

Abstract

This bachelor thesis deals with the possible connection of alexithymia and a depressive disorder in the adolescent period. The aim is to map the relation between alexithymic trait rates and depression symptoms rates of the general adolescent population. The literary overview of this work introduces the reader to the concept of alexithymia with an emphasis on its formation and to the depressive disorder with an emphasis on its manifestation. Furthermore, the following chapters deal with the overlap of these concepts, the possibilities of their interconnection, and the researches which focus on their relationship in clinical and nonclinical population. In addition, a few recent studies which map alexithymia and depression in adolescence are explored. The literary overview is followed by a research proposal which is, with the use of self-assessment methods Toronto Alexithymia Scale (TAS-20) and The Scale of depression Dolejš, Skopal and Suchá (SDDSS), designed to answer the unexplored question of the relationship between alexithymia and depression symptoms of the general Czech adolescent population, and to educate about possible psychological support as well as to prepare the basis for further examination of this matter.

Keywords

Alexithymia; Depressive Disorder; Manifestations of Depression; Depression Symptoms; Adolescence; General Population