

## **Abstract**

This diploma thesis firstly introduces the topic of insomnia, models of its aetiology and treatment, with particular emphasis on emotional regulation. Main aim of the empirical part is to assess the effect of cognitive-behavioural therapy on emotional regulation in adult patients dealing with insomnia, because this psychological construct has been mostly overlooked in the context of treatment. The present pilot study observes the level of subjectively reported difficulties in emotional regulation in a group of insomniacs before and after undergoing psychotherapeutic intervention in comparison with control group with treatment as usual. The results show no significant effect of cognitive-behavioural therapy on reduction of difficulties in emotional regulation. Limits and implication of this study for future research are discussed.

## **Key words:**

insomnia; cognitive-behavioural therapy; emotional regulation