Psychological Distress among Infertile Women

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Abstract:

Few studies have explored the effect of infertility diagnosis on the emotional responses of women in Egypt. Hence, the aim of this study was to assess psychological distress among infertile women and examine socio-demographic and clinical correlates of psychological distress among those women. A descriptive correlational design was utilized in this study. The subjects included all infertile female patients who attended to Suzan Moubarak University Hospital for Obstetric and Gynecology in Elminia Governorate for six months from the end of February to the end of August 2006. Tools of study: Socio-demographic and clinical data tool as well as Depression, Anxiety, and Stress Scale (DASS) were utilized to measure the study variables. Results of the study revealed that 68% of the infertile women were suffering from extreme to severe level of depression and seventythree percent of them were suffering from extreme to severe anxiety level. Furthermore, 48% of them were having extreme to severe stress level. Work status and education were significantly related to depression (p = 0.05 and 0.01 respectively). In addition, work status was significantly related to anxiety (p = 0.02) and the family history of infertility was significantly related to stress (p = 0.04). Conclusion, infertile women are suffering from high level of psychological distress that is not related to the most of socio-demographic or clinical variables. Recommendations: Designing and implementing counseling program for infertile women to improve their psychological status and help them cope successfully.

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