

Title

The effect of Video-Based Mindfulness-Based counseling on perceived stress and salivary cortisol of infertile women undergoing in vitro fertilization (IVF) treatment

Introduction

Infertility is known to be a stressful experience. Although in vitro fertilization has given hope to infertile couples, it has also made them more stressed. One of the most effective approaches in the field of stress reduction is cognitive therapy based on mindfulness, but some clients refuse to attend the sessions due to financial limitations and waste of time in commuting. To enhance society's knowledge, the third wave civilization requires a powerful tool that is affordable, quick, and reliable. Due to the increase in the rate of infertility, the existence of stress in infertile women, and according to the latest government policies regarding population growth, infertile women should be under It is desirable to replace the method that can be provided with high access in front of low cost. Therefore, this study was conducted with the aim of determining the effect of video counseling based on mindfulness on perceived stress and salivary cortisol of infertile women undergoing in vitro fertilization treatment.

Methods

This study is a randomized clinical trial that was conducted in 1402 on 140 women referred to the Milad Infertility Center in Mashhad who were treated with in vitro fertilization. The research units were selected using the available sampling method and randomly divided into intervention and control groups (70 people in each group). The intervention group received mindfulness video counseling in 8 15-minute sessions filmed by the researcher. The control group was not given counseling care. Before and after the intervention, saliva collection was done along with questionnaires (Newton's infertility stress, five aspects of mindfulness, Dass21). To analyze data, .SPSS16 software and descriptive and analytical statistical tests will be utilized

Result: The findings indicated that video-based mindfulness-based counseling can lower perceived stress and salivary cortisol levels ($p < 0.001$).

Conclusion: The findings indicate that video counseling based on mindfulness is effective in decreasing perceived stress and salivary cortisol levels among infertile women undergoing IVF treatment

Keywords: stress, in vitro fertilization, salivary cortisol, infertile women, mindfulness, video counselling

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