

Summary

This bachelor's thesis deals with the impact of histamine intolerance on quality of life. The quality of life of people with histamine intolerance is significantly affected, as histamine intolerance can influence not only the health aspect but also social and economic spheres. People with this intolerance must carefully monitor which foods they consume to minimize histamine intake and limit their choice of dining services. This not only leads to the elimination of certain foods and dishes but also restricts social contacts and leads to feelings of helplessness and isolation, which can impact mental well-being.

The aim of this bachelor's thesis, in addition to explaining and addressing the issue, was to translate and validate the „Food Intolerance Quality of Life Questionnaire (FIQLQ-AF)“ and verify it in practice. Subsequently, the results were evaluated to raise awareness among both the professional and general public about this issue.

For the analysis, a questionnaire survey method was used, which included questions regarding personal information and diagnosis, as well as the „Food Intolerance Quality of Life Questionnaire (FIQLQ-AF)“ itself.

Based on the guidelines of the World Health Organization (WHO), we translated the „Food Intolerance Quality of Life Questionnaire (FIQLQ-AF)“ and used it in a survey. The survey showed that the quality of life of people with histamine intolerance is significantly affected.

Histamine intolerance is a condition that significantly impacts the quality of life of affected individuals. The use of the translated questionnaire can contribute to a better understanding of this condition and allow for appropriate measures to minimize unpleasant symptoms. Raising awareness about histamine intolerance is important for the overall improvement of care for patients with this diagnosis.

Keywords: histamine intolerance, histamine, quality of life, elimination exposure low-histamine diet.