

## *Abstract*

**Introduction:** The thesis deals with the relationship between substance use and eating disorder. In particular, it focuses on the phenomenon of self-medication substance abuse among women who have experienced an eating disorders. The theoretical part provides a comprehensive picture of the studied issue, supported by Czech and international research in the area. The empirical part is based on qualitative data collection and consists of a combination of short case studies and thematic analysis.

**Objectives:** The main aim of the thesis is to map out and find out whether women who suffer from eating disorders use addictive substances, including alcohol, for the purpose of self-medication. The thesis also aims to find out whether there is a difference between the different forms of eating disorders and the pattern of substance use.

**Sample:** The research sample consisted of 10 women aged 19 - 38 years who have had experiences with eating disorders.

**Methods:** The method of semi-structured interview was chosen for the purpose of the research. The data obtained were presented using short case reports. The case studies were supplemented by a timeline and a test battery, which consisted of AUDIT, DAST and FTND questionnaires for better orientation of the researcher. The data were subsequently analyzed through thematic analysis.

**Results and Conclusion:** Results interpret answers to research questions. However, the research did not produce any breakthrough results, but rather the existence of a certain relationship between substance and the fight against eating disorders. Persons suffering from eating disorders use addictive substances, among other things, to alleviate the symptoms of the disease. The study also confirmed that the most likely to use substance abuse is those who are fighting bulimia nervosa, who are mostly overusing alcohol. Furthermore, it has been confirmed that those struggling with eating disorders are at increased risk of addiction and other co-morbidities. The case studies illustrate the overall view of the researched issue.

**Key words:** eating disorders - mental anorexia - mental bulimia - dual diagnosis - self-medication - substance abuse