

Mindfulness-based program may help reduce stress in infertile women

17 October 2018



complementary support to mitigate the psychological burden of infertility."

More information: Simone F. Nery et al, Mindfulness-based program for stress reduction in infertile women: Randomized controlled trial, *Stress and Health* (2018). [DOI: 10.1002/smi.2839](https://doi.org/10.1002/smi.2839)

Provided by Wiley

Credit: CC0 Public Domain

An eight-week mindfulness-based program was effective for reducing stress and depressive symptoms while increasing general well-being in a study of infertile women.

The *Stress and Health* study included 62 [infertile women](#) who underwent the program—which included meditation, relaxation, guided imagery, and other components—and 37 who were in a control group and received no intervention. The median number of symptoms of chronic stress recorded in the past month decreased from 6 before the program to 2 after the intervention. Depressive symptoms also decreased after the program, while general well-being improved. None of the outcomes changed significantly in the control group.

"Infertile women are often overwhelmed with [chronic stress](#) and are at increased risk for depression. We observed that a relatively brief program of mindfulness practice was able to reduce the self-perception of stress and [depressive symptoms](#) in this population," said senior author Dr. Fernando Reis, of the Universidade Federal de Minas Gerais, in Brazil. "This program offers a

APA citation: Mindfulness-based program may help reduce stress in infertile women (2018, October 17) retrieved 1 July 2022 from <https://medicalxpress.com/news/2018-10-mindfulness-based-stress-infertile-women.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.