ABSTRACT

Background: Thesis consists of theoretical summary of information which characterizes depression. Practical part consists of questionnaire study, whose goal is to determine the most important factors, which take part in growth of depression disease. As well to determine the effect of season on depression progress, the most common age when depression starts to develop, eventually some knowledge about a character and treatment of depression.

Methods: Questionnaire study from November 2017 to April 2018, which consists of 22 questions for respondents from Czech Republic (850 respondents of whom 291 were diagnosed depression).

Results: More than a half of respondents (53 %) diagnosed with depression have chosen two and more risk factors. Thus, depression appears based on combination of more factors. The most frequently are mentioned ill family relationships (20 %) and tragic event in life (20 %). It is also negatively influenced by season, mostly autumn (46 % of answers) and winter (33 % of answers). The most common age when the depression starts to appear is 11-20 years. Most frequently respondents were diagnosed moderate level of depression (60 %) and they have chosen to visit a doctor out of their own belief (57 %). The main signs are tiredness (18 %) and loss of interest and enjoyment of activities (19 %). The treatment mostly lasts less than a year and it is still ongoing in 62 % cases. The treatment in most cases consists of combination of pharmacotherapy and psychotherapy (44 %). However effective is considered only pharmacotherapy or psychotherapy alone. Treatment leads to being completely cured only to 13 % of respondents. 29 % of them states that have tried alternative medicine, especially kinesiology and homeopathy.

Conclusions: The experimental part shows that usually more factors are responsible for depression disease. The most dangerous are ill family relationships and a tragic event in life. Depression is also greatly affected by season, probably with connection to intensity of light. Mostly, depression starts to develop in an adolescent age.

Key words: depression, depression disease, risk factors, stress, heredity