

**Abstract (in English):**

Our topic of this work is the effect of film therapy on the experience of people with depressive symptoms. Its aim is to find out what emotional responses films evoke in people with depressive symptoms and whether they find any risks or benefits in film therapy. In the theoretical part, firstly we focus on film therapy itself, its origins, empirical anchoring, definition and its application with a focus on its effects. We also discuss depression and its symptoms, which we examine in more detail, as well as the current treatment options for depression, based on ICD-10. In this section, we also focus on the latest findings regarding the possibility of treating depressive symptoms through film therapy. The empirical part follows, which is focused qualitatively. Based on the analysis of semi-structured interviews with six respondents who have subjectively experienced depressive symptoms in the last five years, we are now looking for answers to the identified research questions. The results of the research are described in the last part of the empirical work, where they are discussed and compared with previous research results on this topic and the literature. Subsequently, other possibilities of potential following researches are discussed.