

Summary

Work title: Use of Psychological Instruments for Evaluation of the Parameters Influencing the Adherence to Physical Activity in the Case of Overweighted and Obese Persons.

Work objectives: 1. To review a possibility to use three psychological questionnaires and other parameters (BMI, age, sex) to identify the respondents with lowered adherence to physical activities. 2. To evaluate physical activity influence on some psychological aspects and eating behaviour of overweighted and obese persons.

Methodology: With help of these three types of standardized questionnaires (BDI-II, WHOQOL-BREF a TFEQ) it was evaluated a scale of depressivity, quality of life and eating behaviour in the case of persons with overweight and obesity at the beginning of three-month physical activity programme. Input values from the questionnaires from respondents, who had not finished the programme were compared with the values of the respondents, who had finished, and statistically evaluated. Consequently, there were compared and statistically evaluated input and output values from the questionnaires and BMI of the respondents, who had finished the programme.

Výsledky: Lowered adherence to the excersises appears to be typical for women, younger aged respondents and respondents with lower BMI. The questionnaires BDI-II, WHOQOL-BREF, TFEQ have not proved the suitability for identification of respondents with lower adherence to recommended physical activity programme. Statistical analysis has not proved significant differences among groups of depressivity, quality of life and eating behaviour. In the next step, it has been proven, that regular physical activity has positively influenced depressivity, quality of life and eating behaviour. In the case of most of respondents, who had finished the physical activity programme, a scale of depressivity was decreased, and a scale of quality of life was increased and eating behaviour was changed in accordance with dietary compliance.

Key words: physical activity, obesity, depression, life quality, eating behaviour