

## **Abstract**

This bachelor's thesis deals with the use of Mindfulness-Based Cognitive Therapy (MBCT), a program originally designed to prevent relapse of depression, in the treatment of patients with generalized anxiety disorder (GAD). The literature review section provides a description of mindfulness, the MBCT program and its sources, and presents current results of studies focused on the use of program in the treatment of various types of affective and anxiety disorders, especially GAD. The characteristics of GAD are described in a separate chapter, including common treatment. Part of the work is the design of a research project, which has two aims. First, to compare the level of mindfulness and anxiety measured by questionnaires in patients with GAD at the time before, directly after, and three months after completing the program. Second, to find out how the former MBCT participants have used the techniques they had learned, in their everyday lives after completing the program.

## **Keywords**

MBCT; GAD; Generalized Anxiety Disorder; Mindfulness