Original

Predicting Individual Resilience Based on Social Support, Mental Health and Resilience in Infertile Women

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Abstract

Background: Infertile women are exposed to many psychological and social injuries, and resilience in these people is of particular importance to protect them from injuries. The aim of the present study was to predict individual resilience based on social support, mental health and resilience in infertile women.

Methods: The current research was correlational. The statistical population included infertile women referred to the infertility department of Khatam Alanbia Hospital in Tehran in 2018-2019. Available sampling methods were selected, and taking into account the inclusion criteria of infertile women, having a minimum cycle education, age 20-45 years, and having at least two years of primary or secondary infertility history, 361 people were selected to participate in the study. Connor-Davidson resilience questionnaires, family resilience measurement scale, perceived social support questionnaire and general health questionnaire were used to collect data. Pearson's correlation coefficient and regression methods were used for data analysis using SPSS version 22 software.

Results: According to the results, mental health (0.71), social support (0.62) and family resilience (0.78) had a significant positive correlation coefficient with individual resilience (P<0.01). The results of the regression in predicting marital burnout through the dimensions of social support and mental health show that the predictor variables had the power to explain 38% of the variance of individual resilience at the level of 0.001 (F=13.48, P<0.001).

Conclusion: In infertile women, individual resilience can be predicted through social support, mental health, and resilience, and higher social support, mental health, and resilience help to increase individual resilience in these people.

Keywords: social support, mental health, resilience, infertility