

Dietary Habits and Changes in Nutrition among Patients Recovering from Alcohol Addiction in Selected Psychiatric Hospitals in the Czech Republic: A Pilot Study



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BACKGROUND: Recent studies indicate that persons dependent on alcohol may show deficiencies in their intake of specific vitamins and minerals. These deficits can subsequently be associated with other somatic, physiological, and psychological problems. **AIM:** The aim of the study was to identify dietary habits and nutrition among patients in addiction treatment at the Bohnice Psychiatric Hospital in Prague and the Opava Psychiatric Hospital. A pilot study was conducted to examine whether the nutrition the patients receive meets the general dietary guidelines and look for changes in dietary habits before and after the initiation of the treatment. **METHODS:** The study sample included 49 patients. The test battery consisted of the Alcohol Depending Scale (ADS) and the Food Frequency Questionnaire (FFQ). **RESULTS:** The results indicate significant

changes in the patients' dietary habits and nutritional preferences before and after the institutional treatment was initiated. In the course of the treatment the quality of the patients' nutrition improved in some areas: their intake of foods such as quality carbohydrates and vegetables, the consumption of which was insufficient during their alcohol consumption, increased. On the other hand, there was also a major increase in their intake of monosaccharides and disaccharides. **CONCLUSION:** Treatment for alcohol dependence and abstinence affect patients' dietary habits and nutritional preferences. Attention being focused on the quality of patients' nutrition can significantly help them in maintaining abstinence, complying with treatment, and improving their psychological and physical conditions.

KEY WORDS: ALCOHOL – ADDICTION TREATMENT – DIETARY HABITS – NUTRITION PREFERENCES

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