



Infertility And Women Mental Health

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Abstract:

Infertility is a disease that affects millions of people across the globe . Infertility is a very emotional experience for each women who goes through it . Infertility is defined as the inability to conceive a child after 1 year of unprotected sexual intercourse . The treatments and its outcomes can be highly distressing for the couple as well as the entire family. Infertility is a major life event that brings about social and psychological problems. The relationship between stress and infertility has been there shown in many studies. Women with infertility Condition goes through a cycle of stress , anxiety and depression.

Objective: The aim of this study is to explain the impact of infertility on women's mental health , their emotional turmoil seeking infertility treatment and How important is the role Mental health professional.

Conclusion: The psychological impact of infertility presents exceptional challenges and a broad range of clinical situations. The mental health professionals play a paramount role to help in treating patients with infertility and it is increasingly growing largely . I remain tremendously hopeful to see patients successfully cope with and find the way in infertility.

Biography:

Anuradha, is a Professional Psychologist in the State of India(Delhi). She completed her Post Graduation in Clinical Specialization from University of Jammu. She has Completed her Post Graduation Diploma in Rehabilitation Psychology from RCI (Rehabilitation Council



of India) . She is the Founder of Good Mental Health , Adoption counselor and she focuses on to help people with various mental health condition like Anxiety, Depression, OCD, Stress , Excessive Worry , Self Esteem etc . For years, she has counseled large number of population including children, adolescent , adults and elderly people , she has participated in community events, and she works with various organizations . She has also provided workshops to large audiences, on various topics such as; Happiness & Positivity Affirmation , Stress Management , Anxiety Management , Fertility Coping skills and helped large number of people with various clinical techniques to help relief anxiety , stress and depression. Techniques such as deep-breathing , Progressive Muscle Relaxant , Guided Imagery Technique etc through which many people are benefited. She has an expertise in EFT (Emotional Freedom Technique) that helps in the treatment for physical pain and emotional distress.

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