



# Truth Fertility Pilot Study

## Stress Response & Reproductive Health Pilot

### About this pilot

Truth Fertility is currently running a prospective feasibility pilot exploring the relationship between fertility-focused acupuncture treatment and markers of stress physiology in people trying to conceive.

The pilot is being conducted within routine clinical practice and is designed to help us better understand:

- how stress-response patterns may relate to reproductive health
- how patients experience treatment over time
- and whether measurable changes in stress physiology may occur alongside treatment

This is not a drug trial or experimental medical intervention. Participants will receive routine fertility acupuncture care within a structured observational framework.

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### Why are we exploring this?

Fertility treatment can place significant emotional and physiological strain on the body. Increasingly, research is exploring the connection between reproductive health, stress physiology, nervous system regulation and hormonal signalling.

Within this pilot, we are particularly interested in:

- perceived stress levels
- treatment experience over time
- and changes in saliva-based markers associated with the body's stress response

The information gathered may help inform future clinical research, service development and practitioner education.

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## What does participation involve?

Participants will typically receive:

- a course of fertility acupuncture treatments
- saliva testing before and after treatment
- questionnaires relating to wellbeing and symptoms
- simple tracking of cycles and/or fertility treatment progress

Optional:

- Patients may choose to book a separate full fertility consultation outside the pilot is clinically appropriate.

Most participants will attend approximately 6 treatment sessions over around 6–8 weeks, although this may vary slightly depending on individual circumstances.

Participation also involves:

- completing consent documentation
  - allowing anonymised data to be used for audit, educational or future research purposes
  - attending appointments consistently where possible
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## Saliva testing

The pilot includes saliva-based stress hormone testing provided by Truth Fertility before and after the treatment course.

These non-invasive home tests are designed to assess markers involved in the body's neuroendocrine stress response and would typically cost £95 per test outside the pilot setting.

Full instructions will be provided to eligible participants.

Testing may include assessment of:

- cortisol patterns
- DHEA levels
- diurnal rhythm patterns

Please note:

- these tests are for observational and educational purposes within the pilot
  - they are not intended to diagnose medical conditions
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## Who may be suitable?

The pilot may be suitable for women who are:

- trying to conceive naturally
- preparing for IVF or fertility treatment
- experiencing prolonged fertility-related stress
- interested in participating in a research-informed observational project

Unfortunately, not everybody who applies will be eligible to participate.

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## Important information

Please note:

- spaces are limited
- participation is voluntary
- treatment fees still apply
- some participants may be asked to delay their acupuncture treatment start date slightly to support consistent data collection
- this pilot is observational and not designed to guarantee fertility outcomes

Anonymised findings from this project may contribute towards:

- future educational presentations
  - clinical audit work
  - publications
  - or postgraduate academic research
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## Clinic locations

Pilot participation may be available at selected Truth Fertility clinic locations, subject to availability.

Current participating locations may include:

- Bristol
- Frome
- London West Hampstead
- Devizes
- Bournemouth
- West Sussex
- additional locations may be added over time

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## Interested in taking part?

To register your interest or check eligibility, please complete the pilot enquiry form via the QR code or website link provided. <https://truthfertility.com/pilot-study>