

ABSTRACT

The diploma thesis focuses on the evaluation of the primary preventive programme Duševní zdravotní výchova, which deals with mental health issues and is implemented in secondary schools. The aim of this thesis is to evaluate the effectiveness and benefit of this programme for its participants. Another aim was also to find out if variables such as gender, age and experience with mental illness of the respondents can influence their attitudes towards mental health.

In the theoretical part of the thesis are defined mental health and illness, primary prevention and the current state of school primary prevention in the field of mental health are also defined. Also identified are protective factors that primary prevention programs dealing with mental health should support. Principles of effective primary prevention programmes and examples of proven mental health prevention programmes are presented. The preventive programme Duševní zdravotní výchova and the non-profit organization Nevypust' duši, which implements it, are described here.

The research group consist of 1898 respondents (1655 respondents from the experimental group and 243 from the control group). The research method is evaluation feedback questionnaires, which were provided to respondents before and after the implementation of the programme. The results of the evaluation show that the programme Duševní zdravotní výchova is effective and appears to be the most beneficial in the area of (1) Seeking professional help and (2) Principles of proper psychohygiene. It is also confirmed that respondents' gender, age and experience with mental illness influence their attitudes towards some areas of mental health.

KEYWORDS

Primary prevention, evaluation, mental health, mental health issues, adolescence, mental health literacy