

## **Abstract**

**Background:** One of the great recent topics in addiction medicine is controlled use. Despite not having a clear definition, the term is universally associated with addictive substances. However, its use can also be found in eating disorders. Individuals who are trying to recover from eating disorders must eat in a controlled manner. Unlike addictive substances, this is not a choice, as food is essential to life and abstaining from food is not an option, like abstaining from an addictive substance. I find this connection very interesting and therefore I would like to deal with the mechanisms of controlled eating and its comparison in addictology in my bachelor thesis.

**Aim:** The core of the research is to map the mechanisms by which people with eating disorders engage in controlled eating. In this thesis, I am looking for mechanisms in two types of eating disorders, bulimia and binge eating. The second aim is then to compare these mechanisms with controlled eating. For my thesis I have chosen controlled alcohol use. The third aim is to compare how these mechanisms also coincide with addiction treatment in addiction medicine.

**Methods:** The data collection will be done through a semi-structured interview, the interview will have a prepared set of questions, but also leave room for new questions as the interview requires. The interview will be recorded with the consent of the respondents. The data will then be transcribed and analysed for the next section. The research sample will consist of five respondents by purposive sampling method, according to my chosen criteria, they are women who suffer or have suffered from bulimia or binge eating. The lower age limit is 18 years.

**Results:** These mechanisms were then found to be consistent with the principles of controlled alcohol consumption as well as those used in addiction treatment.

**Conclusion:** The mechanisms of controlled eating are comparable to the principles of controlled alcohol use. Both of these treatment options share one main goal, which is abstinence, not from food or alcohol, but from risky food or alcohol behaviours. Eating disorders use comparable interventions to those used in addiction treatment.

**Key words:** eating disorders, controlled use, bulimia, relapse prevention, mechanisms

