

PSYCHIATRIC MORBIDITY IN INFERTILITY PATIENTS IN A TERTIARY CARE SETUP

ABSTRACT:Context: Infertility is regarded as a trigger for psychological morbidity. Infertile couples often suffer from anxiety, depression and lack of self confidence.

INTRODUCTION

For couples with women aged less than 35 years; the failure to conceive without contraception, after one year of trying to do so is defined as infertility.¹ Whereas for couples with women older than or equal to 35 years; if they fail to conceive after 6 months without contraception; they fall into the bracket of infertility.

Worldwide, there is high prevalence of infertility. If the prevalence of infertility exceeds 15 % in any nation, then it is considered as a health problem². It is estimated that over 10% couples in the world experience the issue of infertility³. It is estimated that the prevalence of infertility is highest in Canada at 11.5- 15.7%⁴; followed by 12.6 % in India⁵, 10% in US¹ and 1.72% among Chinese⁶.

MATERIALS AND METHOD Type of study - Case Control Study
Study Subjects/Inclusion Criteria of 280 females were included in the study
Exclusion criteria- The patients with a past history of medical illness and patients coming for medical termination of pregnancy were excluded from the study. Patient with a previous history of mental illness were also excluded. Duration of study The study was conducted for a period of 6 months in the months of February to July 2014 .
Method of data collection Data collection was done by a predesigned, prestructured and pretested questionnaire. Prior approval was sought from the ethical committee of the institute and written consent was obtained from the study subjects
Prior approval sought from the ethical committee and written consent obtained from study subjects.
Confidentiality and anonymity of the information obtained ; explained to the study subjects

Indices	Frequency(N=140)	Percentage
Age of the Study Subjects		
18-25	39/140	27.9%
26-35	79/140	56.4%
36-45	22/140	15.7%
Residence		
Rural	62/140	44.3%
Urban	78/140	55.7%
Employment		
No	76/140	54.3%
Yes	64/140	45.7%
Education		
No	67/140	47.9%
Yes	73/140	52.1%
Abortion		
0	42/140	30%
1	61/140	43.6%
2	37/140	26.4%
3		
No of Child		
0	74/140	52.9%
1	45/140	32.1%
2	19/140	13.6%
3	2/140	1.4%
Spouse supportive		
No	92/140	65.7%
Yes	48/140	34.3%
Relative Supportive		
No	82/140	58.6%
Yes	48/140	41.4%
Menses		
Menorrhagia	45/140	32.1%
Regular	9/140	6.4%
Irregular	86/140	61.4%
Gynae infection		
No	67/140	47.9%
Yes	73/140	52.1%
Infertility Duration		
<5 years	60/140	42.9%
6-10 Years	50/140	35.7%
>10 Years	30/140	21.4%
Previous treatment for infertility		
No	56/140	40%
Yes	84/140	60%
Family Planning Clinic Patients (N=140)		
Indices	Frequency	Percentage
Age of the Study Subjects		
18-25		
26-35	30/140	21.4%
36-45	58/140	41.4%
	52/140	37.1%
Residence		
Rural	71/140	50.7%
Urban	69/140	49.3%
Employment		
No	53/140	37.9%
Yes	87/140	62.1%
Education		
No	54/140	38.6%
Yes	86/140	61.4%
Abortion		
0	115/140	82.1%
1	19/140	13.6%
2	4/140	2.9%
3	2/140	1.4%
No of Child		
0	2/140	1.4%
1	41/140	29.3%
2	81/140	57.9%
3	16/140	11.4%
Spouse supportive		
No	10/140	7.1%
Yes	130/140	92.9%
Relative Supportive		
No	22/140	7.1%
Ye	118/140	84.286%
Menses		
Menorrhagia		
Regular	131/140	93.6%
Irregular	3/140	6.4%
Gynae infection		
No	3/140	2.1%
Yes	137/140	97.9%

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Infertility Clinic Patients (N=140)										Infertility Clinic Patients (N=140)									
Indices	Frequency Of pts with depressed mood	Frequency of pts not suffering from depressed mood	Percentage of pts with Depressed Mood	Chi Sq/ P value	Odds Ratio(Crude)	P value	ODDs adjusted	95% CI		Indices	Frequency Of pts suffering from depression and Anxiety(N=96)	Frequency of pts not suffering from depression(N=44)	Percentage of pts suffering from depression	Chi Sq/ P value	Odds Ratio(Crude)	P value	ODDs adjusted		
Age of the Study Subjects										Age of the Study Subjects									
18-25	30/79	9/61	38%	P< 0.005		0.018				18-25	34/96	5/44	35.4%	P<0.003, Chi Sq- 11.980					
26-35	36/79	43/61	45.6%	Chi sq- 10.515						26-35	45/96	34/44	46.9%						
36-45	13/79	9/61	16.5%							36-45	17/96	5/44	17.7%						
Residence										Residence									
Rural	34/79	28/61	43%	P- 0.735, Chi sq- 0.114	0.890					Rural	43/96	25/44	55.7%	0.859					
Urban	5/79	33/61	57%							Urban	53/96	19/44	44.3%						
Employment										Employment									
No	57/79	19/61	72.2%	p,0.000, 23.321	0.175	0.014				No	69/96	7/44	71.9%	p-0.000 Chi sq-38.081	0.074	0.033	0.300	0.100-	
Yes	22/79	42/61	27.8%							Yes	27/96	37/44	28.1%					0.906	
Education										Education									
No	34/79	33/61	43%	P- 0.194, Ch Sq- 1.687						No	37/96	30/44	38.5%	P-0.001, chi sq- 10.622	3.417				
Yes	45/79	28/61	57%							Yes	59/96	14/44	61.5%						
Abortion										Abortion									
0	0/79	0/79	0%	0.000,		0.006	3.067	1.369-6.873		0	0/96	0/44	0%	0.000, Chi sq-		0.006	2.821	1.345-	
1	5/79	37/61	6.3%	Chi sq-						1	10/96	32/44	10.4%	56.263				5.917	
2	46/79	15/61	58.2%	50.729						2	55/96	6/44	57.2%						
3	28/79	9/61	35.4%							3	31/96	6/44	32.3%						
No of Child										No of Child									
0	57/79	17/61	72.2%	p- 0.000,	0.000	0.125	0.049-0.318			0	60/96	14/44	62.5%	p-0.003, Chi sq-					
1	20/79	25/61	25.3%	0.000,						1	23/96	22/44	24.0%	13.661					
2	1/79	18/61	1.3%	Chi Sq-						2	11/96	8/44	11.5%						
3	1/79	1/61	1.3%	35.663						3	2/96	0/44	2.1%						
Spouse supportive										Spouse supportive									
No	58/79	34/61	73.4%	0.029, 4.776	0.456					No	69/96	23/44	71.9%	0.023 chi sq-	0.429				
Yes	21/79	27/61	26.6%							Yes	27/96	21/44	28.1%	5.146					
Relative Supportive										Relative Supportive									
No	61/79	21/61	77.2%	0.000, 25.972	0.155					No	66/96	16/44	68.8%	13.042	0.000, Chi Sq-	0.260			
Yes	18/79	40/61	22.8%							Yes	30/96	28/44	31.2%						
Cost of treatment borne by										Cost of treatment borne by									
Maternal Inlaws	15/79	2/61	19%	0.000 Chi Sq-	0.000	0.074		0.023-0.239		Maternal Inlaws	15/96	2/44	15.6%	p-0.000 chi Sq-	33.747			0.089-	
Mother Husband and Wife	38/79	8/61	48.1%	35.902						Mother Husband and Wife	44/96	2/44	45.8%					0.474	
Menses	32/79	13/61	40.5%	p- 0.051, 5.964						Menses	37/96	40/44	38.5%						
Menorrhagia	5/79	4/61	6.3%							Menorrhagia	36/96	9/44	37.5%	p-0.130, Chi Sq-	4.076				
Regular	42/79	44/61	53.2%							Regular	6/96	3/44	6.2%						
Irregular										Irregular	54/96	32/44	56.2%						
Gynae infection										Gynae infection									
No	29/79	38/61	36.7%	P- 0.003, 9.030	2.849					No	34/96	33/44	35.4%	p-0.000, Chi Sq-	5.471				
Yes	50/79	23/61	63.3%							Yes	62/96	11/44	64.6%						
Infertility Duration										Infertility Duration									
<5 years	38/61	27.8%	p-0.000 Chi Sq-		0.000	6.273	2.333-16.864			<5 years	31/96	29/44	32.3%	p-0.000 Chi Sq-	19.217				
6-10 Years	19/61	39.2%								6-10 Years	36/96	14/44	37.5%						
>10 Years	22/79	4/61	32.9%	21.318						>10 Years	29/96	1/44	30.2%						
Previous treatment for infertility										Previous treatment for infertility									
No	18/79	38/61	22.8%	p- 0.000, 22.389	5.599	0.000	15.862			No	20/96	36/44	20.8%	p-0.000, Chi Sq-	46.755	17.100	0.007	4.625	
Yes	61/79	23/61	77.2%							Yes	76/96	8/44	79.2%					1.515-	

CONCLUSIONS

The prevalence of depression and anxiety should not be underestimated in the women suffering from infertility. Apart from searching for the obstetrical causes of infertility; psychological morbidity should be considered as a serious concern affecting these women. Moreover, there are several risk factors which may increase the likelihood of psychological stress; like presence of two or more abortions, nulliparity, lack of support from spouse or relatives etc. These must be kept in kind by the clinicians, obstetricians and healthcare workers when evaluating a case of infertility

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