

**Abstract (thesis):**

**Backgrounds:** The Czech Republic is at the top of the world regarding alcohol consumption. Alcohol is in the Czech Republic considered legal addictive substance which is commonly available. In the Czech population aged 15-64 years a lot of people consume alcohol in a risk way, only small part, however, gets into the system of treatment. Since 2005 the number of institutionally treated men and women has been gradually decreasing, although the number of alcohol users regularly increases.

**Objectives:** The main goal of this research was to map extend of dependency of patients involved in abstinent oriented treatment. In specially selected clinics, this research was focusing on their behaviour and habitual practice while consuming alcohol and sorting out differences between men and women. It also pays attention to experience of these dependent patients with abstinence controlled drinking and their opinions on the whole situation after they finish their treatment.

**Methods:** There was a questionnaire research conducted in a period from January through March of 2014 involving patients in PN Dobřany, PN Bohnice, PL Červený Dvůr and PL Lnáře. All together study involved 125 patients, 48 women and 77 men. All questionnaires and answers were processed and evaluated strictly on anonymous basis while obeying ethical codes of each institute involved. MS Excel was used to sort out all data collected to gain results of this questionnaire study.

**Results:** It was found that in abstinence-oriented treatment a low dependence level (27.2%), an average dependence level (38.4%), severe dependence level (24%) and severe addiction (10.4%) were observed at patients. It was confirmed that women have different patterns of alcohol use than men. Patients experience with controlled drinking before treatment was confirmed as well.

**Conclusions:** The research revealed interesting findings about patients in abstinence-oriented treatment, their level of dependence, patterns of alcohol use, controlled drinking experience. From the research it follows that even though the strategy of controlled drinking is not part of the main stream of treatment in the Czech Republic, a large proportion of patients had controlled drinking experience based on their own experiments.

**Key words:** alcohol, addiction, abstinence – oriented treatment, controlled drinking, abstinence