

Are You Planning to Begin an In Vitro Fertilization Cycle?

Here's your opportunity to participate in an important clinical study for the evaluation of stress reduction techniques during in vitro fertilization.

General Information

Dr. Lynn Westphal, Kathy Turner, RN, NP and colleagues are conducting a clinical research study to look at the effects of Healing Touch or Desensitization Therapy on anxiety, stress and pregnancy rates in women going through fertility treatment. Healing Touch is a gentle form of energy-balancing work that promotes relaxation. Desensitization Therapy is a procedure for reframing stressful thoughts.

You Might Be Eligible If You

- Are a woman under the age of 43
- Are preparing to start an IVF cycle using your own fresh embryos
- Have a follicle-stimulating hormone (FSH) level less than or equal to 14.
- Speak and read English fluently



Kathy Turner, RN, NP Lynn Westphal, MD

Study Participation Involves

- Random assignment to one of the following: 3 sessions of Healing Touch; 3 sessions of Desensitization Therapy; or no intervention
- Assigned study intervention at no charge
- Completion of 4 short questionnaires at study entry, prior to egg retrieval and after embryo transfer
- Subjects will receive a \$10 gift card to Starbucks upon completion of all study questionnaires

For more information, please contact study associate Allison Carlisle at **(650) 796-8284** or allisnbc@stanford.edu



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