



PP055 | A new psycho-educational group intervention for women and men on the waiting list for the first Medically Assisted Reproduction cycle

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Introduction: Infertility and Medically Assisted Reproduction (MAR), challenge individuals and couples in many aspects and are related to relational and personal distress. To enhance well-being of MAR patients while on the waiting list for the first treatment cycle, a psycho-educational group intervention was developed at the MAR Centre (MARC) of a Portuguese public hospital.

Aim: to describe a new psycho-educational group intervention for women and men undergoing MAR, explore participants' characteristics, experiences, and initial acceptability.

Methods: Participants were 19 women and 13 men on the waiting list for the first treatment cycle; 78.8 were married and 21.2 were single.

Instruments used: Brief Sociodemographic Questionnaire (sociodemographic and infertility clinical information) and SCREENIVF to assess the risk of maladjustment (first session); Satisfaction Questionnaire (end of both sessions).

Group intervention includes 2 sessions (120mn each). **Aims:** provide information on the medical and psychological facets of infertility/MAR; validate the emotional experience of participants; provide tools to help participants manage emotions and challenges related to infertility/MAR. The group intervention was co-led by members of the MAR team: two psychologists, a doctor, a nurse, and an embryologist (first session); two psychologists (second session). Participants gave written consent to participate.

Results: SCREENIVF identified participants as at risk or not at risk. In terms of global satisfaction, the overall mean rating was 4.86 out of 5 (SD = .38). More specifically, participants reported high satisfaction with the content of the sessions (first: M = 4.48; SD = .77; second: M = 4.10; SD = .89), as well as with the sessions' dynamics (first: M = 4.72; SD = .52; second: M = 4.10; SD = .98). There were no dropouts between first and second sessions. All participants said they would recommend the group intervention to others.

Conclusions: As far as we know it is the first Portuguese psycho-educational group intervention co-led by representatives of all professionals of the MAR team - a collaborative approach between psychologists and other professionals.

Future research will evaluate the effectiveness of the intervention to reduce the burden of infertility/MAR, maximizing the success of MAR and the quality of life of participants.