

Abstract

This Bachelor Thesis is dealing with eating disorders caused by smoking. Thesis is divided into two main parts – theory and practice. The history of eating disorders, definition of each type of eating disorders, treatment examples and health complications of the disorder are covered in the first theoretical part. Also, there are disclosed the history of smoking, ways of treatment of the tobacco dependence and health consequences of smoking. At the end of the theoretical part there are discussions about the relations between smoking and weight, smoking and eating disorders, relapse of the disease when quitting smoking and about e-smoking among people with eating disorders.

Practical part of this thesis contains of the research in a way of the survey. The questionnaire was made in two languages – Russian and Czech, in order to get greater amount of the respondents and to get more diverse answers. A link to the questionnaire was distributed by social media and web pages. Questionnaire was available to fill out from 13. 02. 2018 to 12. 03. 2018 and in total I received 101 respondents (54 for Czech version and 47 for Russian). The questionnaire was composed only for those people who have (or used to have) eating disorders and for those who smoke (or used to smoke) simultaneously.

The outcome displays that more than 50% of the respondents are worried about gaining weight after quitting smoking and other 19% started smoking because of the weight loss. Overall 89% of respondents suffer from depressed mood and 57% smoke to improve their mood.

Keywords

Eating disorders, anorexia, bulimia, smoking cessation, weight, weight concerns