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Poster Presentations

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Epidemiology of infertility in Iran: A systematic review

Hadavand F[1], Salehiniya H[2].
1.Department of Epidemiology, School of Public Health and Safety, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
2.Social Determinants of Health Research Center, Birjand University of Medical Sciences, Birjand, Iran.
Email: alesaleh70@yahoo.com

Background: Infertility refers to not being pregnant after 12 months of unprotected sex. In the world, 15% of reproductive-aged couples are affected by infertility. Childbearing is a social value for married women in developing countries such as Iran. Therefore, couples who suffer from infertility are prone to depression, anxiety and poor quality of life.
Objective: The aim of this review was to investigate the epidemiology of infertility in Iran.
Materials and Methods: This systematic review was based on preferred reporting items for systematic reviews and meta-analysis (PRISMA). A comprehensive search was conducted to find potentially relevant articles in PubMed, Scopus, Web of Science, Iranmedex, Irandoc, and SID using infertility, epidemiology, prevalence, and Iran keywords. Then, the titles and abstracts of the articles were reviewed and articles dealing with different aspects of the epidemiology of infertility were included in the review.
Results: Based on previous studies, in 2015, the overall prevalence of lifetime primary infertility among couples was 17.3%. In addition, the secondary infertility rate was 4.9%. According to the results of previous studies, the prevalence of infertility in Iran is increasing. The presence of a history of turbo-ovarian surgery, salpingitis, ectopic pregnancy, varicocele, and cryptorchidism were positive predictors of infertility. Also, the old age in women, high BMI, active smoking, and higher educational level, higher age at marriage, long-term health problems, and a partner who smoked had a significant association with infertility. The race had no effect on infertility.
Conclusion: In this study, the results of the literature review showed an increase in the prevalence of infertility in the Iranian couple. Infertility seems to be on the rise as couples change their lifestyle and risk factors increase. Therefore, depression and other infertility-related problems among people with infertility need more attention and care.
Key words: *Infertility, Prevalence, Risk factors, Iran.*

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