Exploring Psychological Experiences of Iranian Infertile Couples

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Context: Psychological and mental consequences of infertility in infertile couples is known to all in any society, but the nature of these consequences may differ according to the norms and culture of each community.

Objective: This study aimed to explore the psychological experiences of Iranian infertile couples.

Method: This qualitative study was conducted using grounded theory of Strauss and Corbin (1998). In this paper, the results are presented through conventional content analysis. Research setting was Royan Institute, Tehran. The data were collected through semi-structured interviews using open-ended questions. Overall, 41 interviews were conducted with 22 women and 15 men. Selection of participants was in initiate based on purposive sampling by obtaining informed consent and continued through theoretical sampling until theoretical saturation.

Patient(s): Participants in the study were men and women that either they or their spouses were infertile and they were living with their spouses.

Intervention(s): Non.

Main Outcome Measure(s)/ Result(s): Analysis of data emerged the theme of "emotional disturbance" that was one of the most prominent experiences of couples and included two main categories: (1) The feeling of frustration including two subcategories of the feeling of "emptiness in life" and a "sense of victimization" and (2) The decrease of physical and psychological capacity including three subcategories of "sensitivity and decreased tolerance threshold", "anger and grief", "suffering from psychosomatic illness".

Conclusion: According to findings, it is recommended that infertility be considered as a high-risk psychological experience and infertile couples receive constant precise care and specialty consultations. One of the most important areas of nursing is to maintain psychological security of clients.