

ESHRE 2020 Virtual (5-8 July 2020)

Questions for the speakers

PCC04 : Beyond IVF: Management of high risk pregnancies

The “pregnant men”: Partnership and pregnancy in IVF patients - Beate Ditzen (Germany)

Q: Does the stigma of the men associated with infertility treatment also depends on the cause of the infertility? Like male factor?

A: In the presence of an andrological factor, there are indications of slightly increased anxiety and increased depressive symptoms in men (Glover et al. 1996). Babore et al. concluded that more than half of the 170 men in their study communicated exclusively with their female partner on this topic. The decision not to talk to other people was associated with depressive symptoms in men, particularly in the presence of an andrological factor (Babore et al. 2017). Undergoing invasive procedures such as MESA/TESE, men felt burdened (e.g. higher responsibility for the unfulfilled desire for children, lower quality of life) compared to men in ICSI or IVF treatment without MESA/TESE (Beutel et al. 1999).

- Babore A, Stuppia L, Trumello C et al. (2017) Male factor infertility and lack of openness about infertility as risk factors for depressive symptoms in males undergoing assisted reproductive technology treatment in Italy. *Fertil Steril* 107: 1041-1047
- Beutel M, Kupfer J, Kirchmeyer P et al. (1999) Treatment-related stresses and depression in couples undergoing assisted reproductive treatment by IFV. *Andrologia* 31: 27-35
- Glover L, Gannon K, Sherr L et al. (1996) Distress in sub-fertile men: a longitudinal study. *J Reproduct Infant Psychol* 14: 23-36

Source: AWMF-Guideline „Psychosomatics in Diagnosis and Treatment of Fertility Disorders“ (2020), available (only in German) here: <https://www.awmf.org/en/clinical-practice-guidelines/detail/II/016-003.html>