

zici a tuzemské aplikace jako VOS nebo Calmio zatím nejsou podloženy žádnými vědeckými studiemi ani nevychází z jimi validovaných programů všímavosti či soucitu se sebou. Lektoři a výzkumníci v oboru v ČR a na Slovensku by proto měli zvážit vytvoření a validaci český a slovensky namluveného on-line programu či aplikace. Inspirací může být například on-line program KBT, který je aktuálně vyvíjen na české platformě Mindwell (66).

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Závěr

Úzkostné poruchy tvoří nejpočetnější skupinu duševních poruch. Intervence založené na soucitu se sebou nabízí některá praktická řešení, jak problémy společné s úzkostí zmírnit i léčit. Vztah mezi soucitem se sebou a úzkostí stojí na kvalitních empirických základech. Pro další rozvoj tohoto oboru však bude potřeba více randomizovaných kontrolovaných longitudinálních studií a komplexnějších výzkumných

modelů, zkoumajících zejména roli mediačních/moderačních faktorů, jako je citová vazba, osobnostní charakteristiky či emoční regulace. Značný potenciál budoucího výzkumu lze spatřit ve zkoumání role oxytocinu. Dalším důležitým krokem je implementace intervencí a metod soucitu se sebou do praxe pracovníků v oblasti duševního zdraví u nás. Ta ostatně může být i cennou pobídkou pro rozvoj dalšího kvalitního výzkumu v ČR a na Slovensku.

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