

## İnfertilitede Psikiyatrik Yaklaşım

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### GİRİŞ

İnfertilite yaklaşık on kadından birini etkileyen, birçok psikiyatrik soruna yol açabilecek bireysel ve sosyal krizleri de beraberinde getiren oldukça heterojen bir durumdur. Heterojen doğası infertilite ile psikiyatrik bozukluklar arasındaki ilişkiyi daha da karmaşık hale getirir (1). Psikiyatrik bozukluklar infertilitenin etiolojisinde gündeme gelir ve tedavi sonlanıncaya kadar gündemde kalır (2).

Yapılan çalışmalarda infertilite tedavisi gören kadınların yaklaşık yarısının bir psikiyatrik bozukluğun kriterlerini karşıladığı bildirilmiştir. Psikiyatrik bozukluklar ve stresin infertilite üzerinde doğrudan veya dolaylı etkileri olabileceğini düşündüren kanıtlar bulunmaktadır (3, 4). Psikiyatrik bozukluğu bulunan hastaların kullandığı bazı psikotrop ilaçlar da çeşitli yollarla gebeliğin önüne geçebilir (5). Diğer yandan infertilitenin kendisi ve tedavisi de psikiyatrik sorunlara yol açar. İnfertilite tanısı almak, hastalar için önemli bir ruhsal yük oluşturur ve bu hastalar psikiyatrik bozukluklar açısından önemli bir risk taşırlar. İnfertilite beraberinde getirdiği sorunlarla (sosyal beklentiler, boşanma ve yalnızlık korkusu, dam-

galanma, cinsel özgüven ve zevk kaybı, öngörülemez tedavi süreçleri, maliyet vb.) depresyon ve anksiyete gibi bozuklukları başlatabilir(6). İnfertilite tedavisinde kullanılan hormonlar duygudurum dalgalanmaları başta olmak üzere birçok psikiyatrik belirtiyeye yol açabilir. Sonuçta psikiyatrik bozukluklar ile infertilite arasındaki nedensellik karşılıklıdır ve bu durum her aşamada psikiyatrik değerlendirme yapmayı önemli hale getirir (Şekil.1 e bakınız) (7). Bu bölümde infertilite tanısı alan hastalarda psikiyatrik değerlendirmenin ve yaklaşımın tartışılması amaçlandı.

### İNFERTİLİTENİN PSİKİYATRİK BOZUKLUKLARLA VE STRESLE İLİŞKİSİ

#### Stres ve infertilite

Stres ile infertilite arasında yakın bir ilişki olduğunu düşündüren zengin bir literatür bulunmaktadır. Son dönemde ortaya çıkan kanıtlar ise vücudun stres tepkisi ile hormon değişimlerinin infertilite etiolojisinde rol oynadığını düşündürmektedir. Uzun süreli stres hipotalamik-hipofiz-adrenal (HPA) aks ve sempatik-adre-

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