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Original Article

Effect of Counseling on Sexual Satisfaction among Infertile Women Referred to Tehran Fertility Center

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Abstract:

Background & Aim: Infertility leads to sexual dissatisfaction in women who believe that their inability to conceive have serious negative effects on their life, particularly their sexual relations. The purpose of this study was to determine the effect of counseling on sexual satisfaction among infertile women referred to Tehran Fertility Center.

Methods & Materials: It is a controlled clinical trial. One hundred infertile women were recruited in the study using convenience sampling method. Then they were randomly allocated in case and control groups. Data were gathered in two phases: before the intervention and 3 month after the intervention. The intervention group participated in two-hour counseling sessions for about 2 weeks. Data were collected using a 2-sectioned questionnaire; including demographic characteristics, and sexual satisfaction questions. Data were analyzed using χ^2 , Mann Whitney U, and Willcoxon statistical tests.

Results: Results showed that there was no statistically significant difference between two groups in sexual satisfaction before the intervention ($P=0.401$). There was significant difference between two groups 3 months after the intervention ($P=0.019$). Also, there was significant difference between women's sexual satisfaction in the counseling group before and 3 month after the intervention ($P=0.002$).

Conclusion: Sexual counseling improves sexual satisfaction of infertile women.

Keywords:

[Infertility](#), [Counseling](#), [Sexual Satisfaction](#)

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