

Title: Kinesiotherapy in the treatment of patients with eating disorders

Summary:

The aim of our experiment was evaluate the effect of kineziotherapy (psychomotor therapy) on body image in the treatemnet of the patiens with eating disorders in The Department of Psychiatry on General University Hospital in Prague. The study included 10 women divided into two groups according to the psychiatrist`s diagnosis of anorexia nervosa and bulimia nervosa. The effectiveness of kinesiotherapy was also evaluated about the type of treatment – inpatient of the department for eating disorders and outpatient of the day care institution for eating disorders. We used a validated questionnaire Body Attitude Test (BAT) which is used for negative evaluation of body size, lack of familiarity with one`s own body and general body dissatisfaction. Then we used Test of silhouette according to Stunkard and Test for the evaluation of sensory stimuli according to Petrie. Due to the small sample size, we supplemented the quantitative part with the qualitative interview with open questions. It allowed us to understand the interaction of individuals with their own body.

Keywords: anorexia nervosa, bulimia nervosa, kinesiotherapy, psychomotor therapy, body image, Body Attitude Test, Petrie`s test, Stunkard`s test of silhouette, structured interview