

The bachelor thesis is dedicated to psychosomatic aspects of mental disorders. It describes interdisciplinary knowledge about communication between brain, intestine and its microbiome. The theses summarizes the role of the Gut-Brain-Microbiome axis in the aspect of thinking and feeling. It describes what can happen when the microbiome is disturbed in relation to mood and health disorders. The theses also deals with the ways of improving a mental state by influencing the Gut-Brain-Microbiome axis. In particular, it focuses on the contribution of probiotic cultures and certain diets to depression and anxiety. The proposed quantitative RCT research suggests four-week use of probiotics as an intervention in a clinical depression population.