

## **Psychological distress and infertility: forty years of research**

Thorough review of the literature on the effects of psychological distress and infertility, with lack of strong conclusion due to conflicting results and design flaws. Theoretical mechanisms by how stress can influence fertility: stress effects the limbic system, which links to GnRH pulsatility; stress and depression are associated with lower serotonin levels, which leads to increased prolactin which can negatively impact ovulation; stress can cause immune function abnormalities, which may influence fertility-related antibody problems.

1998 J Psychosom Obstet Gynaecol 19;4:218-28  
Brkovich, A. M. and Fisher, W. A.