

A Study of Couple Burnout in Infertile Couples.

[Ghavi F¹](#), [Jamale S](#), [Mosalanejad L](#), [Mosallanezhad Z](#).

Abstract

INTRODUCTION:

Infertility is a major crisis that can cause psychological problems and emotionally distressing experiences, and eventually affect a couples' relationship. The objective of this study is to investigate couple burnout in infertile couples who were undergoing treatment at the Infertility Clinic of Yazd, Iran.

METHOD:

The present study is a cross-sectional descriptive one on 98 infertile couples referring to the Infertility Center of Yazd, Iran, who were chosen on a simple random sampling basis. The measuring tools consisted of the Couple Burnout Measure (CBM) and a demographic questionnaire. The collected data were analyzed using SPSS 16 and the statistical tests of ANOVA and t-test. P-values less than 0.05 were considered as significant.

RESULTS:

The results show that infertile women experience higher levels of couple burnout than their husbands ($p < 0.001$). Also, a comparison of the scales of couple burnout--psychological burnout ($p < 0.01$), somatic burnout ($p < 0.01$), and emotional burnout ($p < 0.001$)--between wives and husbands show that women are at greater risk.

CONCLUSION:

Infertile couples' emotional, mental, and sexual problems need to be addressed as part of the infertility treatment programs, and psychotherapists should be included in the medical team.