

عنوان مقاله:

The effect of a positive reappraisal coping intervention and problem-solving skills training on coping strategies during waiting period of IUI treatment: An RCT

محل انتشار:

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خلاصه مقاله:

Background: Waiting period of fertility treatment is stressful, therefore it is necessary to use effective coping strategies to cope with waiting period of intrauterine insemination (IUI) treatment. Objective: The aim of this study was comparing the effect of the positive reappraisal coping intervention (PRCI) with the problem-solving skills training (PSS) on the coping strategies of IUI waiting period, in infertile women referred to Milad Infertility Center in Mashhad. Materials and Methods: In this randomized clinical trial, 108 women were evaluated into three groups. The control group received the routine care, but in PRCI group, two training sessions were held and they were asked to review the coping thoughts cards and fill out the daily monitoring forms during the waiting period, and in PSS group problem-solving skill were taught during 3 sessions. The coping strategies were compared between three groups on the 10th day of IUI waiting period. Results: Results showed that the mean score for problem-focused were significantly different between the control (28.54 ± 9.70), PSS (33.71 ± 9.31), and PRCI (30.74 ± 10.96) ($p=0.025$) groups. There were significant differences between the PSS group and others groups, and mean emotion-focused were significantly different between the control (32.09 ± 11.65), PSS (29.20 ± 9.88), and PRCI (28.74 ± 7.96) ($p=0.036$) groups. There were significant differences between the PRCI and the control group ($p=0.047$). Conclusion: PSS was more effective to increase problem-focused coping strategies than PRCI, therefore it is recommended that this intervention should be used in infertility treatment centers.

کلمات کلیدی:

Problem-solving, Adaptation, Psychological, Insemination, Artificial

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