

INSIGHTS FROM WOMEN WITH FERTILITY CONCERNS ABOUT THEIR CHOICES WHEN ATTEMPTING TO IMPROVE THEIR ABILITY TO CONCEIVE

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ABSTRACT

OBJECTIVE: The goal of this survey-based research was to gather additional information from women who have been actively trying to conceive, on barriers to access of fertility-related treatment and perception of value of such services.

DESIGN: Three online surveys of women who were trying to conceive and voluntarily responded to a request for participation.

MATERIALS AND METHODS: 330 women ages 18-44 completed the first questionnaire on their overall feelings towards fertility. 132 unique women completed the second questionnaire on emotional state. 93 unique respondents answered questions regarding their interest in various fertility related services and sources of information.

RESULTS: 65% (214/330) had been trying less than seven months, 17% (55/330) 7-12 months, and 18% (61/330) more than a year. 54% (127/236) had not yet seen a physician in relation to fertility concerns. The two most common reasons for not seeing a physician were 'feeling they could get pregnant on their own' (42%; 96/230) and 'wanting to try a more natural approach' (23%; 53/230). 80% (180/224) believed that their emotions could have an impact on their fertility. When asked about most helpful fertility-related services, which could be made available to them, access to certified reproductive experts (39%; 36/92) was followed by nutrition-related services (23%; 21/93)

CONCLUSIONS: Most of the research available to fertility specialists is conducted on women already seeking consultation. A significant number of women not yet under fertility treatment prefer to seek out natural means of conception and believe in the importance of their emotional state in improving their chances of conception. Educating women about real options to increase chances of conception should be a priority.

OBJECTIVES

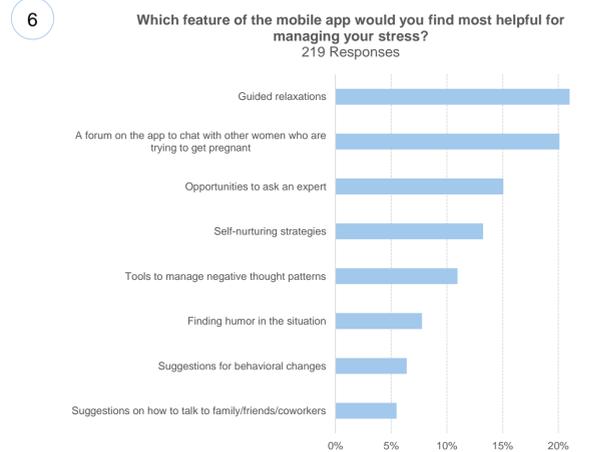
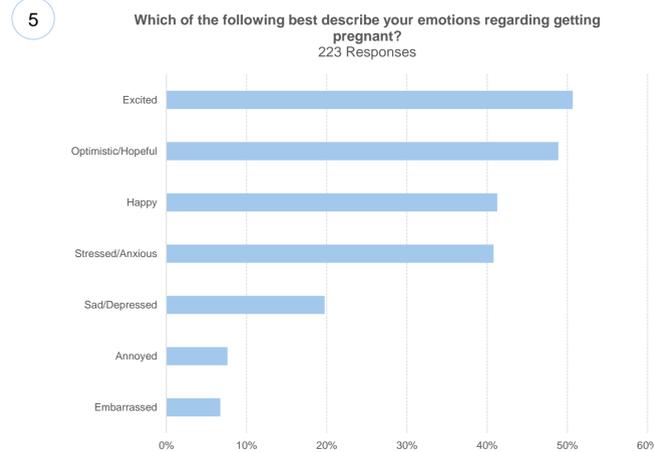
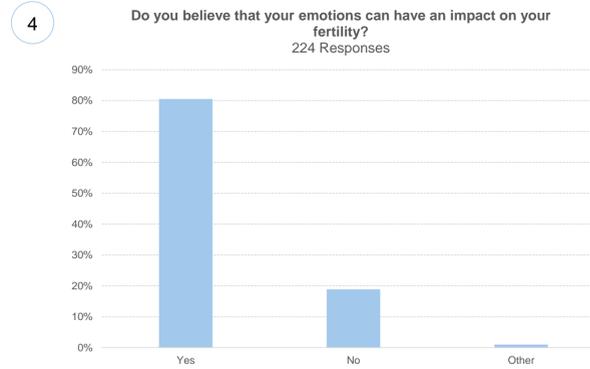
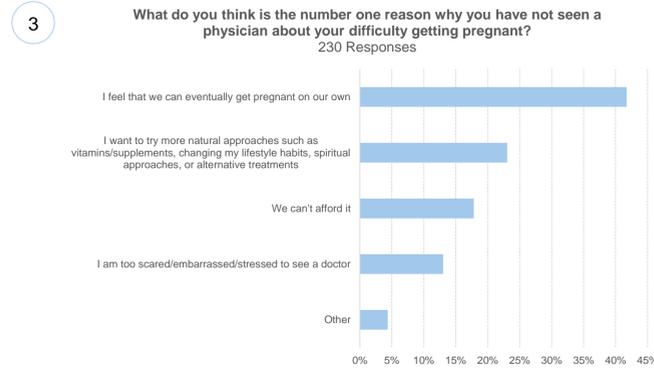
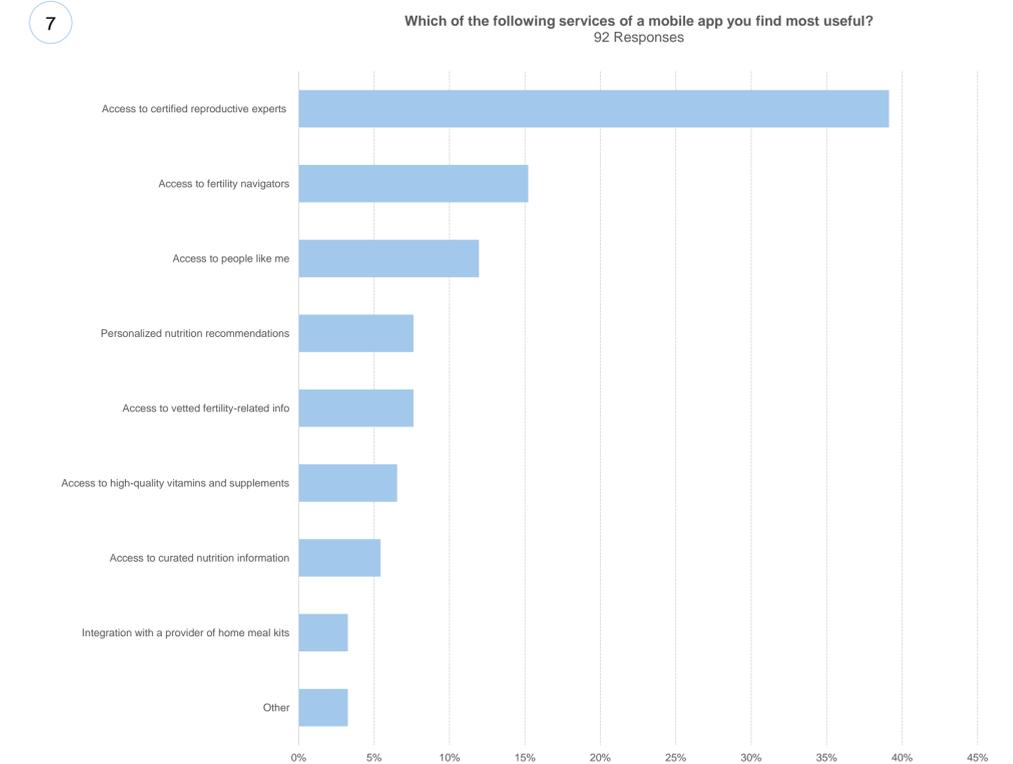
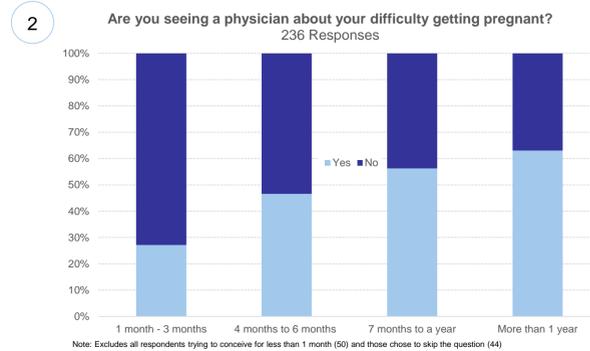
The goal of this survey-based research was to gather additional information from women who have been actively trying to conceive, on barriers to access of fertility-related treatment and perception of value of such services, including those to be potentially provided through a mobile app.

METHODS

Three online surveys of women who were trying to conceive and voluntarily responded to a request for participation. An independent platform was used for recruitment and administering the surveys.

- 555 respondents have participated across 3 surveys:
- 330 women ages 18-44 completed the first questionnaire on their overall feelings towards fertility. 24% (80/330) had age distribution between 18-24, 56% (184/330) between 25-34, and 20% (66/330) between 35-44. 53% (178/330) reported working full-time, 13% (42/330) part-time and 9% (29/330) unemployed. 25% (84/330) did not report their employment status. Survey population had a mix of annual income levels of 33% (108/330) under \$25K, 25% (82/330) between \$25-50K, 26% (85/330) between \$51-100K, and 12% (40/330) above \$100K.
 - 132 unique respondents completed the second questionnaire on emotional state. Age distribution of these participants was as follows: 15% 18-24, 49% 25-34, and 36% 35-44.
 - 93 unique respondents answered questions regarding their interest in various fertility related services and sources of information. Age distribution of these participants was as follows: 18% 18-24, 76% 25-34, and 6% 35-44.

RESULTS



CONCLUSIONS

Most of the research available to fertility specialists is conducted on women already seeking consultation. A significant number of women not yet under fertility treatment prefer to seek out natural means of conception and believe in the importance of their emotional state in improving their chances of conception.

At the same time, when offered to consider services conveniently available through a mobile app, women seem to express more interest in access to experts and support groups to guide them, as compared to self-guided tools and programs, including nutritional services. Educating women about real options to increase chances of conception should be a priority.