

Abstract

Background: Caffeine is a commonly used stimulant that is not dangerous in normal doses in healthy individuals. Patients with eating disorders tend to overuse caffeine and excessive intake may increase the risk of both somatic and mental health complications.

Aims: The main aim of this thesis was to provide a comprehensive review of the literature on the sources and effects of caffeine and to analyse specific aspects of caffeine use in the psychiatric population with eating disorders. The thesis focuses primarily on the motivation for use in different eating disorders and the impact on physical and mental health. The second aim was to discuss the possible clinical relevance of the topic and to propose a specific tool for health professionals to screen for caffeine use and the implications of this issue in the treatment of this specific group

Methods: The thesis is theoretical in the form of a search of the current state of literature and research from academic sources. Based on the information obtained, a questionnaire was designed to assess caffeine consumption and reasons for its use in patients with eating disorders.

Results: An analysis of the literature shows that psychiatric patients often abuse caffeine products, and for those with eating disorders, the main reason for use is to suppress appetite and stave off hunger, increase alertness, and provide energy without calories. The paper also resulted in a suggested questionnaire.

Conclusion: The paper is a comprehensive systematic review of the effects of caffeine not only in patients with eating disorders. The review may help to better understand patients' motivations for caffeine use and thus prevent adverse effects and health complications. Questionnaires for working with patients and practical methods for introducing individual measures into treatment have been proposed, but their validity needs to be further tested in clinical practice.

Keywords: Caffeine, Eating disorders, Coffee, Tea, Energy drinks, Screening