

Title of diploma thesis: Role of Motivation for Physical Activity in Treatment of Addictions

Abstract:

Motivation for a healthy habit in the form of physical activity may be beneficial for patients seeking abstinence. Physical activity take part of the treatment program and can improve the overall prognosis of treatment. It can improve an individual's psyche and prevent potentially harmful habits associated with drug abuse. The aim of this study was to determine the motivation of patients for physical activity during three-month treatment at the Department of Addictology in Prague. The research group consisted of 72 patients in standard 3-months inpatient treatment. Following measures were used for data collection: 1) Behavioural Regulation in Exercise Questionnaire (BREQ-2) and Personality Inventory for DSM-5 (PID-5); 2) anthropometrics; 3) body composition data from "InBody 230"; 4) training diaries. According to the results, 72 % of patients were treated with alcohol dependence. Excellent internal consistency values of the PID-5 facets and satisfactory to good internal consistency values of BREQ-2 on the item level were obtained. Significant correlations of the PID-5 facets and domains of the BREQ-2 confirm criterion validity in terms of motivation. Type of motivation significantly varies according type and degree of personality psychopathology. The degree of amotivation/ intrinsic motivation does not necessarily correspond to the depth of personality psychopathology. Weight loss, fat mass loss and increased muscle mass were obtained within women, as well as reduction of their waist circumference. On the contrary, men demonstrated increased weight, reduced fat mass and increased muscle mass, as well as reduced waist and hip circumference. Limits of the study pointed to a small sample joined in somatometry and high drop-out, low female participation in comparison to men 1:3 and insufficient filling or loss of the training diary.

Key words: physical activity, addiction, treatment, motivation