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Anxiety and Emotional Disorders in Infertile Couples

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Abstract

Infertility, usually defined as the failure of a couple to conceive after 12 months of regular unprotected intercourse. Infertility sometimes is occurred with psychoemotional distress such as anxiety, interpersonal problems, disappointment, sadness, anger and depression. During the time infertile couples attempt to get pregnant, women with fertility problems experience more negative emotional feelings and psychosocial effect than women who ultimately conceive instinctively. It was noticeable that women with a history of unsuccessful IVF treatment have shown emotional disorders. The longer period during which they were trying to conceive and the disappointment of their failed attempts might have played a role in this way. Moreover, women who had experienced more than one IVF cycle, even after successful pregnancy, still had higher anxiety levels than women who got pregnant after one IVF cycle, which highlights the potential long-term results of such disappointment. Furthermore, anxiety and/or depression had negative correlation with education, is that with the increase of education level, anxiety and/or depression reduce. Thus, depressive and anxiety disorders need much clinical consideration because they usually accompanied by infertility problems and greatly affect the patients' quality of life. On the other hand, several studies have indicated anxiety has a detrimental consequence on fertility and that decline of anxiety raises pregnancy rate.

Key words: Infertility, Psychoemotional Distress, Depression, IVF, Anxiety.

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