

Abstract

The objective of this bachelor's thesis is to obtain a complex view of nutritional counselling and to prove or disprove influence of nutritionist's care on triggering and developing anorexia nervosa.

The theoretical part describes the conditions for practising nutritional counselling and differences between dietitians and nutritionists. Also, this part focuses on factors that can trigger anorexia nervosa, its types, and prevention.

The research was conducted by evaluating interviews with three clients of Anabell counselling centre and three clients of a nutritionist. The results show that the trust in the nutritionists is high and the clients precisely follow their recommendations which can affect their health. Inspection of the medical history of the nutritionist's clients was executed in neither of the cases. The medical history contains the important part of psychosocial issues and it was neglected. All of the three respondents confirmed that they did not know the difference between dietitian and nutritionist.

The results provide an insight into the incompetent care of the nutritionists. They show that it is essential to spread knowledge on the possibility to use services of dietitians in the nutrition field.

Keywords: nutritional counselling, nutritionist, dietitian, medical profession, anorexia nervosa.