

# Fertility Quality of Life, a Worldwide Accepted Tool to Measure Fertility Quality of Life

Dear Editor,

First, I thank Professor Mahmood D. Al-Mendalawi for initiating discussions on Fertility Quality of Life (FertiQoL).

Infertility has the most significant impact on the emotional domain. FertiQoL is a questionnaire-based tool that can capture the effect of infertility on the emotional, mind/body, social and relational aspects of life. The FertiQoL questionnaire is a validated instrument in various countries, including India and was developed by an international collaboration of experts to assess infertility quality of life (QoL). It comprises 36 items that yield six subscales and three total scores and is available in many languages worldwide. FertiQoL estimates the impact of infertility on four domains: mind–body (six items), relational (six items), social (six items), emotional (six items), and two treatment domains (tolerability and environment).<sup>[1]</sup> FertiQoL showed good reliability and validity in a cross-sectional study by Desai and Gundabattula.<sup>[2]</sup> This study measured the QoL using the FertiQoL International questionnaire (English/Hindi). Among all FertiQoL versions, we used the Hindi version in this study, which has been professionally translated and validated by fertility experts to ensure the relevance of wording to local customs and usage, including in India. The risk of infertility increases with sexually transmitted diseases (STDs). STD symptoms were recognised as part of the questionnaire in the sexual health section. Study participants recognised with symptoms of vaginal discharge were examined at the research study clinic by the researchers and offered free treatment based on the syndromic approach, as recommended in the Indian Government guidelines. FertiQoL preferred free counselling to women regarding their delay in conceiving. Thus, the FertiQoL tool is increasingly used in research and practice worldwide, and it is translated into various languages in India and other countries.

A research study conducted by Santoro *et al.* proposed that there is probably no difference in QoL between women with unexplained infertility and explained infertility, except for polycystic ovarian syndrome. For males with unexplained infertility, QoL is probably higher compared to explained infertility. QoL may be impaired in the partner who is perceived to be responsible for infertility.<sup>[3]</sup>

Kumari *et al.* conducted a study at AIIMS Patna, located in northern India, using an internationally validated

Hindi version of FertiQoL. This study proposed that QoL is higher in men from a couple with infertility issues, irrespective of whomever sex partner is infertile.<sup>[4]</sup>

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### Conflicts of interest

There are no conflicts of interest.

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