

Abstract

This thesis analyses relationships and interdependencies between eating behaviour, personality traits, and BMI in obese patients. In 2019, the prevalence of obesity was alarming in the Czech Republic, 77 % of working men and 56 % of working women were overweight or obese. The basis of successful treatment is to know patients very well, their history, individual habits and characteristics that led to the development of obesity. Eating behaviour and personality traits are important parts of this knowledge. They can help us to understand the mechanisms of obesity's development and thus also contribute to effective and individually adjusted treatment. We study eating behaviour by the Three-Factor Eating Questionnaire and personality traits by the Personality Inventory for DSM-5 and Beck's Depression and Anxiety Inventory in 598 obese patients (average BMI 44 kg/m²). We split the sample into multiple groups according to the values of BMI to test the differences between these groups with various methods. Together with correlation coefficients and a linear regression model, we evaluate eating behaviour and personality traits' influence on BMI. The most important findings are significant differences between women and men, various correlations of BMI to some personality traits and interdependency between eating behaviour and personality traits. Women have higher scores in eating disinhibition and in facets of personality trait domain disinhibition (depressivity and impulsivity). They have higher scores in anxiousness and depressivity and, accordingly, higher scores in Beck's Inventories. Regarding the values of BMI, we find that all the eating behaviour constructs have higher scores than in the general population. The BMI has a significant negative correlation with the domain of negative affect and the facets of hostility, rigid perfectionism, and separation insecurity. It has a positive correlation with irresponsibility. We also show the dependency of eating behaviour on personality traits. Although the analysis has many limitations, it can serve as a pilot study for further research.

Keywords: obesity, BMI, personality traits, eating behaviour