



Oral Presentation



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Infertile couple and psychological counseling

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Back ground and objective: Infertility is defined as inability of a couple to conceive naturally after one year of regular unprotected sexual intercourse. It remains a major clinical and social problem, affecting perhaps one couple in six. The distress of infertility and its medical treatments are profound, and the effects reverberate in each partner, the couple dyad, and the couple's relationships with family, friends, and medical systems.

The aim of our study was to investigate the importance of psychological counseling in infertile couple.

Methods and materials: We have done systemic review to find the importance of psychological counseling in infertile couple by related search engine with these keywords; infertile couple, psychological factors , counseling and family therapy.

Results: It has often been claimed that psychological problems accompany infertility among some couples attending infertility clinics. Some authors have suggested that psychological factors may be a primary cause of infertility; others have suggested that the state of infertility itself can provoke psychological symptoms. The importance of psychological counseling for involuntarily childless couples has also been noted.

Conclusion: This issue shows that infertility always causes different level of psychological disorder for the infertile couple that affects their relationship in family and society so as a healthcare provider we should target counseling programs for infertile couple in primary health care levels and refers serious cases to referral psychological centers in higher level. With this way we can help to conduct families as the most important units of society healthier and happier also we maybe treat the main cause of infertility in this couple.

Keywords: psychological disorder, infertility, counseling