

THE RELATIONSHIP BETWEEN DYADIC ADJUSTMENT AND PREGNANCY IN COUPLES RECEIVING INFERTILITY TREATMENT

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Introduction

Infertility deeply affects couple dynamics, impacting existential aspects, shared planning, and sexual satisfaction. This study explores the relationship between dyadic adjustment and pregnancy outcomes in Assisted Reproductive Technology (ART), based on questionnaires completed by 45 couples treated at the Unical Family Counseling Center between January 2023 and December 2024.

Objectives

To evaluate whether perceived alignment on relational and decisional variables—relationship satisfaction, sexual attractiveness, intercourse frequency, shared decision on ART, timing, and family involvement—is associated with positive ART outcomes.

Methodology

Participants: 45 couples undergoing ART
Tools: Self-report questionnaire + psychological counseling session
Scoring: 6 items, rated 0–4; summed for each individual and couple
Comparison: Scores were compared among couples with positive (pregnancy) and negative outcomes, based on follow-up interviews

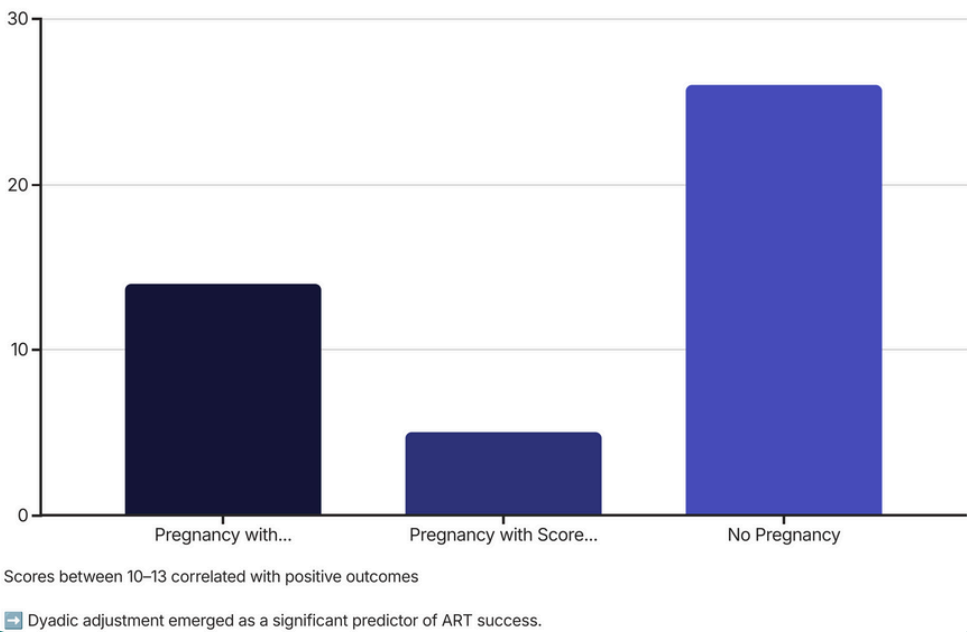
Results

19 couples (42%) achieved pregnancy
Among them:
14 showed identical couple scores
5 had a difference of ≤ 2 points
Scores between 10–13 correlated with positive outcomes
Dyadic adjustment emerged as a significant predictor of ART success.

Conclusions

Promoting dyadic adjustment may enhance the effectiveness of ART. Psychological interventions focused on relationship dynamics could foster a more supportive couple environment and contribute to a healthier and more functional family unit.

Detailed Findings



References

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