PREIMPLANTATION GENETIC DIAGNOSIS IN SWEDEN: PATIENT´S EXPERIENCE AND ATTITUDES.

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Couples at high risk of having affected offspring are in a difficult reproductive situation. Preimplantation genetic diagnosis (PGD) is a reproductive alternative for these couples with the advantage that pregnancy termination of an affected foetus can be avoided. In order to learn more about patient’s experience of PGD we performed a retrospective cohort study among 222 couples that went through PGD in Stockholm between June 2005 and December 2011. We used a study-specific questionnaire and included a validated self-assessment scale for detecting states of depression and anxiety (HAD Scale). We found that both physical and psychological stress was experienced during PGD, but the psychological stress was lower compared to traditional prenatal diagnosis (PND). Previous reproductive history did not significantly affect the couple’s experience of PGD. The main reason to choose PGD was objection to pregnancy termination (carriers of monogenic disorders) or avoidance of miscarriage (carriers of chromosome abnormalities). In spite of the extensive experienced stress, PGD is a preferred reproductive alternative for couples at high-risk of having an affected child. It is of importance that these couples receive up to date counselling, in order to have adequate expectations and to be able to make well-informed choices regarding their reproductive options.