



CENTER FOR
ASSISTED
REPRODUCTION™
EMBRYO.NET
A Professional Association

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Board Certified Reproductive Endocrinologists
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Licensed Psychologist

It is well known that infertility treatment is psychologically stressful. Most patients we see at CARE are very high functioning, successful persons who do just fine initially. Over time, however, the stress can build up and start negatively impacting your physical and emotional well-being. Dr. Patricia McBride, a health psychologist specializing in infertility-related issues, is on staff at CARE and will help you develop a personalized stress management plan to ease your burden during treatment.

*Please take a moment to answer the following questions:

1. Have you experienced recurrent pregnancy loss (two or more miscarriages)?
2. Have you had three failed treatment cycles?
3. Have you been advised to lower your BMI?
4. Do you have a current or past psychiatric disorder?
5. Do you feel depressed and/or hopeless?
6. Do you feel irritable and short-tempered?
7. Do you avoid going out with friends or family because they don't understand what you are going through?
8. Do you find it hard to concentrate and get your work done?
9. Do you feel tired and overwhelmed most of the time?
10. Are you having trouble sleeping OR sleeping too much?
11. Do you eat more OR less than normal lately?
12. Do you feel anxious and worried most of the time?

*If you answered "yes" to any of the above questions, it is strongly recommended that you schedule an appointment with Dr. McBride. She can help you cope with the grief and fear associated with miscarriage. She can help you develop a healthy eating plan and overcome emotional barriers to weight loss. Dr. McBride can also help you build coping skills to assist in managing a pre-morbid psychological condition during treatment and pregnancy. At Care, we want to give our patients every advantage in terms of helping them achieve the best possible treatment outcome.