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Partner support during pregnancy after Assisted Reproductive Technology

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| le savoir vivant |

Background (1)

Pregnancy via Assisted Reproductive Technology (ART)

- struggle to conceive: medical tests and treatments
- repercussions of infertility and its treatment: selfesteem, stress, depression, social status, loss of control
- paradoxical situation: treatment can get around infertility but not cure it



LBR-CPMA, Lausanne



Gameiro et al., 2016; De Berardis, 2014; El Kissi et al., 2013; Boivin, 2003; Daniluk & Pattinson, 1993

Background (2)

Pregnancy via Assisted Reproductive Technology (ART)

- more obstetrical complications
- more anxiety about losing the pregnancy and about the health and survival of the future baby
- no difference for depression, higher attachment to the fetus
 - more complex experience of pregnancy







McMahon et al., 2011; Gameiro et al., 2010; Hjelmstedt et al., 2003; 2004 McMahon et al., 1997; Repokari et al., 2005; Darwiche et al., 2014

Background (3)

Prenatal screening

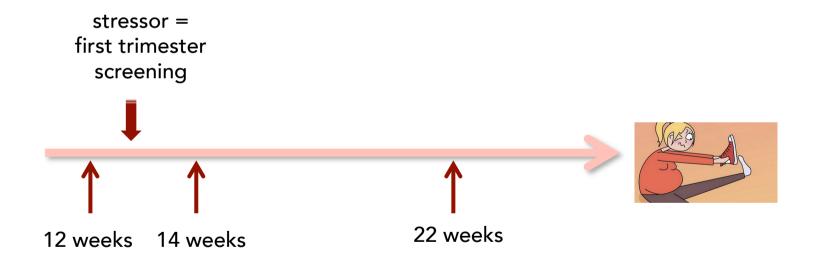
- potentially stress-inducing situation
- after infertility: anxiety may be higher
- partner support
 - during infertility: reduces infertility-related stress
 - after spontaneous pregnancy: lowers maternal and infant distress and is a protective factor for postpartum outcomes



Sahin & Gungor, 2007; Lippman, 1991; Kowalcek, 2007; Martins et al., 2014; Rini et al., 2006; Pilkington et al., 2016

Objective

- 1. Mutual support when facing a stressor
- 2. Impact on anxiety and depression levels





Kowalcek, 2007; Martins et al., 2014; Tronick & Reck, 2009; Figueiredo & Costa, 2009

Research questions

1. Partner support

Couples with Assisted Reproductive Technology (ART)

Couples with Spontaneous Conception (SC)

2. Receiving support = buffer against anxiety and depression?





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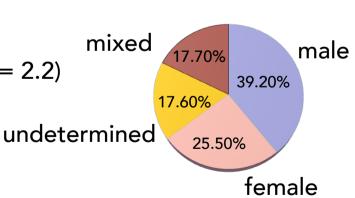
Kowalcek, 2007; Martins et al., 2014; Tronick & Reck, 2009; Figueiredo & Costa, 2009



Population

- 🦻 52 ART
- Sample: 103 couples (
- 51 SC

- Age:
 - > ART partners (31-42)
 - SC partners (28-37)
- Years of cohabitation: ART (4-6) and SC (1-5)
- Marriage: ART (78.5%) and SC (42.3%)
- Years of infertility treatments: M = 2.9 (SD = 2.2)



Source of infertility



Study design

T1 Dyadic coping (DCI) Bodenmann, 2008 Anxiety (STAI) Spielberger, 1983 T2 T3 Depression (EPDS) Cox et al., 1987 Questionnaires Questionnaires 12 weeks 14 weeks 22 weeks Prenatal screening stressor = have now been first trimester completed screening



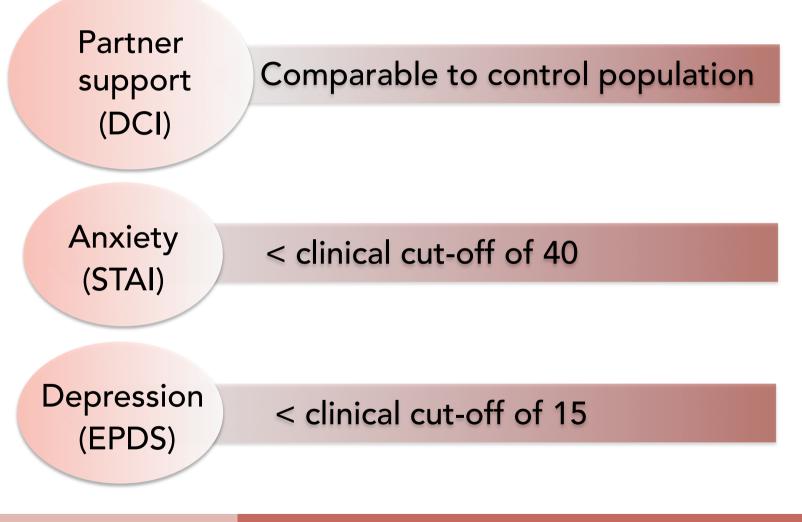
Partner support

Dyadic Coping Inventory

- Subscale 1: Perceived support provided to the other partner
 What I do when my partner is stressed?
 I show empathy and understanding.
- Subscale 2:Perceived support received from the other partnerWhat does my partner do when I am stressed?
 - → My partner shows empathy and understanding.



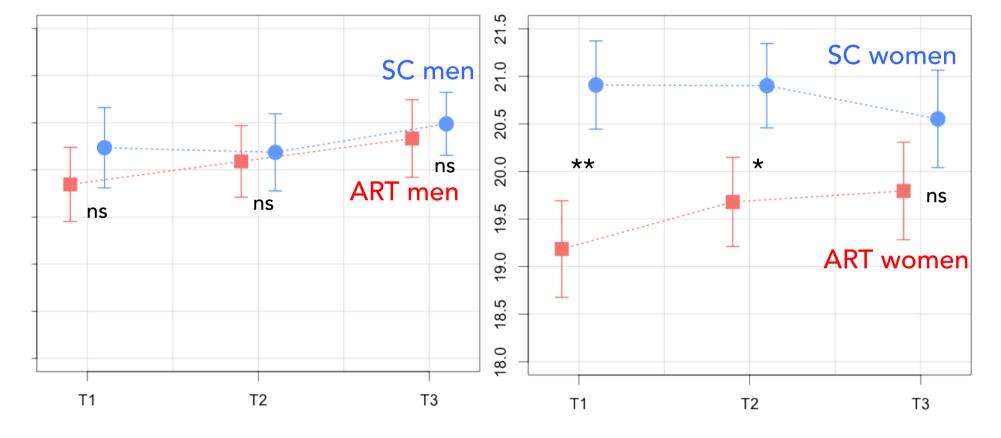
Mean scores





Support provided by men

Support received by women



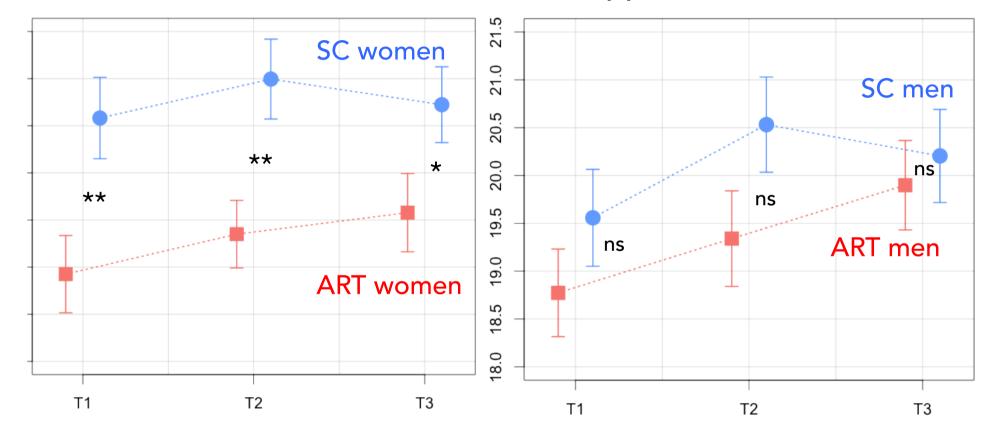
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Linear mixed model

Support provided by women

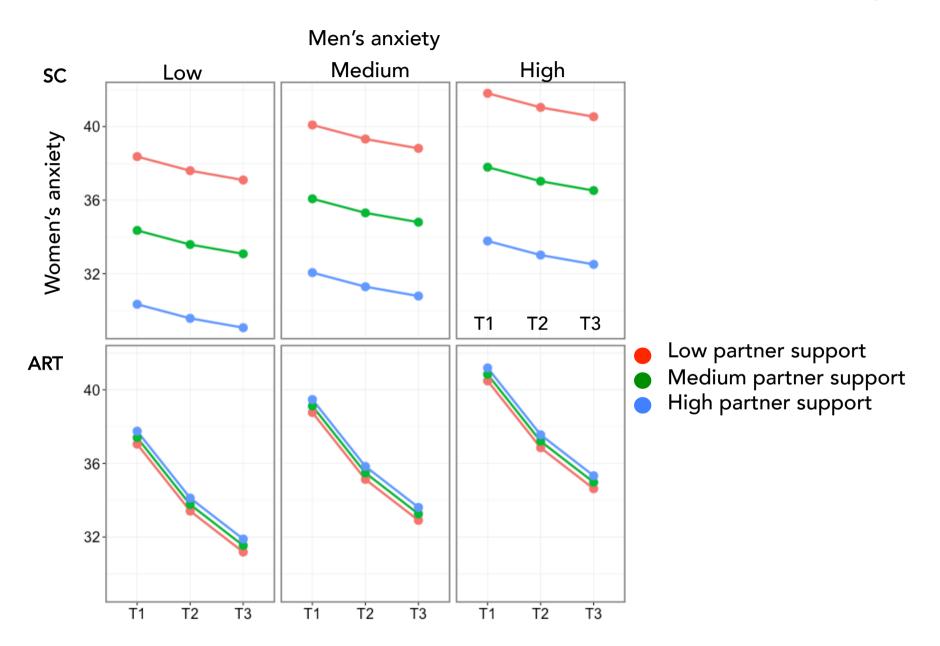
Support received by men



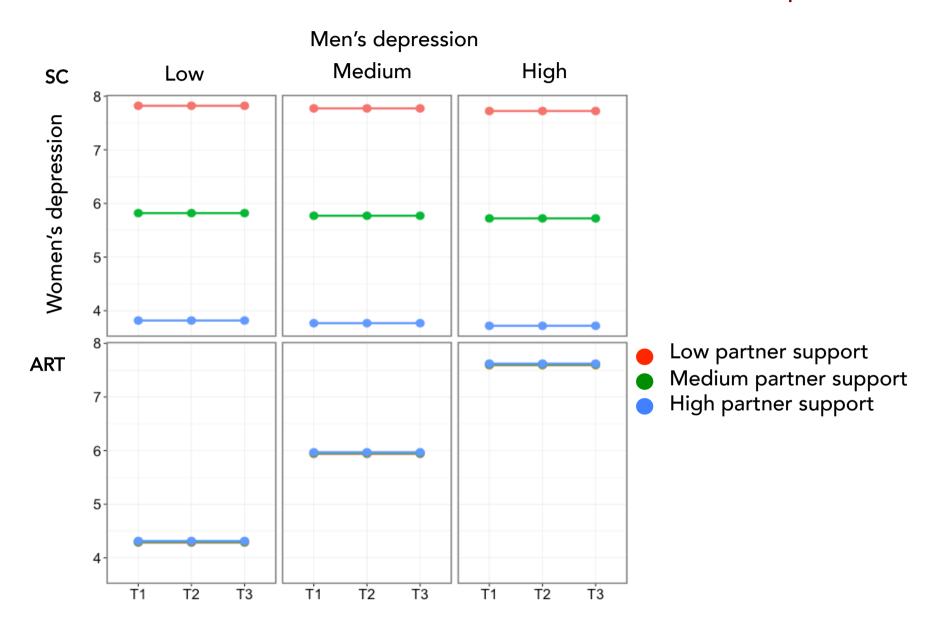
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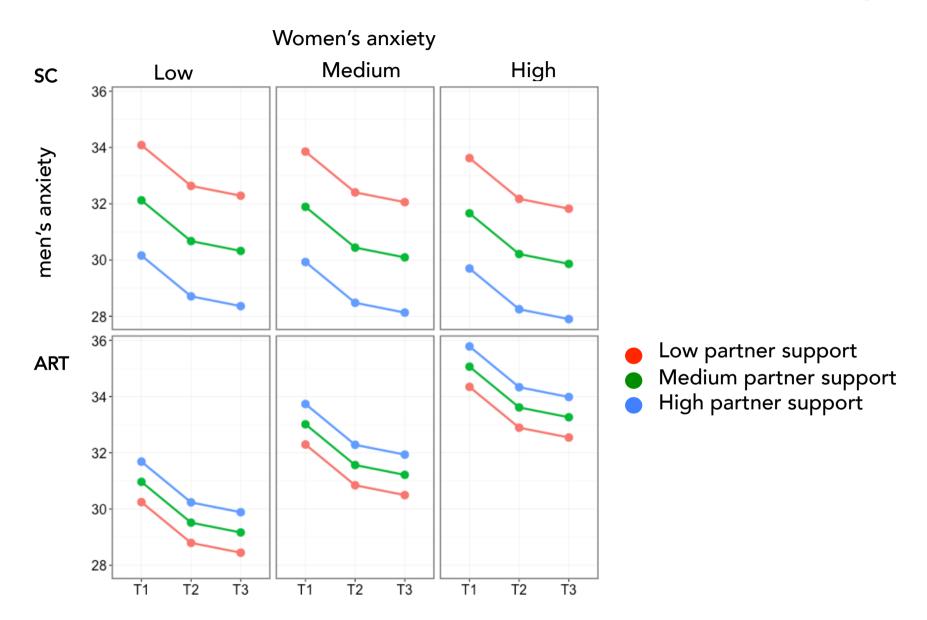
Women's perception of received support: effect on their anxiety



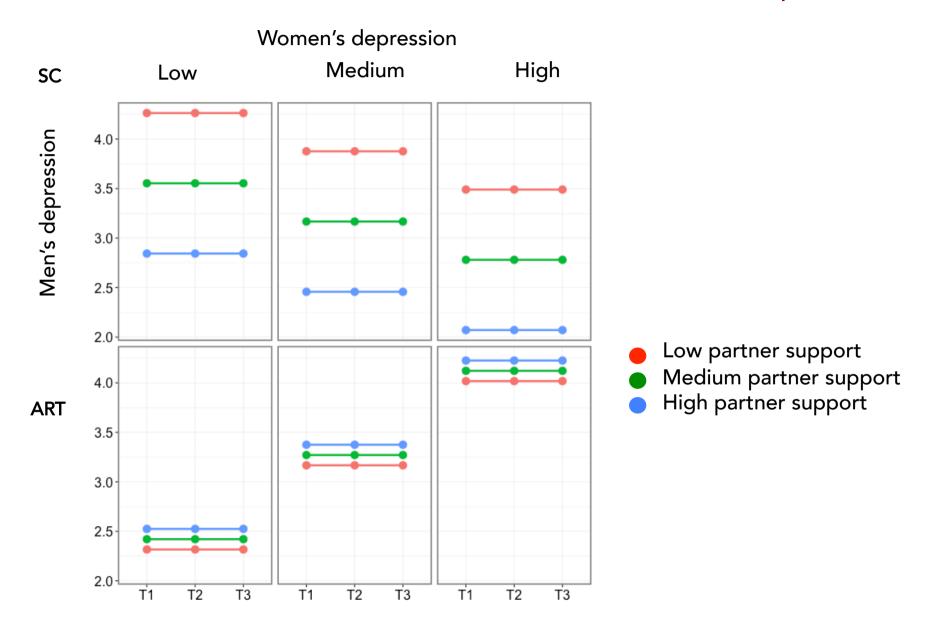
Women's perception of received support: effect on their depression



Men's perception of received support: effect on their anxiety



Men's perception of received support: effect on their depression



Summary and conclusions

- ART women: they provide and receive less support
 - > their resources are depleted
 - support from their partner might be insufficient or not in line with their expectations
- ART couples: support received does not act as a buffer against prenatal anxiety and depression
- Anxiety levels decrease over the course of the pregnancy





Thank you for you attention!

Contact and information:

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