

Knowledge and Motivation to Seek Treatment for Infertility among Couples Diagnosed with Primary Subfertility in an Urban Health Care Setting Sri Lanka

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Introduction: Primary infertility is considered as the failure to achieve a pregnancy after twelve months or more of regular unprotected sexual intercourse. Causes for infertility differ widely in each individual and it's essential to keep the patients motivated from the beginning until the end of the journey in order to achieve success.

Objectives: To describe Knowledge and motivation to seek treatment for infertility among couples diagnosed with primary subfertility.

Methods: Descriptive cross-sectional study was conducted among 100 subfertile couples presented to Royal hospital, Colombo for one year duration. Systematic random sampling technique was applied. Interviewer administered data sheet which arranged according to Likert scale was used for data collection. Patients were interviewed at their first visit.

Result: Majority of the participants willingly proceeded with treatment (Mean; 4.99, SD;.1). Social pressure had a positive effect in motivating patients to seek treatment. (Mean; 3.28, SD;1.31). Overall knowledge of infertility showed a normal distribution with a mean of 3.47 (SD;.419). Majority of the participants believed that it is not required to investigate the male partner for infertility (N; 92:92%). 95% thought that the drugs used for subfertility will cause harmful effects on the baby (N;95).

Conclusion: A huge pressure is generated towards a subfertile patient especially from her social background which automatically motivates the patient to seek for medical treatment. Awareness and understanding of infertility and its causes were very poor and it is essential to plan strategies to overcome this problem. Male partners' contribution for subfertility was not satisfactorily accepted by the participants. There was an unnecessary fear regarding harmful effects on the fetus due to treatment of subfertility.