

# **ABSTRACT**

This thesis deals with the phenomenon of food addiction. The research was held among the customers of Prague sweetshops, fast foods and supermarkets. The aim of this work is to find the prevalence of this phenomenon if Prague population, which visits these organizations. The second aim of this work is to deal with prevalence of food dependence in relation with social – demographic readings, such as gender, age, the highest education and a level of month salary. It pays attention to the high incidence of different criterion of food addiction. Finally it deals with problematic foodstuff.

This thesis is divided into two parts. The first theoretical part deals with the problems of food dependence. According to the bibliographic search this work reports on diagnostic methods for this illness and on most frequent problematic foodstuff, like additives in food. For better understanding of this problem I include to my work differences between eating disorders, obesity and food addiction. In this theoretic part, there is also article which deals with results of researches on rodents and human beings. This article confirms that this illness exists.

The second practical part of this work deals with particular research for which the questionnaire from the United States (named Yale food addiction scale) was used. Before the research was held, three main research questions 3 hypotheses were determined. After interpreting the readings from this scale, all these questions are answered and hypotheses are confirmed or disprove. The prevalence of food addiction among Prague population which visits fast foods and sweetshops is 5 %. The figures were higher at men than at women. Because of small number of participants these results can't be generalized. The most addicted people were in age 65 and more and in range of 20 – 24. The main problems for the respondents were sweet, salted and fatty foodstuff.

Because of small number of participants the results can't be generalized on Prague or Czech population. It is necessary to carry out another research about this topic in this area.