

Abstract

The thesis focuses on the issue of consumption of simple sugar and the psychological and behavioral aspects related to addictive behavior. The aim of the study was to explore and describe whether and how selected behavioral and psychological symptoms are affected by change in the consumption of simple sugar.

Data were obtained by semistructured interview and administration of questionnaires. Two questionnaires SCL-90 and the Food frequency questionnaire were used. The research sample was divided into two groups. First - control group are individuals who routinely consume food in which is usually simple sugar. Second - quasiexperimental group are individuals who have at least two years without simple sugar intake. Because of specificity of the selection criteria and in regard to validity of the quasiexperimental group were selected among individuals consuming a macrobiotic diet. Respondents completed an interview and filled out questionnaires within one meeting.

Based on data analysis, it was found that individuals who consume sugar showed less psychopathological symptoms according SCL-90, after elimination of sugar also showed more characteristics of addictive behavior in relation to a simple sugar than the control group. Changes after the elimination of simple sugar were most commonly associated with alterations in taste and improved physical and mental health. Comparison of the two groups showed essentially similar perceptions of simple sugar intake.

Key words

Sugar, addiction, behavior. psychological symptoms