



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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MONA MAGHRABY

**Educational Program for Improving Coping
Strategies among Couples undergoing
In Vitro Fertilization**

Dissertation

*Submitted for Partial Fulfillment of the
Requirement of Doctorate Degree in Maternity
and Gynecological Nursing*

By

Gehan Shaban Abd Elgelel

(Master Degree in Maternal and Neonatal Nursing)

**Faculty of Nursing
Ain Shams University**

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Educational Program for Improving Coping Strategies among Couples Undergoing In Vitro Fertilization

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Supervised by
Prof. Dr. Shadia Hamido

Prof. of Maternity and Gynecological Nursing
Faculty of Nursing - Ain Shams University

Prof. Dr. Mona Hassan

Prof. of Mental Health Nursing
Faculty of Nursing - Ain Shams University

Prof. Dr. Randa Mohamed

Prof. of Maternity and Gynecological Nursing
Faculty of Nursing - Ain Shams University

Faculty of Nursing
Ain Shams University
2020



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List of Contents

Subjects	Page
• List of Tables	I
• List of Figures	IV
• List of Abbreviations	VI
• Abstract	VII
• Introduction	1
• Aim of the Study	4
• Review of Literature	5
• Chapter (I)	
• Meaning of Educational program	5
• Artificial fertilization (infertility).....	6
• Theoretical Background about In Vitro Fertilization	19
• Chapter (II)	
• Stress and Coping among couples undergoing In Vitro Fertilization:-	36
- Psychological stress	
- Physiological stress	
- Social stress	
- Financial stress	
• Chapter (III)	
➤ Role of In Vitro Fertilization nurse.....	54
• Subjects and Methods	70
• Results	81
• Discussion	106
• Conclusion	125
• Recommendations	126

• Summary	127
• References.....	131
• Appendix	159
• Arabic Summary	-----

Tables of Results

No.	Table	Page
1	Number and percentage distribution between control and study groups of the studied couples according to their socio-demographic characteristics (N=98).	83
2	Number and percentage distribution between study and control groups of the studied wives according to their obstetric history (N=98).	85
3	Number and percentage distribution of the studied wives regarding their knowledge about IVF in both control and study groups before and after program .	87
4	Number and percentage distribution of the studied husbands regarding their knowledge about IVF in both control and study groups before and after program .	89
5	Number and percentage distribution of the studied wives and husbands regarding their total knowledge about IVF in both control and study groups before and after program .	91
6	Number and percentage distribution of the studied wives according to their coping scale between control and study groups before program (N=98) .	92

No.	Table	Page
7	Number and percentage distribution of the studied wives regarding their coping scale between control and study groups after the program .	93
8	Number and percentage distribution of the studied wives regarding their total coping between control and study groups before and after program .	94
9	Number and percentage distribution of the studied husbands regarding their total coping between control and study groups before program .	95
10	Number and percentage distribution of the studied husbands according to their coping scale between control and study group after the program (N=98).	96
11	Number and percentage distribution of the studied husbands regarding their total coping between control and study groups before and after the program .	97
12	Number and percentage distribution of the studied wives and husbands regarding their total coping between control and study groups before and after the program .	98

No.	Table	Page
13	The relation between socio-demographic characteristics of the couples and their total knowledge in both control and study groups post program.	99
14	The relation between socio-demographic characteristics of the studied couples and their total coping scale in both control and study groups post program.	102
15	The relation between total knowledge of the studied wives and their total coping scale in both control and study groups post program.	105
16	The relation between total knowledge of the studied husbands and their total coping scale in both control and study groups post program.	106

List of Figures

No.	Figure	Page
Figure of review		
1	Egg and Sperm Preparation	27
2	Co – incubation	28
3	In Vitro Fertilization Process	30
Figure of results		
1	Number and percentage distribution of the studied wives according to their past trying for IVF between control and study groups (N=98).	85

List of abbreviations

Abb.	Full term
ART	Assisted Reproductive Technology
DNA	Douplestrand Nuclear Acid
FSH	Follicle-Stimulating Hormone
GIFT	Gamete Intra Fallopian Transverse
Gn-RH	Gonado Trophin-Releasing Hormone
HCG	Human Chorionic Gonado Trophin
HMG	Human Menopausal Gonado Trophin
HPA	Hypothalamic–Pituitary–Adrenal
HSG	Hysterion Salpingo Gram
ICSI	Intra-Cytoplasmic Sperm Injection
IVF	In Vitro Fertilization
LH	Luteinizing Hormone
PCOS	Polycystic Ovarian Syndrome
PGD	Pre Implantation Genetic Diagnosis
SNS	Sympathetic Nervous System
STDs	Sexual Transmitted Diseases
WHNP	Women's Health Nurse Practitioner
WHO	World Health Organization
IUI	Intra Uterine Insemination
ZIFT	Zygote Intra Fallopian Transverse

Educational Program for Improving Coping Strategies among Couples undergoing In Vitro Fertilization

Abstract

Background : IVF is a type of assisted reproductive technology used for infertility treatment, couples undergoing In Vitro Fertilization (IVF) suffer from various problems that affect their life, so, they need educational intervention to improve their coping strategies with IVF treatment. **Aim :** This study aimed to evaluate the effect of educational program on improving coping strategies among couples undergoing IVF. **Research design:** A quasi-experimental research design was utilized. **Setting :** This study conducted at assisted reproductive unit at Ain shams Maternity University Hospital. **Sample :** Convenient sample technique was used to recruit 98 couples undergoing IVF treatment and divided into 2 groups 49 couples at control group and 49 couples at study group . **Tools of data collection :** Two tools were used for data collection including an interviewing questionnaire sheet and ways of coping scale (WQS) . **Results :** There is no statistical significant difference between couples according to their knowledge and their coping strategies in both groups before program ($p > 0.05$) . There was highly statistical significant improvement on total level of knowledge and coping of couples on intervention group after program. ($p < 0.001$) . **Conclusion:** Couples undergoing IVF who receive educational program their coping strategies were improved than couples who had routine IVF care . **Recommendation :** Based on the findings of the current study, It is recommended to apply educational programs for improving coping strategy to couples undergoing IVF at all governments and non government settings .

Key words : Educational program-Coping strategies - couples undergoing In-vitro Fertilization

Introduction

Infertility is defined as not being able to get pregnant (conceive) after one year (or longer) of unprotected sex. The prevalence of infertility is approximately 14%, with the range 7-28%, depending on the age of the woman (Xella et al., 2016).

In Vitro Fertilization (IVF) is a process of fertilization where an egg is combined with sperm outside the body, in vitro ("in glass"). The process involves monitoring and stimulating a woman's ovulatory process, removing an ovum or ova (egg or eggs) from the woman's ovaries and letting sperm fertilize them in a liquid in a laboratory. After the fertilized egg (zygote) undergoes embryo culture for 2–6 days, it is implanted in woman's uterus, with the intention of establishing a successful pregnancy (Marcia and Pasquale, 2015).

In this respect, IVF is used to treat many causes of infertility such as blocked damaged or lack of fallopian tubes, significant semen abnormalities, or moderate to severe endometriosis. Couples who simply can't conceive and have tried other infertility methods that have not worked for them try IVF (Hansen et al., 2014).

Coping with stress refers to an individual's resistance to a case they consider to be a stressor, argue that the