Childbearing is an imperative element of human life and being accepted nearly by all cultures worldwide. In fact, infertility is not only seen as 'a disease of reproductive system' but it usually results in negative reactions, disabilities and impairment of quality of life. In reality, infertility has become a major triggering factor to the development of psychosocial ailment in the general population. Internationally, there are various studies done revealed that infertility is consistently linked with negative psychological reactions in both gender. In Malaysia, despite of high incidence of infertility cases, there is still a scarcity of literature focusing on psychological difficulties faced by Malaysian infertile couples.

Goal: To examine the mental health status and it’s determinants among Malaysian infertile men and women.

Methodology: A cross sectional study was conducted among 502 Malaysian infertile men and women, attending a subfertility clinic in ‘National Population and Family Development Board’ (LPPKN), Kuala Lumpur, Malaysia from February-April 2016. Data were collected using a validated, self-administered ‘Depression, Anxiety, Stress scale (DASS-21)’ questionnaire. Participants’ mental health status was examined by a composite score comprising of 21 questions that screened for depression, anxiety and stress. Data were analyzed using SPSS version 21. The sociodemographic characteristics were tabulated by percentage and frequency using descriptive analysis. Logistic Regression analysis was performed to measure the associations between the predictor (sociodemographic profiles) and the outcomes (depression, anxiety, and stress).

Results: Primary infertility was the diagnosis for majority of the participants at the time of inclusion in the study. Most participants were young, female, Malays, and had attained tertiary education. Infertile women tend to report significantly higher level of depression anxiety and stress as compared to the infertile men.

Conclusion: This study revealed that Malaysian infertile men and women demonstrated susceptibility to mental health problems that occurs more commonly among women than men. Thus, this study may facilitate fertility facilities to strategize and redesign better intervention for the infertile couples.