

Contents

Preface	xiii
Facts	xvi
Acknowledgements	xvii
Part 1 Psychology of Reproductive Health	1
1 Introduction to the Psychology of Reproductive Health	3
1.1 Maternal Morbidity and Mortality	4
1.2 Age Shifts and Reproductive Consequences	4
1.3 Interactions between Socioeconomic, Behavioural, Biological and Genetic Factors and Reproductive Health	6
1.4 Summary	13
1.5 References	13
2 Psychological Theories of Health and Illness	17
2.1 Twentieth-century Psychological Models Applied to Health and Illness	17
2.2 Health Psychological Models	18
2.3 Changing Health Status	25
2.4 Concepts Used in Health Psychology	25
2.5 Stress, Coping and Appraisal	26
2.6 Cross-cultural Differences	27
2.7 Ethical Issues	28
2.8 Counselling, Advice and Support	29
2.9 Methodologies	30
2.10 Summary	30
2.11 References	31
Part 2 Psychological Processes of Early Growth and Development	33
3 Growth and Development	35
3.1 Foetal Growth and Development	35
3.2 Infant and Child Growth and Development	36
3.3 Causes of Significant Variations in Growth and Development	37
3.4 Manipulations of Growth and Development	37
3.5 Disability	38

3.6	Gender Development	39
3.7	Causes of Significant Variations in Sex and Gender	40
3.8	Epidemiology	41
3.9	Screening / Assessment	41
3.10	Theories / Models	43
3.11	Treatment / Management	45
3.12	Guidelines	46
3.13	Summary	46
3.14	References	47
4	Adolescent Development	50
4.1	Behavioural Factors Influencing Reproductive Health Outcome	50
4.2	Epidemiology	50
4.3	Sexual Development	52
4.4	Effects of Adolescent Sexual and Reproductive Behaviours	52
4.5	Treatments / Interventions	53
4.6	Theories / Models	54
4.7	Disease and Treatment Effects on Adolescent's Reproductive Health Outcomes	56
4.8	Individual, Household and Family	56
4.9	Guidelines	57
4.10	Interventions	58
4.11	Summary	58
4.12	References	59
Part 3 Psychological Factors of Menarche, Sexual and Reproductive Development		63
5	The Menstrual Cycle	65
5.1	Menarche	65
5.2	Menstruation	66
5.3	The Effects of Eating Disorders on the Menstrual Cycle	67
5.4	The Effects of Exercise on the Menstrual Cycle	68
5.5	The Effects of Nutrition on the Menstrual Cycle	69
5.6	Menstrual Cycle Disorders	71
5.7	Treatment / Management	73
5.8	Summary	75
5.9	Reference	75
6	Premenstrual Dysphoric Disorder	79
6.1	Epidemiology	79
6.2	Definition	79
6.3	Assessment / Measurement	81
6.4	Theories / Models	82
6.5	Characteristics of Women with PMDD / PMS	82
6.6	Effects of PMDD / PMS	83
6.7	Attributions of Symptoms to the Menstrual Cycle	85
6.8	Treatment for PMDD / PMS	85
6.9	Summary	86
6.10	References	86
7	Sex and Contraception	90
7.1	Sexual Behaviour	90
7.2	Sexual Dysfunction / Disease	91

7.3	Epidemiology	92
7.4	Interventions / Treatments	92
7.5	Contraception	93
7.6	Definition	93
7.7	Contraceptive Use	94
7.8	Safe Sex / Contraceptives Behaviours	94
7.9	Effects of Risky Sexual Behaviours	96
7.10	Processes and Factors Affecting the Problem	96
7.11	Theories / Models	97
7.12	Treatment / Management	99
7.13	Guidelines	99
7.14	Summary	100
7.15	References	100
8	Reproduction and Fertility	104
8.1	Definition	105
8.2	Lifestyle Factors Affecting Reproduction	106
8.3	Treatment / Management	113
8.4	Reproductive Health Promotion	114
8.5	Policy / Guidelines	115
8.6	Summary	115
8.7	References	115
Part 4 The Psychological Context of Infertility		119
9	Infertility	121
9.1	Epidemiology	122
9.2	Causes of Infertility	122
9.3	Behavioural and Lifestyle Factors	122
9.4	Infertility in Children and Young Adults Treated for Serious Illness	123
9.5	Behavioural Processes and Factors Affecting Infertility	126
9.6	Age Effects on Reproduction	127
9.7	Theories / Models	128
9.8	Gender and Cultural Differences	133
9.9	Coping with the Psychological Effects of Infertility	134
9.10	Social Support	136
9.11	Summary	137
9.12	References	137
10	Overcoming Involuntary Childlessness and Assisted Conception	144
10.1	Epidemiology	145
10.2	Effects of Lifestyle Factors on Treatment	146
10.3	Treatment / Management	148
10.4	Definitions and Consequences of Treatments	149
10.5	Adoption	165
10.6	Treatment Abroad	166
10.7	Ethical Issues	168
10.8	Giving Up Treatment	168
10.9	Counselling	169
10.10	Guidelines / Policy	169
10.11	Summary	170
10.12	References	170

Part 5 Psychological Processes of Fertility and Pregnancy	181
11 Pregnancy	183
11.1 Behavioural Factors	184
11.2 Lifestyle Factors	185
11.3 Psychological Factors	191
11.4 Social and Cultural Factors	192
11.5 Difficult Pregnancies	194
11.6 Effects of Maternal Mood on the Foetus	196
11.7 Partners of Pregnant Women	196
11.8 Theories / Models	197
11.9 Guidelines	197
11.10 Summary	198
11.11 References	198
12 Screening	207
12.1 Screening for Foetal Health	208
12.2 Screening Tests	208
12.3 Reasons for Uptake of Tests	210
12.4 The Consequences of Taking the Tests	211
12.5 Theories / Models	212
12.6 The Social Impact	215
12.7 Policy / Guidelines	215
12.8 Sex Selection	216
12.9 Foetal Reduction	217
12.10 Foeticide	218
12.11 Summary	218
12.12 References	218
13 Miscarriage	222
13.1 Definition	222
13.2 Epidemiology	223
13.3 Causes / Risk Factors	223
13.4 Theories / Models	225
13.5 Effects of Miscarriage	227
13.6 Monitoring / Assessment	232
13.7 Treatment / Interventions	233
13.8 Summary	234
13.9 References	235
14 Abortion	241
14.1 Abortion Procedures	241
14.2 Epidemiology	242
14.3 Legalization	242
14.4 Attitudes to Abortion	243
14.5 Abortion for Sex Selection	244
14.6 Abortion for Social Reasons	244
14.7 Abortion for Medical Reasons	245
14.8 Characteristics of Women Having Abortions	246
14.9 Psychological Effects	247
14.10 Partners of Women Having an Abortion	248
14.11 Theories / Models	249

14.12	Treatment / Interventions	250
14.13	Guidelines	251
14.14	Summary	252
14.15	References	252
Part 6 The Psychology of the Puerperium and Parenting		259
15	Labour and Delivery	261
15.1	Childbirth	261
15.2	Interventions	263
15.3	The Experience of Childbirth as a Traumatic Event	264
15.4	Preterm Labour / Delivery Complications	266
15.5	Perinatal Death	268
15.6	Summary	268
15.7	References	268
16	Perinatal Anxiety Disorders	272
16.1	Definitions	272
16.2	Epidemiology	274
16.3	Causes of Perinatal Anxiety Disorders	274
16.4	Theories / Models	275
16.5	Treatment / Management	275
16.6	Summary	276
16.7	References	276
17	Perinatal Depressive Disorders	279
17.1	The Baby Blues	279
17.2	Maternal Postnatal Depression	280
17.3	Paternal Postnatal Depression	288
17.4	Puerperal Psychosis	288
17.5	Summary	289
17.6	References	289
18	Parenting and the Postnatal Period	295
18.1	Effects of Parenting	295
18.2	Parenting Practices	296
18.3	Adjustment to Parenthood	297
18.4	Theories / Models	298
18.5	Gender Roles	299
18.6	Decision to Become Parents	300
18.7	Transition to Parenthood	302
18.8	Summary	307
18.9	References	308
Part 7 Psychological Factors of Menopause, Sex and Reproduction in Later Life		315
19	Menopause	317
19.1	The Menopause and Health	317
19.2	Definition	318
19.3	Causes of Menopausal Distress / Discomfort	319
19.4	Epidemiology	321
19.5	Screening / Assessment	321

19.6	Theories / Models	322
19.7	Processes and Factors Affecting the Problem	323
19.8	Treatment / Management	324
19.9	Guidelines	327
19.10	Summary	327
19.11	References	328
20	Ageing and Sexual Behaviours and Sexual Health	333
20.1	Factors Affecting the Sexual Health of Older People	333
20.2	Attitudes to Sex in Older People	334
20.3	Sexual Health Education	335
20.4	Effects of Ignorance / Problems with Sex	335
20.5	Health Risks	337
20.6	Theories / Models	338
20.7	Treatment / Management	339
20.8	Policy / Guidelines	340
20.9	Summary	341
20.10	References	341
21	Ageing and Reproduction	344
21.1	Epidemiology	345
21.2	Characteristics of Older People Seeking Assisted Conception	345
21.3	Reproductive Choice and Reproductive Rights	346
21.4	Reproductive Health of Older People	347
21.5	Reproductive Outcomes	348
21.6	Screening / Assessment	349
21.7	Treatment / Management	349
21.8	Theories / Models	350
21.9	Policy / Guidelines	350
21.10	Summary	350
21.11	References	351
	Index	353