

## **SUMMARY**

Title of the bachelor's thesis:

### **Eating Disorders – Causes, Treatment Options and Help**

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The bachelor's thesis focuses on eating disorders, especially on anorexia nervosa. It describes the causes leading to the disease, symptoms and features, risk factors as well as the dangers of diets and their consequences. It sums up standard treatments, contemporary options of specialized treatments, advisory, help and various forms of therapy. It mentions ways and possibilities of the family support, focuses on questions of eating disorder prevention in family and at school. This thesis includes the description of the two particular cases of anorexia nervosa and bulimia nervosa, the analysis of causes and symptoms of the pathological eating behaviour leading to the origin of the disorder. Options of treatment and steps needed to the solution of the situation of the people concerned have been suggested, as well as the optimal way of therapy proposed by an expert.

This thesis presents the problem of eating disorders as a contemporary topical matter, brings attention to the danger that is omnipresent with this sinister strain and stresses the necessity of more complex public information and prevention.