

Abstract (English)

Guided imagery is not so far frequently used method, also there is not existing more extensive research in this field. Nevertheless, some papers showing potential of this technique can be found. This thesis deals with the use of guided imagery to influence biological (immune) processes. So far there is only a very small number of studies dealing with this topic. This is a pilot study in this particular application. The study included 38 participants. The effect of guided imagery on immunological parameters was monitored, as well as other factors that can be related to the effectiveness of the intervention (ease of process visualization, level of stress). The study also dealt with the possible influence of the metaphor in visualization content on its effectiveness. Although there is not clear result of this study on global level, there is a number of interesting partial results. Particularly, interesting observations significant in view of further research direction in this field have emerged from this work. In particular, the influence of stress, or more precisely its association with the guided imagery effect could be a promising area for further research. Based on this work, it is not possible to comment on the possible effect on guided imagery effect, because probands were not significantly influenced by subjective stress. Nevertheless, the observed trends lead to the hypothesis that the effect could be influenced by more intense stress.