

## Abstract

Depressive disorder occurs worldwide predominantly from 6 to 20 %. However, the exact percentage value cannot be precisely given. In a major of patients, unfortunately, depressive disorder remains undiscovered and cannot be diagnosed as well as treated properly. Annually, the number of patients with depressive disorder increases linearly. The depressive disorders can be split in primary and secondary occurrences based on different internal diseases. Moreover, there are also a great amount of somatic manifestations associated with depression. This bachelor thesis focuses on these manifestations, specifically on the chest area and its connection with problematic posture, breathing stereotype and depression. The theoretical part of this thesis describes the posture and breathing functions influenced by the patient's mental state. Additionally, it also deals with physiotherapeutic methods that are able to break the vicious circle of deteriorating postural and breathing functions accompanying changes in the patient's mental health. Practical part includes a case report of three patients. One suffers from depression due to late diagnosis of cystic fibrosis and afterbirth depression. The second patient copes with depression due to a difficult life situation. The last patient suffers from a combination of depressive and schizoaffective disorders with unknown causes. The case study deals with therapeutic intervention of physiotherapy in these patients. This project summarises the research concerning the influence of mental health treatment for postural and breathing functions.