

Infertility Stress in Couples Undergoing Intrauterine Insemination and *In Vitro* Fertilization Treatments

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ABSTRACT

Aim: The main aim of the study was to assess the stress levels of husbands and wives undergoing intrauterine insemination (IUI) and *in vitro* fertilization (IVF) treatments, and also to observe whether the stress levels differed between the methods of treatments. **Materials and Methods:** This research focused on 120 infertile couples who underwent IUI and *In Vitro* Fertilization-Intra Sperm Cytoplasmic sperm Injection (IVF-ICSI) at an infertility clinic from April 2014 to November 2014. Sixty couples who underwent each method of treatment were selected using purposive sampling technique. Fertility Problem Inventory (Newton *et al.*, 1999) was used to collect the data after obtaining their consent. **Statistical Analysis:** Statistical analysis was performed at descriptive (mean, standard deviation, and Kolmogorov test) and inferential (analysis of variance, ANOVA) levels. **Results and Conclusion:** The prevalence of global stress was very high in couples undergoing IUI and IVF treatments, as found by descriptive analysis [mean = 149.95, standard deviation (SD) = 29.76]. Considering the various subscales, stress related to the need for parenthood was found to be high (mean = 45.95, SD = 9.53). Infertility stress (global) was higher among wives when compared to their husbands ($f = 9.408$; $P = 0.002$), and the same was noted on the domains of need for parenthood ($f = 10.145$; $P = 0.002$), social concern ($f = 11.107$; $P = 0.001$), and sexual concern ($f = 4.013$; $P = 0.046$). No difference in the levels of global stress was observed when both the modes of treatments were compared ($f = 0.180$, $P = 0.672$). For couples, infertility stress showed no significant difference irrespective of whether they underwent IUI or IVF.

KEYWORDS: Infertility stress, intrauterine insemination, *in vitro* fertilization, need for parenthood, sexual concern, social concern