

**Infertility Related-Stress, Spousal Support and Sexual Distress
In the Women Living in Baluchistan**



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Infertility Related-Stress, Spousal Support and Sexual Distress In the Women Living in Baluchistan



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APPROVAL OF RESEARCH PAPER

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Session: 2022-2025

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Dear Student,

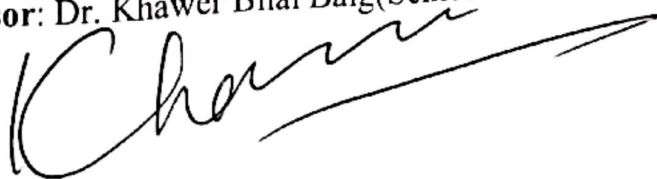
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I take this opportunity to remind you that you must complete your thesis and defend it successfully, by summer 2025, this is the date which marks the end of the duration of your program.

I wish you success

Date:

Supervisor: Dr. Khawer Bilal Baig (Senior Associate Professor)



AUTHOR DECLARATION

I, Naghma Tareen hereby state that my MS thesis titled “Infertility-related stress, spousal support and sexual distress in the women living in Baluchistan” is my own work and has not been submitted previously by me for taking any degree from this university, Bahria University, or anywhere else in the country/world.

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DEDICATED TO

My Husband

I would like to dedicate this thesis to my loving husband **Dr. Kashif Shah Bukhari**, whose unwavering support has been my strength throughout this journey. Even after our marriage and during my pregnancy, he stood by me with patience, encouragement, and understanding. His belief in me and constant support made this achievement possible, and for that, I am eternally grateful.

My Late Father

I dedicate this thesis to my late father **Dr. Darya Khan**, whose love, wisdom, and support continue to inspire me every day. Although he is no longer physically with me, his belief in my abilities and his constant encouragement have been my guiding light throughout this journey. His memory motivates me to persevere, and I am forever grateful for the lessons he taught me. This work is a testament to his influence in my life, and I hope it honors his legacy in a small but meaningful way.

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This thesis is a testament to the collective effort and support of many, and I am deeply thankful to everyone who has played a part in its completion.

ABSTRACT

The present study aimed to explore the relationship between infertility-related stress, spousal support, and sexual distress among infertile women living in Baluchistan. A sample of 200 infertile women was selected to assess these variables using standardized measures, including the Infertility-Related Stress Scale (Casu & Gremigni, 2016), the Spousal Support Scale (Schuster, Kessler, & Aseltine, 1990), and the Sexual Distress Scale (Saleha Naseer ; Dr.Urooj Sadiq, 2023). Descriptive statistics were employed to examine the sociodemographic characteristics of the participants, as well as the means, standard deviations, skewness, and kurtosis of the variables, along with the range of scores. Internal consistency of the scales was evaluated using Cronbach's alpha. Inferential statistics involved Pearson's correlation to assess the relationships between infertility-related stress, spousal support, and sexual distress, while regression and moderation analyses were conducted to explore the predictive and moderating effects of spousal support on sexual distress. The findings highlight significant associations between the key variables and provide insights into the psychological impacts of infertility, underscoring the importance of spousal support in mitigating sexual distress among infertile women in this region. Implications for interventions and future research directions are discussed. The findings have several practical and theoretical implications. Clinically, interventions aimed at enhancing emotional support from spouses may improve the mental and sexual health outcomes of women experiencing infertility. Therapists and counselors should focus on fostering open communication and emotional intimacy between couples to alleviate sexual and psychological distress. Educational programs targeting individuals with lower education levels or those living in rural areas may also mitigate stress related to infertility by enhancing their understanding of reproductive health and coping strategies. Furthermore, healthcare providers should be aware of the specific challenges associated with primary infertility and tailor their support services accordingly.

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List of Abbreviation

Abbreviations	Full Form
PCOS	Polycystic Ovarian Syndrome
SEM	Structural Equation Modelling
AMH	Anti-Mullerian Hormone
SPSS	Statistical Package for Social Sciences

List of Symbols

Symbol	Full Form
<i>A</i>	Alpha Cronbach's index of internal consistency
<i>B</i>	Standardized coefficient
<i>F</i>	Frequency
<i>M</i>	Mean
<i>SD</i>	Standard deviation
%	Percentage
<i>R</i>	Correlation coefficient

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