

P02-95 - "THE ANALYZE OF STRESSORS, COPING STYLES AND MENTAL HEALTH IN INFERTILE MEN AND WOMEN"

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**Introduction:** The stress of infertility is the problem that involves many couples. The reaction manner of infertile couples to this stress and finally the mental health of them are affected by many factors that one of them is the coping styles that such couples use in contrast with the stressor.

**Aims:** This research with the aim of realizing psychological aspects of infertility and showing its effects, studies the coping styles and the mental health of infertile men and women to the stress of infertility.

**Methods:** The questionnaire of mental health (GHQ), the questionnaire of coping styles of Lazarus and Folkman and the scale of stressor factors, filled by infertile couples (40 men, 40 women). Acquired information, analysed with the  $\chi^2$  test, independent T test, dependent T test, U Man Witney test and the ways of regression analysis.

**Results:** Infertile women have less mental health rather than infertile men, and also results show that infertile couples use problem focused coping less than emotion focus coping and such people that use problem focused coping more than emotion focus coping, have higher mental health.

**Conclusion:** The results of this study emphasis on effective role of coping styles that infertile couples use, for prediction of mental health and the role of gender on relation between mentioned variables.