

Abstract

Author: Zuzana Košátková

Title: Relation of depression, stress and anxiety levels and current mood state with the size of the complex response during stimulation of reflex turning according to Vojta.

Aims: The main aim of the thesis is to clarify whether there is a relationship between the level of depression, anxiety and stress levels and current mood state with the size of the complex response during the stimulation of reflex turning according to Vojta (VRL). Other aim is to find out whether reflexive turning according to Vojta has an effect on current mood state.

Methods: The study was conducted on 27 healthy women aged 19-25 years. At the beginning of the research participants completed the DASS-42 and POMS-SF questionnaire. Then, a 10-minute placebo stimulation of reflex turning ("chest zone" between the 2nd and 3rd ribs) was performed. During the 10-minute break, probands again completed the POMS-SF questionnaire. This was followed by 10-minute of reflex turning stimulation by Vojta from the supine position from the thoracic zone between the 6th and 7th ribs. At the end of the session, participants completed the POMS-SF questionnaire for the last time. Non-parametric repeated measures ANOVA, post-hoc Durbin-Conover test and correlation matrix with Kendall's Tau B correlation coefficient were used to test the hypotheses. The level of statistical significance was set at $p < 0.05$

Results: Depression, stress and anxiety scores measured by the DASS-42 do not affect the size of the complex response during VRL. Lower total mood disturbance (TMD) scores measured by the POMS-SF at the baseline are associated with larger complex response during VRL, but the correlation is not statistically significant ($p = 0.237$). Greater experience with VRL leads to a larger complex response during VRL, but the correlation is not statistically significant ($p = 0.282$). VRL does not affect changes in TMD, but has an effect that does not reach statistical significance on decreases in vitality ($p = 0.054$), confusion ($p = 0.057$), tension ($p = 0.180$) and depression ($p = 0.356$).

Keywords: Psychology, Physiotherapy, Vojta method, Vojta therapy, DASS-42, POMS-SF