

Abstract

Title: Affective mood states of the patient in physiotherapy care

Objectives: The aim of the theoretical part is to summarise the available findings about the chosen physiotherapeutical procedures, the psychosomatic attitude to the patients, the emotional states, the affective mood states and the possibilities how to influence them. The aim of the practical part is to evaluate the affective mood states of the patients before and after the physiotherapy care.

Methods: The research involves twenty-five patients who underwent physiotherapeutical care in the centres specialised in holistic treatment. Their state was observed with the help of the POMS Questionnaire. The patients filled in the forms before and after the physiotherapeutical intervention with the psychosomatic attitude. The non-parametric version of the Wilcoxon's test was used for the evaluation of the differences of the dependent selected groups.

Results: The results have proved all of the three hypotheses. After the physiotherapeutical intervention the current psychological state changed, the decrease of the tension, depression, anger, fatigue and confusion was significant. The vitality was increased significantly.

Keywords: Emotional states, physiotherapy, psychosomatic attitude, POMS