

Abstract:

Background: In recent years, with the development of mass media, new concepts have emerged and often also referred to as "modern" addiction. Specifically, the concept of orthorexia nervosa, which came in 1997 by American physician Steven Bratman, is now arousing interest among many experts. Many of them discuss whether to include this term in eating disorders or other disorders, or to give it a separate place in classification systems. However, orthorexia has many similarities with addictive behaviour, and that is why I chose this topic of bachelor thesis.

Aims: My thesis actually focuses on the description of orthorexia from the perspective of addictive behaviour. It aims to map similar etiopathogenetic mechanisms involved in both disorders. Therefore the research objective is to describe the similarities between orthorexia and addictive behaviour with a focus on risk factors from bio-psycho-social perspectives. The work also deals with finding similarities in the process, diagnosis and treatment of the disease. In particular, biological, psychological and social factors related to the above-mentioned risk behaviour are monitored.

Methods: Given the choice of case study, the thesis is based on qualitative research methods. The research group consists of one respondent who is dealing with the given issue, so the choice was targeted according to my chosen criteria. Data collection was conducted by unstructured interview. In part, a specific so-called native interview was conducted, when the client had the opportunity to tell her story freely without my intervention. Subsequently, the rest of the data was collected and refined via email. The data is then processed and evaluated using literature.

Results: By choosing a case study, it is possible to comprehensively look at the issue and find significant biological, psychological and social factors that have caused the occurrence of the disorder. I can say that the results of my investigation correspond to the theoretical findings of the research. The results correspond to the stated goals and point out that the etiopathogenetic mechanisms of dependence formation have significant similarities with the mechanisms of orthorexia. Also, the course and diagnosis of orthorexia are broadly consistent with dependency disorders. Thus, treatment interventions are not very different. Thus, the distinctive traits and shortcomings of early development, in particular the lack of children's needs, contribute to the emergence of addiction and orthorexia. If significant protective factors are absent, there is a higher risk of developing pathological behaviour

Conclusion: The thesis points to newly emerging issues and gives impetus to further research on this topic. Among other things, it highlights the need for early diagnosis and the promotion of protective factors that may prevent addiction or other risk behaviour. It combines the problems of eating disorders with the problems of addiction based on theoretical anchoring. The conclusion of the thesis is also deals with the recommendation of the use of addictologists in the diagnosis and intervention of eating disorders.

Key words: orthorexia - healthy nutrition – behaviour addiction - chronic disease - risk factors