

ABSTRACT

The rigorous thesis deals with anorexia nervosa as one of the basic forms of eating disorders, with emphasis on the very common chronic progression of this serious psychiatric illness. This thesis is based on the scientific fact, that conspicuous eating habits, constant control of thinking and behavior, as well as self-perception disorders, are observed in most cases, even in already cured patients. Risk factors such a long-term stress or prone personality, can result in the acute phase of anorexia nervosa. The rigorous thesis is qualitatively focused. The chosen methods of data collection are a questionnaire survey and a following semi-structured interview. The condition for participation in the research is the past experience with anorexia nervosa, without the current presence of the acute phase of this disease. The main goal of the rigorous thesis is to take a look, through specific stories of interviewed respondents, on individual ways of the recovery from the acute phase of anorexia nervosa, to map their current feelings, needs and burning issues. Based on the survey results, the outcome of the rigorous thesis are the specific recommendations for individuals who are prone to the emergence of recurrence of anorexia nervosa. These recommendations should lower the risk of relapse of the acute phase of anorexia nervosa, especially in stress situations.

KEYWORDS

Anorexia nervosa, eating disorders, chronicity, recovery, relapse prevention, addictive behavior