

## **ABSTRACT**

The bachelor thesis deals with the self-medication theory among menopausal and postmenopausal women. It is divided into a theoretical and practical part. The theoretical part presents self-medication theory and important studies exploring self-medication of mood and anxiety disorders, health effects of alcohol consumption on women, psychosocial aspects of menopause and higher prevalence of mood and anxiety disorders among menopausal and postmenopausal women. The practical part presents qualitative research with case studies exploring alcohol addiction in three perimenopausal women. Case studies are also focused on their psychological condition, drinking motives and perimenopausal symptoms. Questionnaire battery and semi-structured interview were used for data collection. The aim was to describe self-medication phenomenon among menopausal and postmenopausal women and start the debate for another research. The research claims that alcohol consumption among perimenopausal women was rising as the psychological condition was getting worse to cope their negative emotions. The research demonstrates diversity of possible self-medication among menopausal and postmenopausal women as every woman describes different psychological problems, menopause experience and alcohol using. Due to large number of perimenopausal women in population another research would help with effective addiction treatment and targeted preventive strategy.

**keywords:** self-medication theory, menopause, postmenopause, alcohol addiction