

Psychological Impact of Infertility on Women: A Clinical and Social Perspective

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Abstract:

Infertility is a growing health concern that affects not only physical well-being but also psychological health, especially in women. This paper highlights the emotional and mental health challenges associated with infertility. Women experiencing infertility often face stress, anxiety, depression, and social stigma. The study is based on clinical observations and a review of relevant literature. It emphasizes the importance of integrating mental health care into infertility treatment for improved outcomes. Integrating psychological care into infertility management is essential for holistic patient outcomes.