

PERCEIVED STRESS LEVELS AND SPECIFIC STRESSORS IN PATIENTS UNDERGOING PLANNED OOCYTE CRYOPRESERVATION



Paxton Voigt MD MBA¹, Carlos Mario Parra MD², Dona Jalili BS MS¹, Gwendolyn P Quinn PhD¹, Frederick Licciardi MD²

¹NYU Grossman School of Medicine Department of Obstetrics and Gynecology, New York, New York, USA; ²NYU Langone Fertility Center, New York, New York, USA

PURPOSE & OBJECTIVES

Despite the drastic increase in planned oocyte cryopreservation (OC) usage, published data on the psychological experiences of these patients is lacking^{1,2}
Objective: To assess the perceived stress levels (PSLs) and specific stressors in patients before and after planned OC

MATERIAL & METHODS

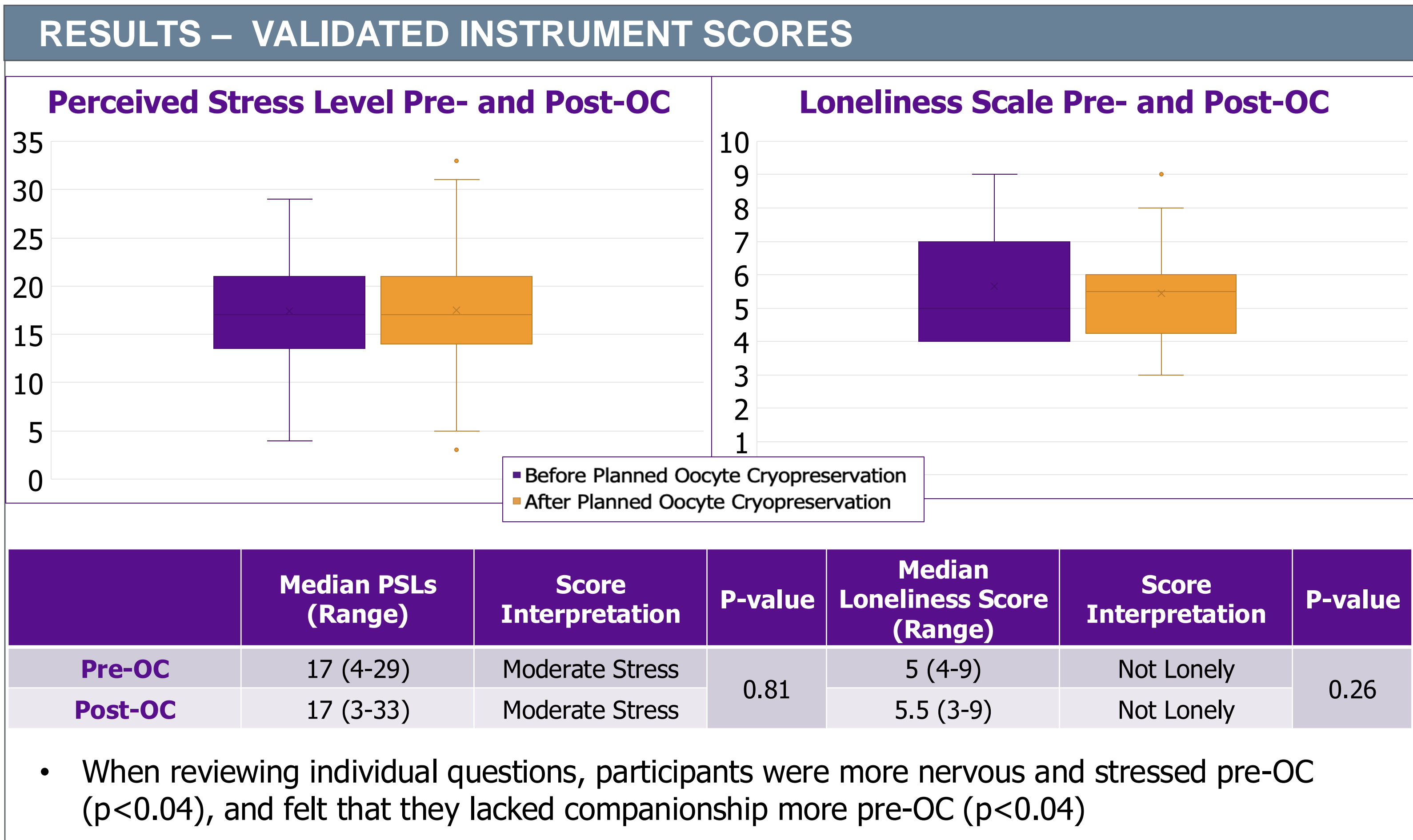
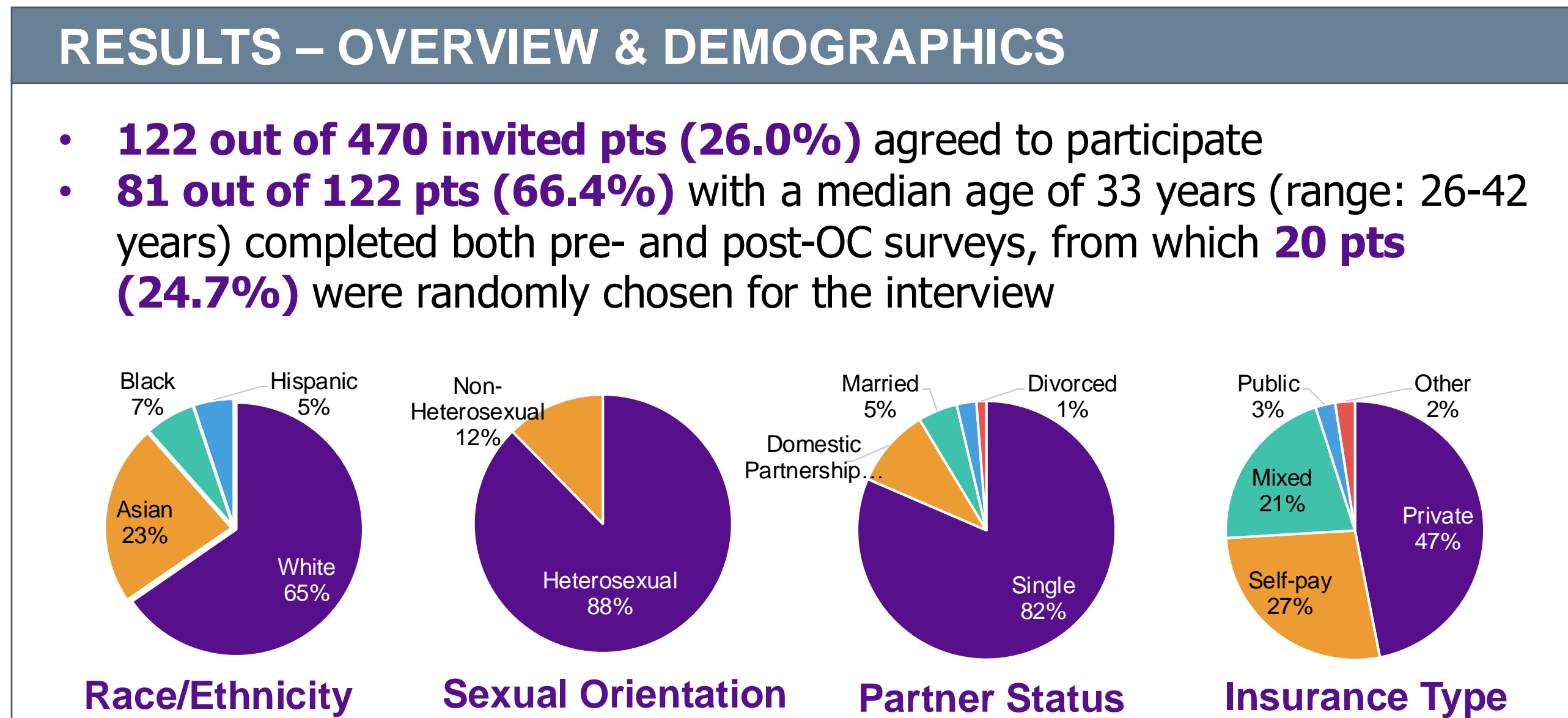
Design/Population: Cross-sectional study of 1st time planned OC patients at our high-volume academic fertility center from October 2022 to May 2024. Participants received a modest gift card compensation.

Instruments:

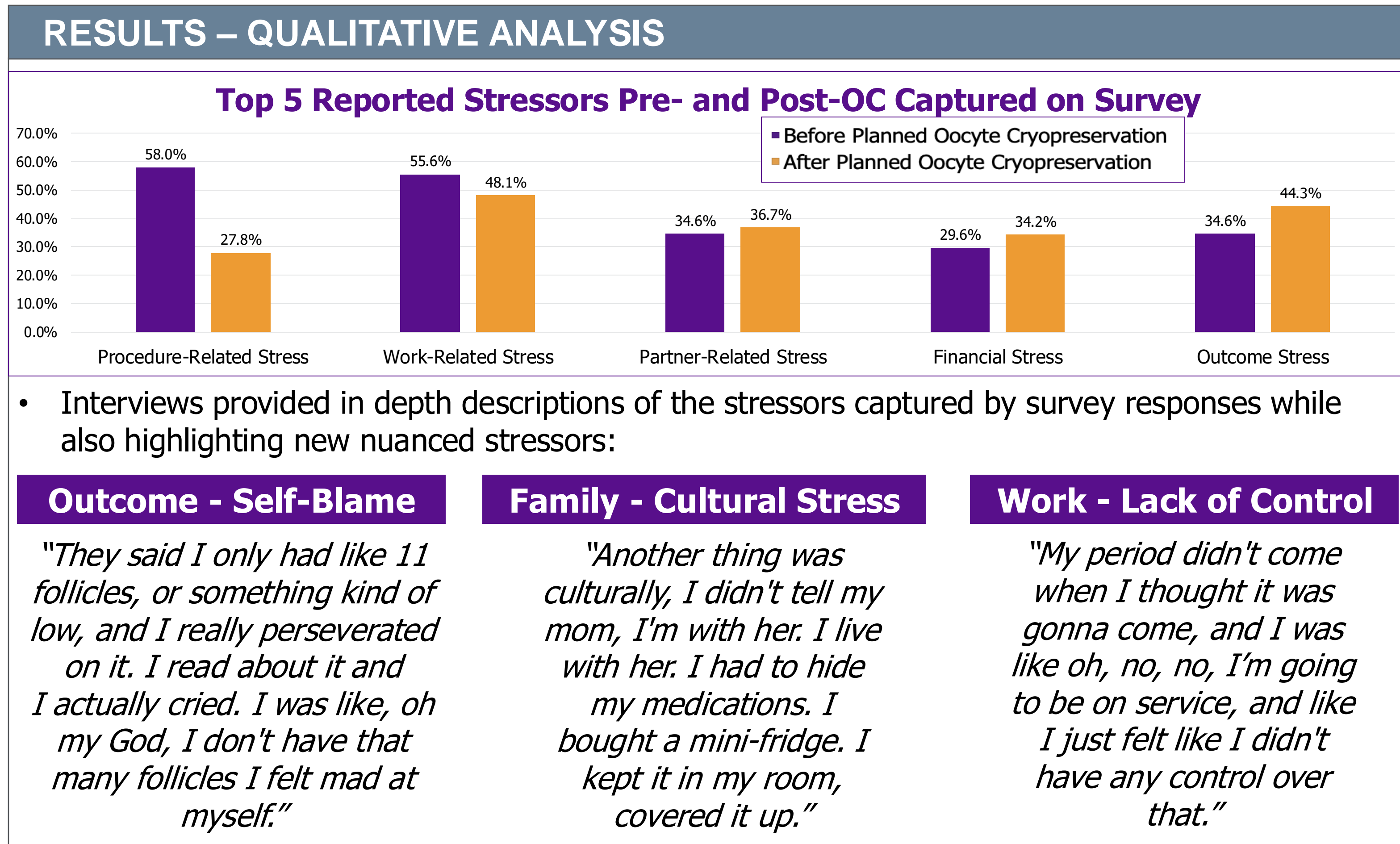
- RedCap Survey:** administered pre- and post-OC consisting of demographic questions, Perceived Stress Scale³, 3-Item Loneliness Scale⁴, and an open-ended question to assess top 3 stressors
- Zoom Interview:** 20-minute semi-structured conversation guided by 14 predetermined open-ended questions

Data analysis:

- Quantitative:** Paired t-test with a p<0.05 considered significant
- Qualitative:** Interview transcripts were coded by 3 independent coders using the constant comparative method⁵



Planned OC was found to be a **moderately stressful** experience for patients, with stressors shifting from **procedure-related** to **outcome-focused** after OC.



CONCLUSIONS

- Planned OC was a moderately stressful experience with a change in type of stressor before and after the process
- Pre-OC stress was mainly related to procedure logistics and work, while post-OC stress was concerning partners, finances, and outcomes
- Our findings can be used to enhance patient-centered care and develop targeted interventions that address specific stressors for planned OC patients

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