

Abstract

The topic of the thesis focuses on nutrition for people recovering from alcohol addiction. The theoretical part of the thesis is to detect excessive use of sugar abstinent women in a psychiatric hospital and common characteristics depending on the seasoning. This section will be described alcohol, its production, its effects and impact on human health. Also described are the mechanisms of physical and psychological dependence on sugar. The harmfulness of sugar on the human body and the effect on his health. It pointed to the eating habits abstinent women in a psychiatric hospital.

In the practical part of the thesis using quantitative research focuses on finding eating habits, specifically the amount of consumption of sugar-containing foods, with clients Bohnice Psychiatric Hospital, patients recovering from alcohol addiction. The aim of this section is to determine whether the amount of sugar accepted during the stay in a psychiatric hospital creates dependency on the delicacies. The practical part also shows the ratio of patients addicted to sugar, sugar endangered, or patients without addiction.

To gather the data I used a questionnaire ADS (scale depending on the alcohol) (Skinner & Horn, 1984) and Yale variety to meals - YFAS (Gearhardt et al., 2009).

The questionnaire focused on the evaluation of dependency on alcohol and food. Synovate interviewed female.

Overall, the data collection attended by 40 clients Bohnice psychiatric hospital.

Interestingly, most of the residents were treated only with mild alcohol dependence. Recovering from addiction was the highest in the age group 31-40 years. The most common education in addicted patients was high school graduation and income level from 10 to 20 thousand / month.

Dependent on food was less than half a sugar-dependent as well. Of the seven criteria for dependence were the most threatening character that determined the permanent desire for sweet foods or repeated attempts to stop consuming sugar. Less surprising was that most abused food was chocolate, biscuits followed her and were the third most common food cakes.

Keywords:

alkohol, abstinence, sugar, addiction