

*Accounting for Additional Loss: Addressing the Mental Health Needs of Ghanaian Women Suffering Depression from Infertility Problems*

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The west African country of Ghana is experiencing an interrelated rise in infertility and depression. Recent data from the Ghana Demographic and Health Survey reveals infertility rates as high as 15%<sup>[i]</sup> (Oti-Boadi & Asante, 2017). Additionally, a survey on mental stresses faced by Ghanaian women suffering from infertility problems showed that 62% expressed dealing with symptoms of depression<sup>[ii]</sup> (Alhassan, Ziblim, & Muntaka, 2014). Traditionally, religion was the only source of coping mechanisms available for these individuals. This research project reviews the literature on mental health services, identifying the key obstacles that limit access to necessary medication and therapy. It also explores how mental health professionals working in Ghana can successfully raise awareness of mental health in ways that respect religious beliefs and customs so as to maximize effective implementation of proposed treatments.

[i] Oti-Boadi, M., Oppong Asante, K. Psychological health and religious coping of Ghanaian women with infertility. *BioPsychoSocial Med* 11, 20 (2017).  
<https://doi.org/10.1186/s13030-017-0105-9>

[ii] Alhassan, A., Ziblim, A.R. & Muntaka, S. A survey on depression among infertile women in Ghana. *BMC Women's Health* 14, 42 (2014). <https://doi.org/10.1186/1472-6874-14-42>