

Abstract

This thesis looks at the influence of emotional state on chest development and configuration, lung functions and presents possible physiotherapeutic interventions in patients with depressive syndrome. In theoretical part, the thesis focuses on the issue of depressive syndrome, outlining the topic of psychosomatics and the relationships between psychological state and physical symptoms. The theoretical part also includes a presentation of the possibilities of physiotherapeutic methods, which can be used to improve respiratory and postural function.

The main aim of this work was to determine the psychological state of patients both before and after individual therapies and to see if there would be improvement in the condition as well as improvement in the parameters of respiratory and postural activity due to performed physiotherapeutic methods. Within the secondary objective, potential correlations between these parameters and psychological state were described and the effect of physiotherapy on improvement of all parameters was shown.

Methods: The practical part of this work involved 10 probands with depressive disorder. For probands, the parameters were measured in a total of 5 sessions. The parameters of the respiratory amplitude were recorded by the tailor's meter, the postural deviation from the vertical by the plumb line test, and the parameters of lung function via peak flow meter. The psychological condition was assessed by the Montgomery-Asberg Depression Rating Scale.

Results: The effect of physiotherapeutic intervention on improvement of all measured parameters, including depressive rate, was demonstrated with statistical significance. As part of the evaluation of the resulting data, there was no confirmation of statistically significant correlations between improvement of individual parameters and improvement in the MADRS questionnaire, except for the chest development parameter at half the distance from umbilicus to processus xiphoideus. For this purpose Fisher's exact test and the factors Phi and Cramer's V were used.

Conclusion: Although the correlation of the results with MADRS values at statistically significant levels were not proved, it is clear that there are links between them. It was found that emotional state and other measured parameters can be effectively improved by physiotherapy.