

Abstract:

There are sex differences in the emergence of addiction and drug use. One of the causes of the differences is the effect of female sex hormones, estrogen and progesterone. Their levels in the body can affect both the subjective effects of drugs, as well as craving and the risk of relapse during the addiction treatment process and abstinence. The aim of this work is to examine the influence of the menstrual cycle on craving for addictive substances and to try to map in what period of the menstrual cycle craving occurs most often for women. As a research qualitative design was used, semi-structured interviews with women in residential treatment of addiction (therapeutic community and psychiatric hospital) were used as a method. The research sample consisted of 13 respondents. Two semi-structured interviews were conducted two months apart. Data were analyzed using the tuft creation method. The results point at the existence of a relationship between menstrual cycle and substance craving. Even though the respondents' answers are ambivalent, the most common triggers of craving are unpleasant emotions that occur more frequently in the period before menstruation begins. However, less than half of the respondents report a direct link between craving and the period before menstruation. The findings are in accordance with some of the foreign studies presented in the theoretical part of the thesis, which indicates the possible validity of the phenomenon also in the Czech Republic.

Key words: menstrual cycle, women, craving, residential treatment