

**Thesis title:**

Conditional activity plan for patients suffering from schizophrenia in a regime treatment of medium-term and long-term hospitalization.

**Thesis aims:**

The aim of the thesis is to compose a conditionally oriented activity plan emphasising physical and mental specifications of schizophrenic patients and to verify its positive effect on their mental condition.

**Method:**

The conditional activity plan was tested by method of participated observation and group discussion.

**Results:**

The results clarify the effect of the conditional activity programme on current mental and physical condition of patients suffering from schizophrenia.

**Key words:**

Schizophrenia, exercising, activity plans, obesity