

Abstract

Background: Co-morbidity of eating disorders and alcohol use among women is a topical theme. Eating disorders can be seen as a disease of modern women and alcohol use as very frequent and tolerated by society. Co-morbidity of these disorders is not given enough attention.

Aim: The theoretical part defines basic terms of eating disorders, alcohol abuse and their co-morbidity. In the practical part my goal was to identify the risk and protective factors, personal characteristics that were common for women suffering with co-morbidity and to outline the subjective perception of respondents regarding this issue.

Methods and sample: Data were obtained by the method of a semistructured interview with five respondents – clients of the aftercare group for alcohol addicts. Two methods were used for the purpose of data analysis: qualitative type of an approach and a pattern (gestalt) recognition method.

Results: The thesis described risk factors on the individual, familial and social level. It also described personal characteristics of respondents that overlapped with the risk factors. They can therefore be taken as risk factors on the individual level. Protective factors are mainly positive influence of peers, hobbies and awareness of one's value. Respondents and their subjective view on this issue point out the importance of identification of the „primary“ problem or conflict, on which basis these disorder can originate.

Results brought some answers, but also raised some questions and mainly new impulses to explore. Identification of risk and protective factors and typical personal characteristics of these women could help not only in the therapy, but also in the preventive programmers. These women's subjective perception points out the need to listen to their ideas and feelings, because it is them who can provide us with a lot of valuable information, which can take us forward in understanding this problematic.

Keywords: addiction – alcohol – eating disorders – co-morbidity – risk factors – protective factors – personal characteristics