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**Nutriční návyky pacientů léčících se ze závislosti na  
alkoholu ve vybraných psychiatrických nemocnicích**

The Nutritional habits of Patients Recovering From Alcohol  
Addiction in Selected Psychiatric Hospitals

Diplomová práce

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## **Abstract**

**Introduction:** Nutritional habits significantly affect the health and quality of life and they are an important part of a healthy lifestyle. Following nutritional recommendations is very important for the general population as well as for people recovering from alcohol dependence. One of the goals of treatment is improving the quality of life and well-balanced diet can actually help.

**Goals:** The main objective of the research is to determine what are the eating habits of people recovering from alcohol dependence during their stay in selected psychiatric hospitals. Another objective is to determine the difference in eating habits of respondents before entering treatment and after entering treatment. The aim is also to describe the relationship between dietary habits and socio-demographic data. It is set as a sub-goal to also map the results of the YFAS questionnaire.

**Methods and sample:** A tool consisting of three questionnaires was used for data acquisition. Alcohol Dependency Scale served to confirm a diagnosis of alcohol dependence, the food frequency questionnaire was used to evaluate the intake of individual food groups. The third questionnaire was YFAS. Their analysis had been done through mathematical calculations and manuals for evaluation and further processed into a pivot table in Microsoft Excel.

**Results:** I have found that eating habits of patients recovering from addiction to alcohol are very poor, the patients do not comply with the recommended servings of each food group and this leads to inadequate intake of nutrients. Nutrition is insufficient and unbalanced among respondents. The results show that eating habits have a large room for improvement.

**Resume:** I think that the right nutritional therapy in psychiatric hospitals could help to achieve better results in treatment because nutritional therapy is an important area of each treatment. The results of my research can be used as a basis for further research in this area, for example, to compare the eating habits in patients placed in other psychiatric hospitals, or to compare patients treated for dependence on other addictive substances than alcohol.

**Key words:** nutritional habits, nutrition, alcoholism, addiction treatment in a psychiatric hospital, FFQ, YFAS