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To study the prevalence and severity of depression in infertile females attending tertiary hospital in North India

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Background: Many studies have been done on mental health of an infertile couple. The most common mental health problem in women with infertility is depression even in developed countries. Depression is said to be a major problem associated with infertility especially in North India where children are highly valued to continue the name of a family for decades. Previous research has found that there are several factors including the age, education, social pressure and the pressure of husband's family affects the infertile couples' mental health. Infertility not only causes psychological pressure on the couple; but also develops physical and emotional instability. In developing country like India the women are generally blamed for the couple's infertility. It adversely affects the married and social of life of the couple. It may also leads to abusing and domestic violence and ends into divorce. Being a mother is the only way for women to enhance their status within their family and community. In society the infertile women is segregated and neglected. The infertile women are often excluded from social events and ceremonies considered as inauspicious. The aim of the this study was to determine the prevalence and severity of depression among North Indian infertile women in relation to duration of infertility and other socio-demographic characteristics at a tertiary care center.

Material and Methods: This study was cross sectional study conducted from April 2014 to December 2016 at department of Maternal and Reproductive Health. We included 102 women with infertility attending our OPD for treatment in this study. After informed consent from participants the study and the questionnaire was explained in their local language. Data collection was done by a preset questionnaire. For this study primary Infertility was defined as the inability to achieve conception despite unprotected sexual intercourse of at least 1 year and secondary infertility, if the conception failed to occur after a previous pregnancy irrespective of the pregnancy outcome in the women despite unprotected sexual intercourse of at least one year. Socio-demographic information including age, duration of infertility, educational level, occupation, monthly income, primary or secondary infertility was also obtained. Data was obtained using the Beck Depression Inventories (BDII). The classification of depression scores involves: 0–13 (Minimal range), 14–19 (mild depression), 20–28 (moderate depression) and 29–63 (severe depression).

Results: Majority of the women 38.2.0% (39/102) were within 26-30 years age group followed by 31-35 year group (32.3%). Only 14.7% of the women were employed and maximum of them (85.2%) were housewives. Maximum women (41.1%) were postgraduate followed by graduated (35.2%) study subjects. With respect to income levels maximum were in middle income group (55.8%). In our study group maximum women (47%) had married life of upto 5 years and majority had infertility duration of upto 5 years (82.3%). Maximum women had secondary infertility (61.7%). The 41.1% (42/102) women had minimal range depressive symptoms, 17.6% (18/102) had mild depression, 32.3% (33/102) had moderate depression and 8.82% (9/102) had severe depression.

Discussion: The prevalence of depression due to infertility in females is quiet high in North Indian population. It needs identification and proper timely interventions to manage it besides the clinical management of infertility. As the treatment pathway itself is quiet long, costly and time taken. We advocate parallel psycho- behavioral interventions of entire family with clinical management of infertility.

Biography

Indu Lata had done her M.B.B.S. in 2001 and postgraduate MD (2005) in Obstetrics and Gynaecology from prestigious King Georges Medical University, Lucknow, UP, India. Her areas of Interest are High risk Pregnancy, Infertility, Reproductive Endocrinology and Medicine. Presently she is working as Additional Professor and Consultant at Department of Maternal and Reproductive Health at Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, UP, India. She has more than 25 publications in national and International journals. She is also part of editorial board of reputed journals.

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