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Couples' psychological adjustment related to perceptions of the fertility problem

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Introduction: How are the couples undergoing assisted reproductive technologies perceptions and long-term emotional adjustment to art? Several studies revealed effective coping depends on the characteristics of the stressor, meaning of infertility and social support as predictors of the emotional adjustment to unsuccessful IVF and lack of adaptation in terms of the inability to regain control, personality characteristics.

Materials & Methods: A total number of couples completed the adjustment of illness scale (AIS). Women fulfilled the scale in ovum pick-up day, but men completed the tool separately. The total mean score of this scale ranged from 0 to 72. Responses were as 7-point Likert scale. The total mean score of 12 statements obtained by the couples was assessed according to clinical and demographic characteristic. This was a cross-sectional study on 300 infertile couples referred to Royan Institute, a fertility center, in Tehran, Iran within recruitment was done as convenience samples.

Results: The mean age of participants was 34.47 ± 5.99 . Nearly half of couples (43.6%) suffered from male infertility. Most of them (78%) did not report any history of abortion, but half had a history of failure of infertility treatment. One-way ANOVA did not show any significant difference between male and female in total mean score of AIS by cause of infertility ($p=0.6$) and education level ($p=0.27$). Comparison of total mean score of couples with and without a history of failure and abortion did not show any significant difference between male and women ($p=0.89$ and $p=0.89$, respectively).

Conclusion: The total mean score of AIS was 42.59 ± 9.93 (42.45 ± 10.62 in males, 42.75 ± 9.23 in females; $p=0.72$). Our findings indicated that all infertile clients need to have psychological interventions and counseling leading to upgrade their adjustment with problem-oriented infertility.

Biography

Fahimeh Molaahmadi has completed her Midwifery degree from Iran University of Medical Sciences. Presently she is working in Royan Institute on infertility. She has international oral papers and publications.

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