

Abstract

The diploma thesis approaches the issue of monitoring one's own activity using digital technologies in the context of eating disorders. The aim of the research part is to use a non-interventional quantitative quasi-experimental study to map the impact of using a smart watch, i.e. a specific type of monitoring tool that monitors daily physical activity, on selected areas of treatment for eating disorders. The treatment was assessed in terms of general symptomatology, excessive exercise, regulation of emotions and overall assessment of therapy. Data collection was carried out at the Center for Eating Disorders at the Psychiatric Clinic of the 1st Faculty of Medicine of Charles University and the General University Hospital in Prague. The research compared scores obtained at two time points, based on the use of smart watches patients with an eating disorder (n = 35) were divided into two groups in the analysis. The statistical analysis of the data showed that patients using smart watches did not achieve statistically significantly more severe manifestations of eating disorders, even during specialized treatment. However, it seems that the group using smart watches shows a tendency towards more severe manifestations in the area of general symptoms and excessive exercise.

Key words

eating disorders; smart watch; monitoring; treatment