

ABSTRAKT BAKALÁŘSKÉ PRÁCE V AJ

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Title: Psychosomatics and its role in chronic back pain

Abstract:

This bachelor thesis focuses on exploring the connection between psychosomatics and chronic back pain. The thesis is divided into two parts: theoretical and practical.

The theoretical part of the thesis provides a comprehensive summary of information on psychosomatics, including its concept, boundaries, and role within medicine. It also explains the different types of pain, their assessment, and individuality in perception. The issue of stress, including its origin, nature, and effects on human functioning, is also discussed. Additionally, the thesis examines the psychosomatic approach and its key aspects.

The practical part of the thesis involves a research that determines the prevalence of risky psychosocial factors in patients with long-term chronic back pain attending physiotherapy. It also includes a case report of a patient with chronic back pain in the cervical spine who was identified as being at risk for psychosocial factors.

The results of the thesis include an evaluation of the impact of physiotherapy intervention on psychosomatic back pain through the numerical pain scale and a short form of the McGill University Pain Questionnaire. The thesis also evaluates the impact of the intervention on the individual's psychological state through yellow flag questionnaires and an interview. Furthermore, the study maps the frequency of psychosomatic difficulties of patients with chronic back pain and assesses the instruments used to identify risky psychosocial factors.

Key words: psychosomatics, back pain, comprehensive approach, biopsychosocial model, stress