Impact of Group psychological interventions on pregnancy rates in infertile women


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.

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.