

Abstract (in English):

A total of 62% of the Czech adult population currently suffer from overweight or obesity (BMI over 25). Overweight problems are mostly caused by bad eating and exercising habits. The web application Self-Coaching with cognitive behavioral therapy elements helps overweight or obese users to gradually change their bad habits.

The objective of the research part of the thesis is to evaluate the effect of a 5-week use of the web application Self-Coaching and to find out whether or not this effect changes if the users are provided with a virtual intervention of an instructor trained in a cognitive behavioral approach to obesity treatment. I evaluated the percentage of weight loss as compared to the initial body weight, the energy and nutritional balance of the diet, vegetable intake, physical activity, the number of days of using the application and the use of the psychological section of the application (psycho-coaching).

Weight loss was the identified main effect of the web application Self-Coaching. After five weeks, the users lost on average 2.5% of their initial weight. The intervention of the instructor helped to increase the number of days, for which the users used Self-Coaching.