Abstract:

This thesis deals with the observation as the primary method of psychology and its application in psychological diagnosis, specifically of anxiety disorders. It is divided into two parts, theoretical and practical one. In the theoretical part the observation is described as a primary method of psychology, its use and its role in psychodiagnostics is also described there, as well as its use in anxiety disorders diagnostics. In this section types of anxiety disorders are also being discussed, as well as the symptoms of anxiety disorders, which can be observed by an extrospection and introspection. Classification and the factors contributing to the development of anxiety disorders also makes one part of thesis. In the practical part of the thesis is proposed observation focused on symptoms of anxiety disorders, through which it would be possible to determine the type and degree of anxiety disorder. Research proposal works with both introspection and extrospection that were discussed in the theoretical part of the thesis.