

ABSTRACT

Background: The effectiveness of exposure therapy in the treatment of addiction is a topic of discussion. The question remains whether movie exposure can be a meaningful intervention in regimen. A research project with a similar focus has not yet taken place in the Czech Republic, although the use of movies in addictology treatment is not new. Also, only a small number of similar studies can be found worldwide.

Aims: The primary goal was to verify the possibilities of movie intervention as a supplement to the standard regimen treatment of addictions in the inpatient department of men of the Department of Addictology.

Methodology: The diploma thesis is based on a qualitative research methodology supplemented by a questionnaire survey. Patients were selected by deliberate targeted selection. In addition to the general criteria for entering treatment, a cut-off of min. third week of treatment. The research group consisted of 22 patients with an average age of 39 years. The obtained data were analyzed mainly by means of content analysis of focus groups, based on the method of grounded theory. The research used 3 types of questionnaires focused on the current feelings of patients, appetite for addictive substances and evaluation of predefined problems that commonly occur in treatment.

Results: The focus group proved to be a good tool for examining individual opinions, attitudes and values of patients in relation to the experience of individual movies. According to the types of movies' focuses, the activity in the focus groups differed. The liveliness of the discussion always depended on whether the patients were interested in the movie, whether they were able to identify with a character and overall, if the movie seemed credible to them with its story. Based on the evaluation of the questionnaire of the degree of current feelings, I found out that the emotional state of patients did not change or changed only in a negative direction. In the case of the craving test questionnaire, I was inspecting whether the patients felt desire for an addictive substance. In only three movies out of nine, patients did not state that they had an appetite for substance abuse. Two patients then had an appetite for the addictive substance even during the focus group. The research also evaluated patients' problems. These problems that patients may have encountered were predefined in the research. The evaluation of these problems refers to a stable decrease in their problems for some patients. In other patients, on the other hand, there was an increase in difficulties.

Conclusions: Movie intervention is an additional method in an addiction treatment that can enhance patients' experience with an ongoing treatment. Opening sensitive topics with a help of a movie format can increase the positive influence and motivation in the treatment. The connection between the patient and the movie is the key to make the movie useful in the treatment. When choosing a movie, the processing of movie themes and their content should be taken into account. However, the pilot format of the study predestines the obtained data for further investigation on more numerous and differentiated groups of patients.

Keywords: movie, qualitative content analysis, focus group, regime addiction treatment