

Anxiety and Depression effects on Assisted Reproduction Treatments

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Multiple factors, such as age and type of treatment, affect the success rates of ARTs. Numerous studies on infertility have focused on demonstrating that psychological aspects like stress, anxiety and depressions may reduce fertility potential, however there is not a consensus. While infertility does not impose physical limitation in those who suffer from it, it does produce emotional reactions in those couples similar to those experienced by patients with chronic diseases. The objective of this study was to analyze the influence of state anxiety, depression and associated psychological factors in the success of Assisted Reproduction Treatments in receiving male and female gametes from donors. At the same time, it also evaluated gender differences in levels of depression and psychological stress. **Results and Conclusions:** An association between state anxiety and pregnancy was found, suggesting this is a risk factor for the failure to achieve pregnancy. On the other hand, no relation between depression and pregnancy was found. Other factors such as uncertainty, impatience, economic suffering and psychological issues were found to have an influence on the outcome of Assisted Reproduction Treatment. From these findings, it is possible to deduce the importance of clinical psychology in the context of assisted reproduction for their contribution to reduced levels of anxiety.

Keywords: Assisted Reproduction, Anxiety, Depression, Pregnancy.