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Women's Mental Health Needs in Assisted Reproductive Treatment

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Abstract

This study investigated the mental challenges faced by women with infertility undergoing assisted reproductive treatment. Women undergoing such treatment endure not only physical stress but also familial and societal pressure. The sources of these stress and pressure include treatment uncertainties, financial burdens, and concerns about assuming the role of a mother. This study underscored the importance of providing psychological counseling and support to these women, particularly after multiple treatment failures. Also, even with successful pregnancy through assisted reproductive medicine, women may harbor heightened concerns about their children's growth and development, thereby affecting their mental health. Therefore, comprehensive psychological health support is vital for women undergoing assisted reproductive treatment.

Keywords: Infertility, assisted reproductive treatment, women's mental health, psychological counseling

從人工生殖醫療中看見女性心理健康需求

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摘要

本文探討不孕女性接受人工生殖醫療過程中面臨的心理挑戰。婦女在這過程中不僅承受身體上的壓力，還面臨來自家庭、社會的期望和壓力。這些壓力來源包括治療的不確定性、財務負擔、以及對成為母親角色的擔憂。文中強調提供「心理諮商」和「支持」對於這些婦女的重要性，特別是在多次治療失敗後更需要關懷。人工生殖醫療即便成功懷孕，婦女也可能對孩子的成長發育有較高的擔憂，進而影響她們的心理健康。因此，綜合性的心理健康支持對於接受人工生殖醫療的女性來說至關重要。

關鍵詞：不孕、人工生殖醫療、女性心理健康、心理諮商