

Lesbian couples using assisted reproductive technology have better outcomes

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Same-sex lesbian couples undergoing assisted reproductive technology

(ART) have more favorable or similar birth outcomes to heterosexual couples who conceive naturally or undergo ART to conceive, according to a study published in the April 4 issue of the *Journal of the American Medical Association*.

Alice Goisis, Ph.D., from University College London, and colleagues compared birth outcomes in ART pregnancies among same-sex lesbian couples (868 couples) versus natural conceptions (456,898 couples) and ART pregnancies among [heterosexual couples](#) (23,488 couples). The analysis included all births in Sweden from 2007 to 2018.

The researchers found that infants of couples who conceived naturally had significantly lower birth weight (adjusted difference, -76.2 g; 95 percent confidence interval [CI], -113 to -39.3 g; P low birth weight (adjusted difference, 0.28 [95 percent CI, -1.11 to 1.66] percentage points; $P = 0.70$) and preterm delivery versus same-sex couples who conceived via ART. For infants of heterosexual couples who conceived via ART, birth weight and gestational age were significantly lower compared with infants of [same-sex couples](#) (e.g., birth weight: adjusted difference, -97.4 g; 95 percent CI, -134.8 to -59.9 g; P birth weight: adjusted difference, 1.23 [95 percent CI, -0.17 to 2.65] percentage points; $P = 0.09$).

"This study demonstrated that same-sex [lesbian couples](#) undergoing ART had more favorable or similar birth outcomes to heterosexual couples who conceived naturally or underwent ART to conceive, suggesting that infertility-related factors rather than reproductive treatments contribute to higher rates of adverse birth outcomes in ART pregnancies," the authors write.

More information: Alice Goisis et al, Birth Outcomes Following Assisted Reproductive Technology Conception Among Same-Sex Lesbian Couples vs Natural Conception and Assisted Reproductive

Technology Conception Among Heterosexual Couples, *JAMA* (2023).
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