Abstract (in English)

This master thesis deals with themes of motivations and compliance to treatment recommendations in outpatient physiotherapy. In the theoretical section it brings an introduction to the issue of adherence as a part of medical rehabilitation. It sheds some light on the importance of the research in this field and structures its span according to prescribed diagnoses and other criteria. It also shows distinctions in concepts of compliance, concordance and adherence and summarizes the findings of the most relevant directions of motivation research in this area of study. The aim of the empirical part is to capture relations between the distribution of patients’ personal causality orientation and their adherence to treatment, along with others, e.g. demographic variables. The analysis of 113 patients’ questionnaires showed that there is a statistically significant relation between both the internal and external causality orientation and the degree of adherence.