

ABSTRACT

Introduction to the problem: Obesity is a chronic multifactorial disease associated with many serious health complications. As the number of obese individuals increases, so does the need for effective treatments to help alleviate the health consequences of this disease. Bariatric surgery has become one of the most effective methods of treating obesity and its complications.

Aims of the thesis and research questions: The main aim of the thesis is to determine the effect of bariatric surgery on the patients' quality of life. To fulfill the main objective, 3 sub-objectives are set. Based on the objectives of the study, 3 research questions are established:

1. How do respondents rate each dimension of the SF-36 questionnaire, depending on the type of bariatric surgery?
2. After which kind of bariatric procedure do respondents report higher mean scores for overall physical and mental health?
3. Does the weight loss 3 months after surgery correlate with respondents' preoperative weight?

Methodology: The anonymous questionnaire is used for the quantitative research. Quality of life is assessed using the standardized SF-36 (Short Form 36 Health Survey Questionnaire). A total of 71 patients who underwent bariatric surgery (sleeve gastrectomy or gastric bypass) more than 3 months and less than 2 years ago are included in the survey.

Results: The majority of respondents (**92.9 %**) rated their health as somewhat better or much better than before surgery. On average, respondents after sleeve gastrectomy rated their quality of life more positively on each dimension than respondents after gastric bypass. It was found that respondents after sleeve gastrectomy also reported statistically significantly higher overall physical health (**p = 0.034**) and mental health (**p = 0.015**). In addition, the analysis also suggests that body weight before surgery and 3 months after surgery are statistically significantly correlated (**p < 0.001**).

Conclusion: The physical aspects of recovery after bariatric surgery are perceived more positively than the mental aspects, highlighting the importance of comprehensive patient's care including the psychological support. The results suggest that bariatric surgery positively influences the perception of one's own health and quality of life.

Keywords: Obesity; bariatric surgery; sleeve gastrectomy; gastric bypass; nutrition; quality of life; SF-36