

Abstract

Title: Psychosomatic in vertebrogenic disease

Objectives: The aim of this master thesis is to determine common features of vertebrogenic disease in connection with psychosomatics using literary research, and to describe the treatment options for this disease used in literal sources. The first searched common feature is the most common localization of pain. Other searched common feature is the prevalence of gender and age. The last searched common feature is treatment option for psychosomatic vertebrogenic disease according to specialised literature.

Methods: This master thesis is designed in a form of literary research. All studies and articles presented in this thesis were searched according to the following criteria: search in Czech or English language, search in electronic databases of Bibliographia Medica Čechoslovaca (BMČ), Medline (OIVID), PubMed and Google Scholar. The following keywords were used for the search: Psychosomatika, vertebrogenní onemocnění, bolest zad, deprese, úzkost, stres, bederní páteř, hrudní páteř, krční páteř, psychosomatická onemocnění a bolest zad, Psychosomatics, vertebrogenic diseases, back pain, depression, anxiety, stress, lumbar spine, thoracic spine, cervical spine, psychosomatic disorders and back pain. These sought sources are directly related to psychosomatics and vertebrogenic disease. Type of literature sources was not specified. Only literature sources published in years 2009–2018 were used in this thesis. This condition results from the date this master thesis was assigned. Out of total 178 sources, 20 Czech sources and 73 foreign sources were used.

Results: According to data collected from specialised literature, the most often pain localization in vertebrogenic disease connected with psychosomatics is in lumbar spine. Second most often localization of pain is the cervical spine. Pain in the thoracic spine has not been described in this context in specialised literature. Even though the incidence of the disease is in both sexes, a higher prevalence has occurred in women. By averaging the age from specialised literature, it turned out that the most affected population is the middle-aged one, between 36 and 37 years of age. The treatment of vertebrogenic disease in connection with psychosomatics was most often solved multidisciplinary in searched literature, focusing not only on the physical aspect but also on the mental aspect of human being. In addition to rehabilitation, pharmacology and medical approaches, cognitive-behavioral therapy and therapies focusing on relaxation and self-awareness have proven very successful.

Keywords: psychosomatics, vertebrogenic disease, spine pain

