Psychological problems associated with failed assisted reproductive technologies among Sudanese couples in Khartoum state, 2018

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Background: Having a lovely family was the trigger for a lot of couples around the world to seek ART. However failure may have devastating implications on couples, such as psychological distress, anxiety and depression. It has been recorded globally that 40.2% of ART clinics attendants had a psychiatric disorders.

Methods: This was a cross sectional health facility based study conducted at six infertility treatment centres in Khartoum in the period from October 2018 to December 2018. A simple random sampling was applied and a two-part questionnaire was used consisting of the sociodemographic data and the second part was Hospital Anxiety and Depression Scale (HADS) standardized questionnaire. The data was analyzed using Statistical Package for Social Sciences (SPSS) to find the correlation between the various variables. Ethical clearance was obtained from University of Khartoum.

Results: 102 women and 50 men participated in the study (response rate=92%). According to HADS the prevalence of depression is 10.5% and 21.1% for anxiety and it is lower than expected (lower than global statistics 17.0% for depression and 23.2% for anxiety). Probable reasons include the fact the couples have repeated attempts, strong religious faith and effective counselling. No significant association was found between sociodemographic information e.g. gender and psychological problems in term of anxiety and depression p=0.32, 0.72 respectively. Conversely there is significant association between number of pervious trails and anxiety p=0.02.

Conclusion: We must pay attention to the infertile patient visiting assisted reproduction clinics. It is recommended that facilities further improve counselling efforts so that depression and anxiety levels reduce more.

Biography
Hadeel Mohammed is Sudanese 5th year medical student at university of Khartoum and the author of Khartoum University Neuroscience and Immunology courses sheets. She was also the head of Academic Secretary, batch 91 faculty of Medicine University of Khartoum. She started volunteering at very young age by participating in health educational programs including Anti-FGM awareness campaign. Hadeel is an active member in many IFMSA MedSIN Sudan medical missions and workshops. She took part in many training about communication skills and personal strategic planning.

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