Mental health and its socio-demographic predictors in infertile men

Fatemeh yahyavi koochaksaraei

Abstract

Objective: Infertility is considered a traumatic stressor for infertile couples, and it becomes a psychosocial crisis for that person. Considering the importance of fertility and its cultural and social aspects in Iran, the present study aimed to determine the mental health status and socio-demographic predictors in infertile men referring to the infertility center of Al-Zahra hospital in Tabriz, Iran, 2013.

Method: This cross-sectional study was conducted on 345 infertile men via convenient sampling. Data was gathered by the mental health (GHQ-28), perceived social support and socio-demographic characteristics questionnaires. Multivariate linear regression was used for determining the socio-demographic characteristics of mental health.

Results: The Mean (SD) total score of the mental health was 24.5 (10.4) from the attainable score ranged from 0 to 84. 41.2% of the men have mental problem according to GHQ-28. Social support from the family, cause of infertility, education and Adequacy of family income for living expenses were predictors of the mental health in infertile men.

Conclusion: The findings of this study showed that a significant percentage of infertile men suffer from mental disorders and social support from the family is an important factor influencing mental health. Therefore, strengthening the social support of the family to improve the mental health of infertile men seems necessary.

Keywords: Infertility, Mental health, socio-demographic predictors, Social support