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THE COMPARISON OF MENTAL HEALTH IN FERTILE AND INFERTILE WOMEN

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Introduction: Infertility affects life of couples and family function. Infertility can cause mental disturbances in some studies.

Aims: The goal of this study was the comparison of mental health in fertile and infertile women.

Methods: A case-control study was done in Arak-Iran, Taleghani hospital which is a center of Gynecology, in 2010. 60 infertile women as case group and 60 fertile women as control group participated in the study, randomly. Both groups were assessed by GHQ questionnaire and data were analyzed by T-Test and logistic regression.

Results: The severity of mental disturbances were much more in infertile women ($P < 0.001$). Social dysfunction ($P < 0.001$) and somatic complaints ($P < 0.001$) were also higher in infertile women. The probability of mental disturbances was much higher in infertile women ($P < 0.001$ and $OR = 5.57$).

Conclusion: Mental health of infertile women is very critical and disturbed. The findings of our study necessitate the multidimensional interventions in the treatment of infertility.