

Table 1 Psychosocial Intervention and sample size for studies reviewed (where information provided)

Author	Country	Participants (N) I: intervention C: control W: women M: men	Study design	Intervention type*	Intervention category	Format	Number of sessions	Duration(weeks)	Follow up
Debra A et al. (1997)	USA	N=29W I=20W C=9W	(Pretest-posttest)	Emotion- focused and Problem-focused coping	Other	Group	6	6	1 & 18 months
Alice D. Domar et al. (2000)	USA	N=184W I ₁ =56W I ₂ =65W C=63W	Randomized clinical trial	Cognitive Behavioral Therapy & support group	CBT & Other	Group	10	10	6 and 12 months
Heydari P et al. (2002)	Iran	N=110W I=55W C=55W	Randomized clinical trial	Cognitive Behavioral Therapy	CBT	Group	12-13	---	---
Emery et al. (2003)	Switzerland	N=282W&M(141couple) Group A=100 Group B=94 Group C=30 Group D=58	Prospective, randomized, controlled study	Counselling (Psychological support)	Other	Group	---	---	---
Yektatalab Sh et al. (2004)	Iran	N=60W I=30W C=30W	Semi experimental	Psychotherapy	Other	Group	12	10	---
C de Klerk et al. (2005)	The Netherlands	N=84W&M(couple) I=43W&M C=41W&M	Randomized controlled trial	Experiential Psychosocial Therapy	Other	Group	3	---	---
Celia HY et al. (2006)	China	N=227W I=69W C=115W	Randomized controlled study	(EEastern Body -MMind- Spirit)	E EBMS	Group	4	4	---
Nilforooshan P et al. (2006)a	Iran	N=30W&M(couple) I=15W&M C=15W&M N=30W&M(couple)	Quasi-experimental Quasi-	Interacting Cognitive Subsystem Interacting	ICS (Other) ICS	Group	6	6	2 Months

Nilforooshan P et al. (2006)^b	Iran	I=15W&M C=15W&M	experimental	Cognitive Subsystem	(Other)	Group	6	6	---
Faramarzi M et al.¹⁴	Iran	N=59W I=29W C=30W	Randomized controlled clinical trial	Cognitive Behavioral Therapy	CBT	Group	10	10	---
Ahmad A Noorbala et al. (2008)	Iran	N=140W&M(couple) I ₁ =70W&M I ₂ =70W&M N=190W	Cross-sectional study	Cognitive-Behavioral Therapy & Supportive psychotherapy	CBT & Other	Group	---	---	6Months
Tara M. Cousineau et al. (2008)	USA	I ₁ =50W I ₂ =47W C ₁ =49W C ₂ =44W N=30W	Randomized controlled trial	Online psychoeducational support	Other	Group	2	---	4weeks
Hamzhepourhaghighi T et al. (2009)	Iran	I=15W C=15W N=140W	Experimental (Pretest-posttest)	Cognitive Behavioral Therapy	CBT	Group	8	8	---
Akiko Mori(2009)	Japan	I=96W C=44W	A cluster-randomized Controlled trials_119 37..50	Supporting stress management	Other	Individual	---	---	1& 2& 3 Months
Lila Z. Hakim et al. (2012)	Cananda	N=83W&M(couple)	Semi-structured	Preparatory psychosocial counselling	Other	Individual/couple	1	---	---
Ana Galhardo et al. (2013)	Portugal	N=55W I=18W C=37W	Controlled clinical trial	Mindfulness-Based Program for Infertility	MBPI	Group	10	10	---
Hoveyda Sh et al. (2014)	Iran	N=24W I=12W C=12W N=100W	Randomized controlled trial	Mindfulness- Based Stress Reduction program and group conscious yoga	MBSR	Group	8	8	2 Months
Nekavand et al. (2014)	Iran	I=50W	Experimental (Pretest-	Relaxation	Other	Group	3	---	---

Hamzhepour T et al. (2014)	Iran	C=50W N=30W I=15W C=15W	posttest) Experimental (Pretest- posttest)	Cognitive Behavioral Therapy	CBT	Group	8	8	---
Talaei A et al. (2014)	Iran	N=20W I=10W C=10W	Interventional (Pretest- posttest)	Cognitive Behavioral Therapy	CBT	Group	10	10	---
Alice D. Domar et al. (2015)	UK	N=166W I =89W C =77W	Randomized, controlled, prospective study	Cognitive Coping and Relaxation Intervention	CCRI (Other)	Group	---	---	12 months
Seyed Teymur Seyedi Asl et al. (2016)	Iran	N=36W I =18W C =18W	Randomized trial study(Pretest- posttest)	Group positive psychotherapy	Other	Group	6	6	---
SoltanzadehMezreji H et al. (2016)	Iran	N=40W I =20W C =20W	semi- experimental (pretest- posttest)	Group reality therapy	Other	Group	over 10	---	---
Moeenizadeh M et al.³³	Iran	N=22W I =11W C =11W	preliminary trial	Well-Being Therapy	WBT (Other)	Group	8 - 10	8	---