

**Filozofická fakulta Univerzity Karlovy v Praze, Katedra psychologie**

**Název práce:** Využití terapeutické techniky video konfrontace v léčbě poruchy příjmu potravy

**Název práce v angličtině:** Video confrontation in the treatment of eating disorders

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### **Abstrakt anglicky**

The goal of this pilot study is to search for a specific influence of the video confrontation technique when used as a therapy for a patient with eating disorder. For the method a questionnaire was chosen which includes semantic differentials and separate sentences. The respondents were selected based on availability. The 26 respondents included in this research were all women diagnosed with anorexia nervosa or bulimia nervosa. All were hospitalized in an eating disorder unit. The outcome of the study confirmed that video confrontation resulted in the patients describing the picture of their own body less ungainly and they were less ashamed about their own body. The outcome of the study confirmed that video confrontation resulted in the patients with anorexia nervosa describing the picture of their own body as more elegant, attractive, but also more worthless, more ugly and ungainly. In the case of patients with bulimia nervosa a specific influence was found in that the patients' perception of the picture of their own body changed to more little, thin, passive and they were less ashamed about their own body.

**Key words:** Eating disorders, Video confrontation, Therapy