



THE DETERMINATION OF PERCEIVED SELF-EFFICACY, ADJUSTMENTS AND DISTRESS IN INFERTILE WOMEN

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Context: Infertility, together with its treatment processes decreases adjustment, perceived self-efficacy and increases distress in infertile women, In Turkey, there is not enough literature about women's infertility-related perceived self-efficacy and adjustment.

Objective: The aims of this study were to investigate the factors affecting the anxiety, depression, perceived self-efficacy and adjustment level in primary infertile women who were treated with infertility treatment.

Methods: The research is planned as a descriptive type.

Patient(s): The sample of the study consisted of 158 primer infertile women.

Intervention(s): A sociodemographic data form, the Turkish-Infertility Self Efficacy Scale Short Form and the Turkish-Fertility Adjustment Scale, Hospital Anxiety (HAD-A) and Depression scale (HAD-D) for evaluating the status of distress, were administered for the study.

Result(s): The mean age of the study population was $29,61 \pm 5,66$ (mean \pm SD). The year child desire and the duration of diagnosis are $4,50 \pm 3,73$ and $2,60 \pm 3,43$ years respectively. The perceived self-efficacy was worse for women living in the city than women living in the village ($p < 0,05$). Women who need psychological support; perceived self-efficacy and adjustment level were lower, anxiety and depression levels were higher ($p < 0,05$). The women desiring psychological support before showed higher anxiety scores ($p < 0,05$). Women who increased the year child desire and the duration of diagnosis, perceived self-efficacy decreased ($p < 0,05$). Also, there was a positive correlation between the duration of diagnosis and depression level ($p < 0,05$).

Conclusions: It has been determined that some sociodemographic variables related to low perceived self-efficacy, adjustment, anxiety and depression. Nursing care of women with infertility should address their physiological, psychological, emotional and social needs.

Key Words: Infertility, perceived self-efficacy, adjustment level, Anxiety, Depression

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