

Abstract

This bachelor thesis focuses on the issue of eating disorders in women of childbearing age. It is divided into theoretical and practical part. In the theoretical part, we proceed from more general topics of history, diagnosis and factors of ED to their specific effects on reproductive ability, sexuality, pregnancy, fetal vitality and the psyche of new mothers during the puerperium. The research work has a qualitative character. Our main goal was to find out the obstacles that pregnant women with eating disorders perceive. The other four subgoals were to find out what percentage of correspondents planned their pregnancy, to compare the course of pregnancy in women who did and didn't plan their pregnancy, to find out what percentage of correspondents informed their gynecologist / midwife about a their history of ED, and to record their expectations of midwife's care. We contacted women via social networks and conducted structured interview with them via Skype. We summarize each interview in a case study. We processed the demographic data on the research sample into a graphical form. The interviews showed that the correspondents are worried about the outcome of the pregnancy, feel ashamed of ED-related behavior, the course of their pregnancy is subject to increased monitoring and they are more likely to encounter postpartum depression, which is associated with a sense of maternal failure. 50 % of the correspondents who planned the pregnancy coped better with the accompanying physical and mental changes than the other 50 %. 58.3 % of respondents informed their OBGYN/midwife about the ED diagnosis, they stated that they received more detailed care and their pregnancy was closely monitored. We presented the messages of the correspondents for midwives in subchapter 6.1. The theoretical and practical part shows that planned and interdisciplinary monitored pregnancies in women who have been successfully recovering have a less risky course and a better outcome.

Keywords

Eating disorders, nutrition in pregnancy, nutrition in the postpartum period, anorexia nervosa, bulimia nervosa