

Abstract

This bachelor's thesis examines the impact of anorexia nervosa in adolescents on family resilience, specifically its dynamics and development both during and after treatment. The thesis is divided into a literature review section and a practical section, which takes the form of a research proposal. The literature-review part contains three main chapters, which are mental anorexia, family resilience and the mutual influence of mental anorexia and family resilience. The chapter on anorexia nervosa includes diagnostic criteria, aetiology, risk factors and the relationship of the disease to family and family functioning. Family resilience defines its status from individual resilience and is described according to the FAAR model. The final part of the paper focuses on identifying patterns and factors that families build and apply to increase their level of resilience and suggests their development and application in treatment.

The proposed research aims to monitor the development and dynamics of family resilience during and after treatment of a child with anorexia nervosa in selected families. It is a qualitative research conducted through semi-structured interviews that will be coded using the IPA (Interpretative Phenomenological Analysis) method. The motivation for the research is to improve and streamline the child's treatment by increasing the mental well-being of other family members during the stressful, prolonged treatment process. The thesis seeks to view the crisis event and the severity of adversity in terms of the potential for the family to enhance family resilience, which can benefit not only during the child's treatment but also in future life.

All information is drawn from the publications of authors who are professionally involved in the treatment of this condition in practice or who are interested in the concept of resilience. Citations are appropriately embellished according to APA form.