

日本のカップルにおける年齢と妊娠待ち時間

Age and time to pregnancy among Japanese couples

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Introduction: Previous studies targeting Western populations suggest that increasing age at marriage and age at childbearing are contributing to an increase in population infertility. Time to pregnancy (TTP), defined as the duration between discontinuing contraception and conception, varies significantly by age in Western populations, but is not well documented for Japanese couples. The present study examined the association between maternal and paternal age and TTP targeting Japanese couples.

Materials and methods: A retrospective internet-based survey asked women aged 20-44 years old (n=6752) residing in Japan about TTP and related factors for the first birth interval. Survival analysis was used while taking into account censored TTP (for nulliparous women). A prospective study followed up with n=80 nulliparous women aged 20-34 years not using any contraceptives. For the maximum of 24 weeks or until they became clinically pregnant, they reported daily information on menstrual bleed, ovulation, sexual intercourse, and pregnancy outcomes.

Results: The retrospective sample of 3719 women revealed a clear trend of increasing TTP by age, particularly for women aged 33 years and older (Figure). Within women of the same age range, those with older husbands showed significantly longer TTP. The prospective sample had a cumulative pregnancy rate similar to the retrospective. These findings have important implications for family planning and fertility management.

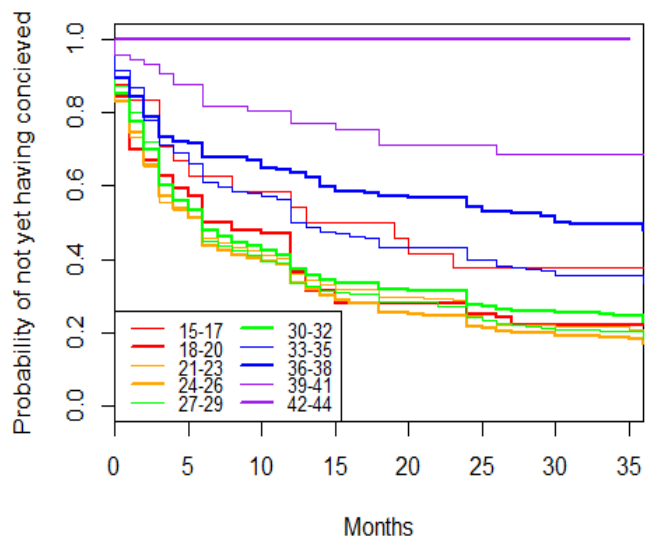


Figure. Estimated TTP distribution by women's age at the start of TTP.