

# **Supporting the physical activity of clients with serious mental illness in Prague**

## **Abstract**

The aim of this diploma thesis was how social workers perceive the possibilities of supporting regular physical activity of clients with serious mental illness. The research part was carried out using a questionnaire survey conducted among social services workers focused on the care of mental illness and operating in Prague. The study involved 37 respondents, among whom there was an equal representation of those who work within multidisciplinary teams (CDZ or facilities of this type, where they are provided together with social services and health services), as well as those who work in facilities providing only social services. Through a questionnaire survey, it was found that in multidisciplinary teams, where the health services component is also represented, more attention is paid to the support of appropriate regular physical activity in these types of facilities.

**Keywords:** serious mental illness, social work, regular physical activity