

## Post-sterilization regret rate in sterilized women referring to Tabriz health centers

Noorizadeh R. (M.Sc.)<sup>1</sup>, Ivanbagha R. (M.Sc.)<sup>2</sup>, Ranjbar Koochaksaraee F. (M.D.)<sup>3</sup>, Pezeshki M.Z. (M.D.)<sup>4</sup>

1- Department of Midwifery, Marand Islamic Azad University, Marand, Iran.

2- Department of Midwifery, Faculty of Nursing & Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran.

3- Department of Psychiatry, Faculty of Medicine, Tabriz University of Medical Sciences, Tabriz, Iran.

4- Department of Community Medicine, Faculty of Medicine, Tabriz University of Medical Sciences, Tabriz, Iran.

### Abstract

**Introduction:** One of the effective methods in family planning is sterilization of women. However, some women who choose this method may later suffer from a neurotic syndrome, which is demonstrated by pain, depression, hypochondriasis and loss of libido. With respect to the long-term psychological sequelae of sterilization, among which post-operation regret tops the rest, this study was designed to determine post-operation regret rates, request for reversal and attempt to reverse the operation, as well as secondary objectives, rates of depression and anxiety.

**Materials & Methods:** The study design was a descriptive-analytical one, in which 150 sterilized women, who had been operated 1-10 years prior to the study, were selected through cluster random sampling. Data collection was done by two questionnaires: 1) A questionnaire on demographic characteristics and post-sterilization regret and 2) Zung self-rating depression and anxiety scale. The data were analyzed by SPSS, version 11.5.

**Results:** In this study, 6% of the sterilized women expressed regret and 2.7% requested a reversal surgery. None of the subjects had undergone a reversal surgery. 13.3% and 24.7% of the sterilized women had some degrees of depression and anxiety respectively. The means of depression and anxiety scores were significantly lower in women who expressed adequate post-sterilization rest ( $p=0.008$  and  $p=0.02$  respectively).

**Conclusion:** The results of this research, as well as personality differences and adaptability to changes, revealed that pre-sterilization counseling and post-sterilization follow-ups have an important role in women's psychological health promotion.

**Key Words:** Sterilization, Tubal ligation, Regret, Depression, Anxiety.

**Corresponding Author:** Roghaye Noorizade, No. 86, Shirforoushan Alley, Farhangi Street, Adjacent to Taleqani High-School, Imam Khomeini Avenue, Tabriz, Iran.

**E-mail:** rahaparva@yahoo.com