

4.1.1. Cognitive Operations

The AIIC (International Association of Conference Interpreters) has always placed significant emphasis on the training and skill enhancement of interpreters. With technological advancements and the increasing use of remote interpreting, this topic has become one of the most important in the world of interpretation. To support interpreters in this field, AIIC has established a group called TFDI, dedicated to improving the quality of remote interpreting. This group continuously gathers precise and documented information about the development of this interpreting method and assists its members through new guidelines and recommendations. According to AIIC, training professional interpreters requires adhering to specific general principles based on the organization's extensive experience. Among the most important of these principles are: 1. Educational institutions must be universities or accredited training institutions capable of teaching specialized fields in interpretation. 2. Students must have an appropriate initial education and relevant degrees, such as a bachelor's degree, to effectively engage in more complex and specialized training. 3. Complete proficiency in both source and target languages is essential; these training programs are specifically designed to teach professional and specialized skills rather than basic language instruction. 4. Instructors of these courses must be professional interpreters with practical experience in the field to impart necessary and applicable skills to students. At the Geneva School of Translation and Interpretation, the interpreter training process involves precise stages, starting with basic exercises like memory-building and simultaneous interpretation familiarization, ultimately advancing to more complex and professional exercises in simultaneous interpretation with texts. These stages help students gain a thorough understanding of the interpreting process, particularly in various conditions, and effectively enhance their skills in this area. In remote interpreting, beyond the words and sentences of the speaker, other factors influence the accurate understanding of the message. The interpreter's individual and collective experiences, familiarity with cultural and social contexts, and the ability to accurately analyze spoken content, especially in the absence of direct presence of the speaker, are among the factors that can affect the quality of interpretation. However, relying solely on personal experiences is insufficient; for precise and

comprehensive interpretation, the speaker's words must be accurately and deeply analyzed. Three key cognitive operations must be considered for this analysis. The first operation is prioritization, where the interpreter must decide which part of the speaker's words needs to be translated. For example, in many cases, the speaker's words are repetitive or provide additional information that does not impact the main message. Therefore, the interpreter should focus on the important and main parts of the speech and avoid translating repetitive sentences or unnecessary details. Studies show that many new sentences are actually repetitions of previous ones; hence, the interpreter's ability to identify and prioritize important information is crucial for maintaining the accuracy and quality of the interpretation. The next operation involves accurately understanding the speaker's point of view. The interpreter must be able to identify subtle differences in tone, perspectives, and the speaker's intent and convey them in the translation. Especially in remote interpreting, typically conducted through audio or video, this ability is of particular importance. The interpreter must not only accurately convey the speaker's sentences but also consider implicit messages, emotional and semantic differences in the speech. Ultimately, the interpreter should strive to ensure that no distortion occurs in the message and that the speaker's perspective is correctly conveyed to the audience (Ferreira, 2020). These cognitive operations and various strategies help interpreters effectively navigate the challenges of remote interpreting, maintaining the necessary accuracy and focus throughout the interpretation process.

4.1.1.1. Contextualization

Another crucial cognitive process for accurately understanding a speech is contextualization. This process involves the interpreter's intervention in every speech act and paying attention to the specific context of the subject, as each specific topic is expressed by a particular individual with a unique purpose (Delgado Luchner, 2019). One of the key exercises for performing contextualization is the effort to identify important categories and topics in various examples. For this purpose, the interpreter can use a newspaper and, without reading the headlines, provide specific explanations for each one. For example, if a newspaper reports that a young person has committed terrorist acts, the important point is not the name and details of the person in question but rather the consequences of their actions and how another individual might undertake similar actions. To better understand these issues, one must consider matters such as radical Islamism and

the causes of violent behavior. This information helps the interpreter comprehend the speaker's words and translate them accurately. Therefore, the concept of contextualization means that the interpreter must understand each situation within a broader framework, considering people's relationships with various subjects such as economy and politics. In essence, the interpreter's task is to reconstruct all stages of thought and accurately convey the same subject in the translation.

4.1.1.2. Mental Imagery

When someone talks about a topic, the human mind naturally tries to create a mental image of it. This process can include visualizing concrete, tangible images or be dependent on abstract and conceptual notions. For example, when a speaker talks about a vacation or going to a restaurant, the mind easily reconstructs images such as a beach, food, or the restaurant environment. For interpreters, these visualizations are a crucial part of understanding and conveying meaning (Kumcu, 2013). For tangible and concrete concepts, like "apple tree" or "car," mental imagery is straightforward because these objects are observable in the real world and have direct connections to life experiences. As a result, interpreters can easily visualize these images and transfer them to the target language. However, this process becomes more complex when dealing with abstract or social concepts. Words such as "company," "economy," or "courage" are intangible concepts that do not easily create a specific mental image. In these cases, the interpreter must use different cultural and social experiences to construct mental images. This requires a high level of cultural and social knowledge so that the interpreter can accurately understand abstract concepts in their specific contexts and convey them to the target language. For instance, when a speaker talks about "courage," this word may have different meanings in each culture, and the interpreter must build a mental image of this concept based on the cultural and social contexts of both languages to make it understandable and relevant for the audience. This process is crucial for successful translation. In fact, interpreters use mental images to simplify the complexities of sentences and reconstruct them in a more understandable way for the target language. These images help not only at the word level but also at the sentence and linguistic structure levels. For example, a sentence like "interest rates are falling," which may seem conceptually complex, can be simplified using mental images related to economic concepts or even the interpreter's personal experiences in similar fields. Additionally, in simultaneous or consecutive interpretation, these mental images play a key role

because interpreters must quickly and seamlessly understand and convey information. This necessitates that interpreters simultaneously reconstruct multiple mental images to process different pieces of information and rapidly select the best possible mental image for translation. This skill requires highly developed cognitive abilities and precise analytical capabilities. Overall, the use of mental imagery in translation, especially in simultaneous or consecutive interpretation, is a vital tool that enables interpreters to grasp not only the meaning of words but also the overall context of speech. This ability ensures that complex concepts are conveyed to the target language in a way that preserves their exact meaning and makes the core message comprehensible to the audience.

4.2. Cognitive Process

The cognitive process in oral translation involves a series of complex stages, each requiring specific attention resources. Oral translation necessitates the use of three primary attention resources: The first resource is the effort to listen and analyze what is being heard. The interpreter must carefully listen to the speaker and analyze the concepts in order to understand and translate them accurately. This stage requires full attention to detail, as any lapse in attention can lead to an incorrect translation. The second resource is the use of short-term memory. The interpreter must be able to temporarily store the information that is being heard in their short-term memory and maintain it for rapid transfer into the target language. This part of the process depends on the ability to recall information and use it quickly in real-time. The third resource is the production of what has been understood through speaking and controlling it. After understanding and storing the information, the interpreter must be able to produce an accurate and fluent translation in the target language. This stage involves balancing the transfer of concepts, preserving meaning, and selecting words carefully. In this context, Gile has proposed a specific model for oral translation, where the interpreter must effectively divide their attention resources among these stages and create a suitable balance between them. For example, when the speaker talks about numbers, the interpreter might focus more on short-term memory to retain the correct pronunciation of numbers. This could lead to the forgetting of parts of the speaker's message, so the interpreter must be able to maintain a balance between the different stages to minimize translation errors (Cheung, 2024). These cognitive processes are strongly dependent on the professional skills and experiences of the

interpreter. The interpreter's ability to divide cognitive resources between analysis, recall, and message production directly affects the accuracy and quality of the translation. To reduce cognitive load, interpreters often employ various strategies. These strategies might include techniques for better organizing information in memory, using mental imagery to facilitate the translation process, or conceptual encoding to speed up information processing. These strategies help the interpreter maintain accuracy while also increasing the speed of translation. Ultimately, it seems that the cognitive process in oral translation not only depends on linguistic skills but also on the interpreter's cognitive and managerial abilities in dividing mental resources. The more effectively an interpreter can manage these resources, the higher the quality of the translation will be, and the fewer errors caused by excess cognitive load will occur.

4.3. Comparison of the Translator's Emotions in Remote and In-Person Interpretation

In interpreting, there are significant differences between in-person and remote settings, each having various impacts on the interpreter's emotions. One of the main differences is the issue of "presence." One of the biggest challenges in remote interpreting is the feeling of "presence." This feeling can be more difficult for interpreters in remote interpreting settings than in in-person interpreting. In face-to-face interpreting, the interpreter can take advantage of all forms of communication, including body language, facial expressions, and audience reactions, to convey the message more accurately. Visual information, such as the speaker's facial and body posture, observed in in-person interpreting, plays a significant role in reducing ambiguity and facilitating comprehension of the message. For example, when the audience nods their head or when changes in their facial expression are noticed, the interpreter can use these cues to better understand the meaning of the message. These visual cues, along with the spoken words, help the interpreter translate the message more precisely. However, in remote interpreting, this visual information is limited or may be lost, which can lead to ambiguity in the translation. One technical approach to addressing this issue is the use of large screens and images that closely resemble reality. However, this method itself can lead to confusion and reduce the feeling of presence. An experience from the 1970s in remote interpreting showed that the lack of a real view of the conference hall was one of the main factors that hindered the interpreter’s feeling of presence. This issue highlights that presence is a subjective and difficult-to-measure feeling, and therefore, it cannot be easily

recreated in remote interpreting conditions. In remote interpreting, the interpreter must be able to divide their attention between two different environments: the physical and the virtual. They must focus on the stimuli related to the interpretation and ignore distractions from the physical world. The more harmonized these environments are and the more similar their stimuli are, the stronger the feeling of presence will be for the interpreter. This alignment between physical and virtual environments can improve the quality of the interpreter's work and prevent cognitive conflicts. Overall, four main factors affect the interpreter's feeling of presence in remote interpreting: control factors (the more control the interpreter has over their workspace, the stronger the feeling of presence), emotional factors (comfort and familiarity with the work environment), realism (alignment between visual and auditory information), and distractions (external stimuli that can reduce the interpreter's focus). One of the biggest challenges in remote interpreting is the distractions that can reduce both the quality of the translation and the interpreter's sense of presence. In conclusion, the conditions of in-person and remote interpreting differ not only technically but also emotionally. These differences require specific strategies and methods to manage the interpreter's emotions and improve the quality of the translation(Korpal, 2019).

4.4. Technical Issues in Remote Interpreting

According to a questionnaire by the Council of Europe, one of the major issues in remote interpreting is the poor quality of sound and image. The use of video conferencing services can lead to instability in sound and image quality. This instability causes frustration for interpreters, as they face not only poor audio and visual quality but also other challenges such as auditory fatigue and changes in tone. Even when proper equipment is provided, these issues significantly affect the interpretation process. One recommendation from the Council of Europe to reduce these problems is for all participants to test their connection before the session begins. However, for individuals located in non-professional environments, such as cars, these tests often do not have much effect. These technical issues can lead to interpreters' dissatisfaction with the quality of remote interpreting. In fact, many interpreters working from home face similar issues because they do not have access to on-site technical support to quickly resolve problems. This issue can be particularly challenging for countries with weaker technical network infrastructure. Additionally, if an interpreter lives in a large city, noise pollution from urban environments can hinder their

concentration. On the other hand, in smaller cities, problems such as intermittent internet connection can also challenge the interpreter. In such cases, the interpreter must simultaneously listen to the message, interpret it, and take responsibility for managing technical issues in their workspace. This additional responsibility, especially when the interpreter cannot rely on colleagues for support, can cause distractions and reduce the quality of the translation. Even factors like the sound of a refrigerator or a clock can impact the interpreter's concentration and disrupt accurate interpretation. These technical issues and the lack of proper technical support are some of the challenges that interpreters face during remote interpreting, and they affect the final quality of the interpretation(Braun, 2015).

4.5. Emotional Challenges in Remote Interpreting

Remote interpreting presents numerous emotional challenges for interpreters that persist not only during the interpretation process but also afterward. The mental and emotional pressures stemming from interacting with the virtual environment, technical issues, and the lack of immediate feedback from the audience can lead to stress and cognitive fatigue. These factors can negatively affect the quality of the interpretation and reduce the interpreter's ability to provide an accurate and fluent translation. Therefore, interpreters require strategies to help them cope with these challenges and minimize their negative effects. In this regard, three types of strategies for dealing with the emotional challenges of remote interpreting. The first type is preventive strategies, which involve actions the interpreter takes before the translation process to prepare themselves and manage the environmental and emotional conditions. These actions may include creating a suitable workspace, reducing distractions, and mentally preparing to face potential challenges. The interpreter should also pay attention to the technical conditions and equipment, ensuring that the audio and visual equipment and internet connection function properly. The second type of strategies is supportive strategies, which the interpreter uses during the translation to maintain calm and focus. These strategies may involve using deep breathing techniques to reduce stress, maintaining a structured schedule for translation sessions, and setting aside time for breaks and recharging. Additionally, the interpreter should have the ability to manage time and emotional pressures, and if needed, seek help from colleagues or support systems to alleviate environmental stresses. The third type of strategies is compensatory strategies, which are employed when the interpreter faces significant

issues during the translation process. These strategies involve measures taken to compensate for problems that arise. For instance, if the interpreter is unable to convey the exact meaning of a portion of the speech, they must be able to quickly correct and revise the translation. Also, in the case of technical difficulties or a connection loss, the interpreter should be able to rapidly find appropriate solutions and resume the translation process. Using a combination of these strategies before, during, and after the interpretation process can help the interpreter maintain the quality of the translation while preventing the psychological harm caused by emotional challenges in remote environments, leading to a more successful and efficient experience. In the field of interpreting, interpreters use various strategies to cope with the emotional challenges that affect not only the translation process but also the aftermath. These strategies are typically divided into three categories: preventive, supportive, and compensatory strategies. Preventive strategies refer to preparations made before starting the interpretation. In these strategies, the interpreter takes actions to reduce the impact of stressors. For instance, they may avoid contacting clients before sessions or mentally prepare for potential challenges. They may also avoid activities that add extra pressure and ensure there is enough time between sessions for rest. Some interpreters even turn to physical exercises, like yoga, to maintain mental calmness. Supportive strategies refer to methods used by the interpreter during the translation process to manage their emotions. These strategies help the interpreter control their feelings and maintain performance when faced with emotional pressure or technical issues. For example, an interpreter might interrupt the speaker's speech to clarify a misunderstanding or address comprehension problems. Additionally, interpreters may use specific phrases, such as prefixed verbs, to emphasize that they are not the authors of the words but merely conveying them. They may also use indirect quotations to minimize negative effects, indicating that they are simply translating the speaker's words. Compensatory strategies refer to actions the interpreter takes after the interpretation to recover from the emotional or psychological pressure they experienced. These strategies are typically used when the interpreter feels anxiety, pressure, or fatigue. After a session, the interpreter may reach out to colleagues or friends to talk about the experience or practice relaxation exercises such as yoga. These measures help the interpreter release psychological pressure and cope more effectively with physical and social challenges (Iacono, 2023). Ultimately, each of these strategies can be employed based on the specific circumstances of the interpreter and the types of pressures they encounter during the translation

process. These strategies not only help maintain the quality of the interpretation but also support the interpreter's physical and mental well-being.

4.5. The Personality of Interpreters in Facing Emotional Experiences

Various studies have shown that emotional stability in interpreters has a positive relationship with their performance in work environments, especially under pressure and stress. Emotional stability not only affects how interpreters manage and experience emotional situations but can also have a significant impact on the quality of their interpreting. Interpreters often face various emotional challenges during and after the interpretation process, and these challenges can affect their performance and efficiency. While interpreters may reduce the negative effects of these emotional experiences using adaptive strategies, the personality of the interpreter is another important factor that must be considered. A person's personality can inversely relate to their emotional stability. In fact, individuals with neurotic traits often struggle with anxiety, insecurity, and depression. These individuals are more vulnerable in stressful situations and may easily blame themselves and feel dissatisfied with their performance. Therefore, interpreters with neuroticism tendencies may be more susceptible to job-related anxiety and may generally perform more poorly. In contrast, individuals with a more stable and optimistic personality typically have more effective strategies for managing their anxiety and emotional challenges. Due to their personality traits, these individuals are better able to adapt to stressful situations, which helps them perform better in difficult circumstances (Garcés, 2015). Thus, an interpreter's personality not only affects the quality of their interpretation but also plays a crucial role in their ability to manage emotional challenges successfully.

4.6. Strategies for Maintaining Focus in Remote Interpretation

In remote simultaneous interpretation, maintaining focus and managing both psychological and technical conditions are crucial. Interpreters face specific challenges in this environment that require effective strategies to sustain concentration and accuracy during the translation process. This section discusses factors that influence an interpreter's focus, techniques to improve concentration, and strategies to manage mental fatigue.

4.6.1. Factors Affecting Interpreter's Focus

Interpreter focus during remote translation is affected by several environmental, psychological, and technical factors. One of the most critical factors is the technical setup and access to appropriate equipment. Technical problems like internet connection drops, audio noise, or communication disruptions can severely affect an interpreter’s concentration. Additionally, environmental factors like background noise, uncomfortable temperature, or a crowded workspace can also hinder focus. Therefore, creating a quiet, organized workspace with proper lighting and minimizing distractions are fundamental for maintaining concentration. Psychological factors also play a significant role in focus. Anxiety, stress from performing simultaneous translation, or concerns about translation quality can interfere with concentration. Such anxieties often stem from the heavy responsibility of conveying messages accurately and in real time. Moreover, the lack of direct interaction with the speaker or audience can reduce the interpreter's confidence, negatively impacting focus (Chiaro, 2004). Thus, stress-reducing and anxiety management techniques should be continuously applied during the translation process.

4.6.2. Techniques to Improve Focus

To maintain focus during remote translation, interpreters can apply various scientific and psychological techniques. One such method is dividing work into shorter, manageable time blocks. This technique, known as "time management techniques" or "Pomodoro Technique," allows interpreters to maintain their concentration during each time segment while using short breaks to recharge. Additionally, exercises such as deep breathing and meditation before and after translation sessions can help reduce stress and prepare the mind for better focus. These practices enhance relaxation and improve attention span, ultimately improving the interpreter’s performance. Receiving real-time feedback is another effective method for maintaining focus. For example, establishing precise and effective communication with clients or the audience can boost the interpreter’s confidence and help them stay focused on the translation task. As social interaction may be less frequent in remote translation, brief communications can be used to return to focus and clarify any ambiguities in the translation.

4.6.3. Managing Mental Fatigue

One of the key challenges in remote interpretation is managing mental fatigue. Prolonged concentration and mental pressure during translation can lead to a decrease in accuracy and overall work quality. To manage mental fatigue effectively, interpreters should structure their rest periods. Typically, after every 30 to 45 minutes of work, short breaks should be taken to recover focus. These breaks can include activities such as short walks, stretching, or breathing exercises that help alleviate physical and mental tension. Proper nutrition and adequate sleep are other important factors affecting the interpreter's energy levels and mental fatigue. Consuming nutritious food, staying hydrated, and avoiding excessive caffeine intake can help maintain energy throughout the translation process. Additionally, maintaining a regular sleep schedule and ensuring high-quality rest are vital for sustaining mental performance and preventing fatigue during the day. Finally, using active relaxation techniques, such as brief yoga stretches or deep breathing exercises during the translation sessions, can reduce mental fatigue and aid in sustaining focus throughout the process. These practices not only improve translation quality but also support the interpreter's physical and mental well-being(Caldwell, 2019).

4.7. Strategies for Increasing Accuracy in Simultaneous Interpretation

In simultaneous interpretation, accuracy is a fundamental element that directly impacts the quality of the transmitted message. To achieve accurate and correct interpretation, interpreters must employ various strategies and techniques. These strategies include methods for controlling translation quality, review and revision techniques, and the role of experience in improving translation accuracy. Below, these aspects are explained in detail.

4.7.1. Methods for Controlling Translation Quality

Quality control in simultaneous interpretation involves a continuous and thorough review of the translation process to ensure the accuracy and correctness of the transmitted message. One of the key methods for quality control in simultaneous interpretation is the use of advanced technical tools and software. Support tools like real-time translation software, feedback systems, and text displays help interpreters quickly identify errors and make necessary corrections. Additionally, technical setups such as high-quality microphones and suitable audio systems can improve sound quality and translation accuracy. Moreover, continuous quality evaluation is another effective

method. The interpreter can assess the quality of their work after each section of the translation and make immediate adjustments if needed. These evaluations can focus on the accuracy of the message transfer, the fluency of the translation, and the semantic consistency with the original text. In simultaneous interpretation, real-time feedback from the audience or colleagues can also serve as a tool for quality control(Moorkens, 2018).

4.7.2. Review and Revision Techniques

In simultaneous interpretation, review and revision is a complex process that typically occurs under tight time constraints, as the interpreter must simultaneously receive and transfer the message. However, using certain real-time review techniques can significantly enhance the accuracy of the translation. One such technique is "intensive revision," where the interpreter immediately corrects any perceived mistakes while interpreting. For example, if the interpreter realizes that a word or sentence was misinterpreted, they will go back to the previous statement and correct it right away. This technique requires high levels of concentration and the ability to process information concurrently. Another technique is using recognized and standardized terms and phrases in the translation. This is particularly crucial in specialized translation scenarios. The interpreter can refer to databases of terminology and reference materials to ensure that vocabulary is translated accurately and with precision. Additionally, a careful review of phrases, especially in specialized fields, can help improve accuracy when conveying complex concepts.

4.7.3. Role of Experience in Enhancing Accuracy

One of the most impactful and undeniable factors in simultaneous interpretation accuracy is the interpreter’s experience. Experience not only affects the ability to translate correctly and accurately, but also enables interpreters to handle unexpected challenges more effectively. Experienced interpreters tend to have better skills in rapidly processing information and making accurate decisions, which enhances translation accuracy. Experience also plays a role in mastering different languages and cultures. An experienced interpreter can understand the semantic and cultural differences between source and target languages and incorporate these nuances into the interpretation. Experience can lead to greater familiarity with specialized terminology and complex concepts, allowing the interpreter to provide a more accurate translation without

unnecessary pauses. Ultimately, continuous training and receiving feedback from colleagues can further enhance the interpreter's experience and increase translation accuracy. Experienced interpreters often assess their performance and seek feedback from other specialists to identify their strengths and weaknesses and continually improve their skills (Mochol, 2007).

4.8 .Objective and Purpose

Research on remote translation is a relatively new topic today. In many cases, remote translation has replaced in-person translation, and numerous international and organizational meetings have been held online. This has led to the creation of new platforms for this purpose, and translators have prepared equipment for remote translation. To achieve the goal, interviews were conducted with several translators who have experience with remote translation, in order to study and analyze their experiences.

Table 1: Under what conditions can remote translation services be used?

Translator 1	**When a specialized translator is not available on-site.**
Translator 2	When a qualified translator is not available nearby.
Translator 3	When the translator cannot travel.

Table 2: Can remote translation be replaced with in-person translation?

Translator 1	**Remote translation can be replaced with in-person translation.**
Translator 2	It depends on the situation.
Translator 3	Not always. If there is a barrier to the translator's presence on-site, remote translation is preferable.

Table 3: What are the preferred platforms for translators in Iran?

Translator 1	**Google Meet, Skyroom, and Skype, which have better connection**
Translator 2	It depends on the platform provided by the client for the translator and the audience. In Iran, the most commonly used platforms are Skyroom, Google Meet, Zoom, and Skype.
Translator 3	We mostly use Skyroom and Google Meet, as they are more accessible for Iranian audiences.

Table 4: Necessary Tools for Remote Translation

Translator 1	**Audio and/or video receivers or a smartphone.**
Translator 2	Computer, Audio and video equipment, Smartphone and apps or receiver devices, Internet connection
Translator 3	A powerful computer, excellent internet, audio and video equipment like a headset.

Table 5: Advantages of Remote Translation

Translator 1	**Easy access to information, convenient access to Google Translate, Reverso, etc.**
Translator 2	Time-saving when there is no need to travel; the ability to check information on the internet.
Translator 3	Less stress when there is no need to travel or face the audience; better access to information on the web, which is not possible in face-to-face sessions.

Table 6: Disadvantages of Remote Translation

Translator 1	**Not being able to see the speaker up close and not being in a professional environment.**
Translator 2	In some cases, technical issues like internet or audio/video disruptions; sometimes, seeing the speaker in person allows the translator to better understand things through their facial expressions and gestures.
Translator 3	Technical issues in general, especially in Iran.

Table 7: Conditions for Success in Remote Translation

Translator 1	**Choosing the right platform.**
Translator 2	The translator's full proficiency in both languages, a suitable platform, excellent internet, and good audio and video equipment.
Translator 3	A good device, good internet, and appropriate equipment.

Table 8: Have you ever used any specialized RSI platforms?

Translator 1	**When a specialized translator is not available on-site.**
Translator 2	When a qualified translator is not available nearby.
Translator 3	When the translator cannot travel.

Table 9: Which platform offers better services?

Translator 1	**Google Meet.**

Translator 2	Skyroom and Zoom.
Translator 3	Skyroom and Google Meet.

Table 10: In remote translation, what strategies do translators use to overcome physical distance?

Translator 1	**Sending files beforehand.**
Translator 2	Visualization and relaxation; also contacting the speaker before the session.
Translator 3	If possible, speaking with the speaker to better understand the content of the speech.

Table 11: Overall, do you prefer remote translation?

Translator 1	**Yes.**
Translator 2	No, because the physical presence of the speaker can resolve some ambiguities.
Translator 3	No, in Iran, due to technical issues, remote translation doesn't seem like the best solution.

According to the tables, there are various conditions for utilizing remote translation services. According to translators, remote translation is a useful and practical option when a specialized translator is not available on-site or when the translator cannot be present in person. In particular, mobility issues and the limitations in accessing specialized translators make remote translation the best choice. Regarding whether remote translation can replace in-person translation, there are different opinions. Some translators believe that remote translation can easily replace in-person translation, while others consider it situation-dependent and argue that remote translation is the best option when the translator's physical presence is not possible. Regarding the platforms used by translators in Iran, most translators use platforms such as Google Meet, Skyroom, Skype, and Zoom. However, due to restrictions in accessing international platforms, most Iranian translators prefer Skyroom and Google Meet as they are more accessible for Iranian audiences. As for the tools required for remote translation, translators mention the use of computers, audio and video equipment, high-speed internet, and reliable platforms. Some translators also mention using

mobile phones as an additional tool. The advantages of remote translation include saving time and costs, easy access to online resources, and convenience in performing tasks without the need for travel. These advantages make remote translation attractive and efficient for many translators. However, translators have also mentioned disadvantages of remote translation. Technical issues, such as internet disruptions or audio/video glitches, and the inability to communicate face-to-face with the speaker are among the major drawbacks of remote translation. These issues can affect the quality of translation and lead to increased stress and discomfort during the process. To overcome physical distance, translators use strategies such as sending files before the session, maintaining calm and visualizing content, and collaborating more closely with the speaker. These strategies help translators gain a better understanding of the speech content and make the translation process more effective. Ultimately, opinions on whether remote translation is preferred vary. Some translators prefer remote translation due to its convenience and easy access, while others prefer in-person translation for its technical advantages and the importance of the speaker's physical presence in understanding the content. This reflects the diversity of preferences and needs among translators. Overall, remote translation is a suitable and effective option due to its significant advantages, such as saving time and costs and providing easy access to online resources. However, when the physical presence of the speaker is crucial, in-person translation remains preferable to remote translation.

5. Conclusion

With the advancement of digital technologies and online platforms, Remote Simultaneous Interpretation (RSI) has become a common and practical method. This type of interpretation, conducted through video conferences and online communication software, allows interpreters to perform simultaneous interpretation from different geographical locations without requiring physical presence. However, RSI faces specific challenges that do not exist in on-site interpretation, including maintaining focus and accuracy in conditions where the interpreter lacks physical and non-verbal interaction and also faces technical issues such as audio delay, network disruptions, and poor sound quality .The main objective of this research is to study cognitive and strategic factors in RSI and examine its advantages and disadvantages, platforms used, and its psychological differences with on-site interpretation. Given the increasing importance of RSI in a

globalized world and its impact on international communications, scientific examination of existing challenges, particularly those related to interpreter accuracy, focus, and psychological pressure, is necessary. Additionally, considering the prevalence of pandemics and significant changes in methods of holding conferences and international meetings, RSI has become an essential option .This research employed a qualitative method to examine the psychological challenges and differences between remote and on-site interpretation. Initially, the researcher conducted semi-structured interviews with three experienced interpreters. Questions were designed to explore various aspects of remote interpretation, including technical, psychological, and cognitive issues. The interviewees' responses were systematically and thoroughly analyzed to extract their perspectives on challenges and effective strategies in remote interpretation .The research findings indicate that even experienced interpreters need specific training to transition to RSI. This includes familiarity with new technologies and cognitive strategies for managing RSI challenges. Regarding cognitive processes, interpreters must divide their attention resources between three main stages: listening and analysis, using short-term memory, and interpretation production. RSI creates numerous emotional challenges for interpreters that require preventive, supportive, and compensatory strategies. In terms of technical issues, poor audio and video quality, internet disruptions, and technical problems are among the main RSI challenges that affect interpretation quality .To maintain focus in RSI, time management techniques, deep breathing exercises, meditation, and mental fatigue management are essential. Additionally, for increasing accuracy, the use of advanced technical tools, review and revision techniques, and interpreter experience play important roles. Ultimately, despite significant advantages such as time and cost savings and easy access to online resources, RSI faces multiple challenges. Success in RSI requires a combination of technical skills, psychological preparedness, and management strategies. It is recommended that organizations and educational institutions develop comprehensive training programs to prepare interpreters for facing RSI challenges and provide appropriate technical infrastructure.

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