

## **ABSTRACT**

The bachelor's thesis deals with the therapeutical effect of the Snoezelen multi-sensory room in the treatment of a subgroup of female patients suffering from anorexia nervosa. Because of their significant underweight and malnutrition, these patients exhibit significant impairment of cognitive functions, lower ability to solve problems, deformed interests and attention and memory problems as well. However, some of these can be renewed. This thesis explores the impact of Snoezelen-MSE concept-based therapy on the recovery of these patients.

The thesis aims to find out how the patients themselves perceive the effects of their therapy in a Snoezelen-MSE room. This room was involved in the treatment programme of a specialised eating disorders treatment centre in 2017, as a modern method of brain neuroplasticity development. The research method is a semi-structured interview with female patients hospitalised in a ward specialised in eating disorders treatment, who suffer from anorexia nervosa with BMI (body mass index) lower than 16. The research shall be approved by the ethical commission. The participants shall be approached in the final stage of their treatment, their participation being completely voluntary. The patients shall have the right to refuse the interview without any consequences and they shall sign their consent. The patients shall remain anonymous.

The findings of this bachelor's thesis might be presented in a psychiatric conference and thus contribute to the improvement of anorexia nervosa treatment. The thesis can help create therapeutical procedures and new standards for the Snoezelen multi-sensory room tailored specifically for this subgroup of patients and thus use the maximum potential of this treatment method.

**keywords:** anorexia nervosa, concept of Snoezelen-MSE, multi-sensory room, specialized nursing care