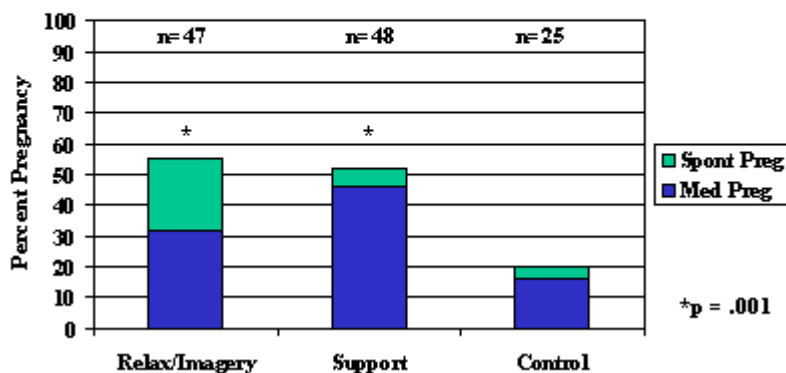


Impact of Group psychological interventions on pregnancy rates in infertile women

Domar A, Clapp D, Slawsby E, Dusek J, Kessel B, Freizinger M. *Fertility and Sterility*. 2000; 73; 4:805-11.

In a study of women with infertility, the pregnancy rate of a support group that met once a week for 10 weeks and included relaxation and imagery was 55%, vs. a regular support group with 52%, and a control group with only 20%. Interestingly, 42% of the pregnancies achieved in the relaxation/imagery group were spontaneous, versus only 12% in the support group, the rest of whom required reproductive technology.

Domar, A et al, **Impact of Group Psychological Interventions on Pregnancy Rates in Infertile Women**
Fertil Steril 2000;73:805-12



OBJECTIVE: To determine the efficacy of two different group psychological interventions on viable pregnancy rates in women experiencing infertility of less than 2 years' duration. **Design:** Prospective, controlled, single-blind, randomized study. **SETTING:** Large tertiary-care teaching hospital. **PATIENT(s):** One hundred eighty-four women who had been trying to get pregnant for 1 to 2 years. **INTERVENTION(s):** Participants were randomized into a 10-session cognitive-behavioral group, a standard support group, or a routine care control group. They were followed for 1 year. **MAIN OUTCOME MEASURE(s):** Viable pregnancy. **RESULT(s):** Sixty-four [corrected] women discontinued participation in the study within the first year. There were a total of 47 in the cognitive-behavioral group, 48 in the support group, and 25 in the control group. There were statistically significant differences between participants in the two intervention groups versus the control group. **CONCLUSION(s):** Group psychological interventions appear to lead to increased pregnancy rates in infertile women.