

# 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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