

Abstract

This bachelor thesis describes and discusses eating disorders. Specifically, it focuses on adolescents as this age is among the key risk factors. The thesis is divided into two parts, theoretical and practical.

The theoretical part describes eating disorders and focuses on the two most common diseases: mental anorexia and mental bulimia. It describes the main risk factors, possible health complications and methods of treatment. It also describes the elements of primary prevention targeted at children and youths and the options for their use.

The practical part presents results of a quantitative research, which took place among students in elementary and secondary schools. The aim of the thesis is to identify what 12 to 16 year old students think about the “cult of thinness” and how important to them is a slim figure. It examines the eating habits and the awareness about the risks of mental anorexia or mental bulimia. Based on the results of this research, a draft of an educational leaflet was created, which might be used in a further awareness raising work among children.

Key words: eating disorders, mental anorexia, mental bulimia, adolescence, prevention