

## Comparing Anxiety, Depression and Sexual Life Satisfaction in Two Groups of Fertile and Infertile Women in Tehran

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### Abstract

**Background:** Infertility is a major painful emotional distress that is manifested in the form of psychological disorders such as anxiety, depression and reduction of normal sexual function in affected couples. The purpose of this study was to compare anxiety, depression and life satisfaction between fertile and infertile women admitted to Vali-e-Asr Infertility Clinic in Tehran in 2009.

**Methods:** This descriptive study included 60 participants, being composed of 30 infertile and 30 fertile women. The demographic data including marital status, infertility duration, age and occupation were recorded. Zung's self-rating Anxiety Scale and Beck Depression Inventory (BDI) were used for evaluating anxiety and depression, respectively. The Evaluation and Nurturing Relationship Issues, Communication and Happiness (ENRICH) questionnaire was also used for evaluating the participants' life satisfaction.

**Results:** Anxiety and depression were significantly higher in infertile compared to fertile women ( $p < 0.05$ ) but life satisfaction was not much different in the two groups. In both groups, anxiety and depression did not relate with age or infertility duration but life satisfaction grew more in infertile women than fertile women by age and marriage duration. In the two groups, anxiety, depression and sex satisfaction did not relate with education but infertility duration was affected by sexual satisfaction despite having no significant relationship with anxiety or depression. Moreover, depression and sexual dissatisfaction in infertile housekeeper women was more prevalent than infertile employed women but anxiety had no relationship with their occupational status.

**Conclusion:** Infertile women need psychiatric care. Considering the results of this study, suggestions addressing the improvement of psychological health of infertile women through supportive measures seem to be of value.

**Keywords:** Anxiety, Beck Depression Inventory, Fertility, Infertility, Sexual life satisfaction, Zung's self-rating Anxiety Scale.

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