

Impact of cognitive behaviour therapy on anxiety level of primary infertile women undergoing IUI

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Abstract

Infertility and its numerous treatment programs create crisis in infertile women's life and is a potent source of anxiety. Since cognitive behavioural therapy might be efficacious for emotional aspect of infertility, therefore we designed a study for evaluation of cognitive behaviour therapy effect on anxiety level in primary infertile women undergoing IUI in Montaserieh Infertility Research Center from May to August 2001. In this randomized controlled clinical trial 110 women with primary infertility that were undergoing IUI for first time randomly were allocated to two groups of experimental and control. In first visit for IUI treatment (beginning of study) state and trait anxiety of all subjects were measured by Spiel Berger anxiety inventory. The experimental group completed a cognitive behaviour therapy program including cognitive restructuring and relaxation for 12-13 days. Control group received only routine cares. State and trait anxiety were measured in 30 minutes before and after IUI for two groups. Findings showed that state and trait anxiety scores in beginning of study were not significantly different between two groups. But state anxiety scores during and end of study were significantly different which there was more decrease in experimental group. Trait anxiety score were not significantly different at the beginning, before and end of study. The mean of difference state anxiety at beginning and during study and beginning and end of study was significantly different and beginning and end of study in two groups. Also the mean of difference between trait anxiety at beginning and during study and beginning and end of study was significantly different in two groups, while the mean of difference between trait anxiety during and end of study was not significant. The results of study showed that cognitive behaviour therapy is effective in reduction of anxiety in women undergoing IUI treatment, so we recommend securing psychological well being in women undergoing infertility treatment.

Keywords: Cognitive behaviour therapy, Anxiety, Infertility and IUI.

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