

Abstract:

This bachelor thesis deals with issues of stress and relationship between stress and functional disorders of the stomach.

Theoretical part describes stomach – its anatomy and physiology with emphasis on regulatory mechanisms. In the theoretical part, stress is handled complexly – from the physiological, pathophysiological and psychological point of view. The stress response is described in detail with its effects on the human organism. Separate chapters are dedicated to the effects of chronic stress on the human psyche and gastrointestinal tract. Functional disorders of the stomach are precisely explored – its classification, epidemiology, pathophysiology, diagnostics and therapy are described.

Practical part has two parts. First part is an online anonymous questionnaire study distributed among the general public. This questionnaire deals especially with the stress – frequency of feelings of stress, symptoms of stress and how can stress affect the health of the research sample. This part also studies awareness of functional gastrointestinal disorders in general public.

Second study examines problematics of functional disorders of the stomach amongst patients of IV. internal clinic of Všeobecná fakultní nemocnice. It is designed as a broad questionnaire study focused on circumstances of the development of functional dyspepsia, its symptoms, therapy and link between stress and the disorder.

Key words:

Functional disorders of stomach, Functional Gastrointestinal disorders, Functional dyspepsia, Stress, Stress reaction, Stress response, stomach, GAD7, Holmes-Rahe