

Abstract:

The bachelor thesis is focusing on a relatively new disorder called orthorexia nervosa and that is why the term orthorexia nervosa is defined at the beginning of the theoretical section. Afterwards the existing diagnostic criteria are presented and special attention is paid to the factors, that support the development of orthorexia. The thesis also lists the groups, which are at risk of developing orthorexia. Furthermore, its aim is to distinguish healthy lifestyle from orthorexia in terms of pathology. The main part of this thesis focuses on comparing orthorexia with addictive behaviour, obsessive – compulsive disorder and with eating disorders. Following the findings of the previous chapters, the thesis presents methods used to treat orthorexia.

The second part presents a proposal of a quantitative research project which would be carried out on university students diagnosed with obsessive – compulsive disorder. The design of this research is conceived as a correlation study and its aim is to find out whether there is a relationship between orthorexia and obsessive – compulsive disorder.

Keywords:

Orthorexia nervosa, obsession with healthy eating, obsessive – compulsive disorder, eating disorders, addictive behavior