

Abstract

The thesis focuses on the issue of self-esteem in clients diagnosed with anxiety disorders. While this condition belongs to the most common mental illnesses, the role of the patient's self-esteem has not been sufficiently researched. The aim of the thesis is to contribute to a better understanding of the relation between anxiety and self-esteem, and to examine whether clients with so called Other Anxiety Disorder manifest specific differences in their level of self-esteem.

In the theoretical part we summarize the key findings in the domain of anxiety disorder research; we further compare the different psychological approaches to the issue of self-esteem. There is a particular focus on authors who explore the possible causes and features of self-esteem deviations in patients with anxiety disorders, and who propose hypotheses regarding the nature and origins of this linkage.

The empirical part of the thesis focuses on the analysis of the explicit and implicit self-esteem level in clients with anxiety disorder. For the purpose of measuring explicit self-esteem we have used foreign questionnaires, namely the Rosenberg Self-Esteem Scale and the SLSC-R. For implicit self-esteem evaluation we have used the Rorschach test. The research outcomes indicate that clients with anxiety disorders display significantly lower levels of both explicit and implicit self-esteem in comparison with a control group.

Moreover, the study revealed a statistically significant higher occurrence of Form-Based Dimensional Responses (FD), Shading-Dimensional Responses (V), responses involving Anatomy and X-Ray contents and Morbid Contents responses in the Rorschach test at the clinical group compared to a control group.

Thesis contains two case studies proving manifestation of negative self-esteem of clients with anxiety disorders.

key words: explicit self-esteem, implicit self-esteem, anxiety, anxiety disorders, Rorschach test