



## The effect of health education models in improving the quality of life of infertile couples

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### Abstract

**Introduction:** Infertility phenomenon is one of the most common problems that affects all aspects of life of infertile couples. Infertility is defined as the inability to conceive after one year of regular intercourse without using contraceptive methods. The global prevalence of infertility is 0.9%. Although it is not a disease, since it affects all aspects of a person's life, it can cause important physical, emotional, etc. disorders. So it can be said that it is one of the global public health problems that can threaten individual, marital and social balance and the quality of life in general. Quality of life is a dynamic and multidimensional concept and includes physical, mental and social aspects related to a disease or its treatment, which is used to examine the impact of health status on quality of life, and important factors such as physical health, mental health, level of independence and Social relationships are included in the assessment of health-related quality of life. It seems that educational interventions are effective in improving the health and quality of life of infertile couples; Therefore, this model examines the impact of health education models in improving the quality of life of infertile couples in the form of a review study.

**Methods:** The present study is a review study, the data of which is from published articles through a comprehensive search of keywords: health education, quality of life and infertility through Silvana, PubMed and Google Scholar, SID, Magiran databases, without time limit. Information was collected, analyzed, compared and concluded.

**Results:** The results of the studies show that one of the approaches that has led to an increase in people's knowledge and skills about quality of life issues and can lead to its improvement is health education, and if the education given to people is based on a model or the same educational model, In addition to being more effective, it also increases the efficiency of the study. In health education, various models have been designed to change harmful behaviors in the society. Among these models, we can mention health belief model, Pender model, etc. In various studies, the use of these models improves the quality of life of infertile women and increases their self-efficacy.

**Conclusion:** In general, it can be concluded that infertility is a complex phenomenon that has a high prevalence today and has destructive effects on all dimensions of life and quality of life. Therefore, it is necessary to use educational interventions based on health models based on conditions; For this reason, it requires the comprehensive cooperation of the health care team and the planning of health experts.

**Keywords:** Health education, quality of life, infertile