

## Quality of life and general health of infertile women

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### Abstract

**Background:** Measuring the quality of life (QOL) is a benchmark in today's world of medicine. The aim of the present study was to determine the general health and QOL of infertile women and certain affecting conditions.

**Methods:** In a cross-sectional study, 161 infertile women referring to Dr. Rostami's Infertility Center of Shiraz, Southern Iran, in 2013 were enrolled by the convenience sampling method. Data were collected via a socio-demographic, general health (GHQ28), and the QOL Questionnaire of Infertile Couples and analyzed using descriptive and analytical statistics.

**Results:** According to 146 completely filled-out questionnaires, the mean age of the participants and their spouses were 29.4 +/- 5.4 and 33.8 +/- 5.8 years, respectively. Moreover, the general health of 57 (39%) patients was normal and that of 89 (61%) patients showed a degree of impairment. The scores for depression and physical symptoms were the highest and lowest, respectively. In addition, quite positive, positive, neutral, and negative specific QOL of infertile women were detected in 4 (2.8%), 72 (49.3%), 70 (47.9%), and 0 (0%) individuals, respectively. The total QOL scores had maximum correlation with GHQ anxiety ( $r = -0.596$ ,  $P < 0.001$ ) and general health scores had the highest correlation with physical QOL ( $r = -0.637$ ,  $P < 0.001$ ). The QOL was economically ( $P = 0.027$ ), emotionally ( $P = 0.004$ ), sexually ( $P = 0.017$ ), physically ( $P = 0.037$ ), and psychologically ( $P = 0.001$ ) less for the women living in rural areas than other infertile women. However, university education ( $P = 0.015$ ) and higher income per month ( $P = 0.008$ ) had positive associations with QOL.

**Conclusion:** General health of more than half of the infertile women indicated a degree of disorder. These women face the risk of anxiety, social dysfunction, and depression. Educational status, monthly income, and rural/urban residency are the major factors influencing the QOL.

**Key words:** Quality of life, health, infertile, women