

# Understanding Semen Testing Attitudes and Interest in Digital Support Among Men at Risk for Infertility

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## PURPOSE & OBJECTIVES

Male-factor infertility contributes to approximately 50% of all infertile couples, and semen analysis is the cornerstone of initial evaluation. A substantial proportion of men, even those at-risk for infertility, do not undergo semen testing as recommended by the American Society for Reproductive Medicine.

We aimed to understand attitudes about semen testing and digital health to support fertility among men attempting to conceive who are at-risk for infertility.

## MATERIAL & METHODS

### Study design:

Web-based survey administered between March 7-16, 2025.

### Inclusion criteria:

The survey was administered to 529 men who were:

1. Trying to conceive (TTC) or planning to conceive
2. Heterosexual
3. Aged 25-49
4. Living in the US with private health insurance

This analysis was limited to 59 respondents who had no prior history of semen testing and were at-risk for infertility (i.e., TTC for more than 1 year and/or had a fertility-related health condition).

### Analysis:

Data were summarized descriptively.

## RESULTS

### Participant characteristics:

- **Age:** 57% were between 30-39 years
- **TTC status:** 69% were currently trying to conceive
  - Of those currently TTC, 85% had been trying for more than 1 year
- **Race/ethnicity:** 58% White, 22% Black, 14% Hispanic/Latino, 6% Other
- **Household income:** 29% < \$50,000, 54% \$50,000-\$150,000, 17% > \$150,000

Cost, confidence in fertility, and fear of results are **major barriers preventing men at-risk for infertility from pursuing semen testing.**

Digital fertility resources are widely appealing to men and may help them overcome key barriers to testing.

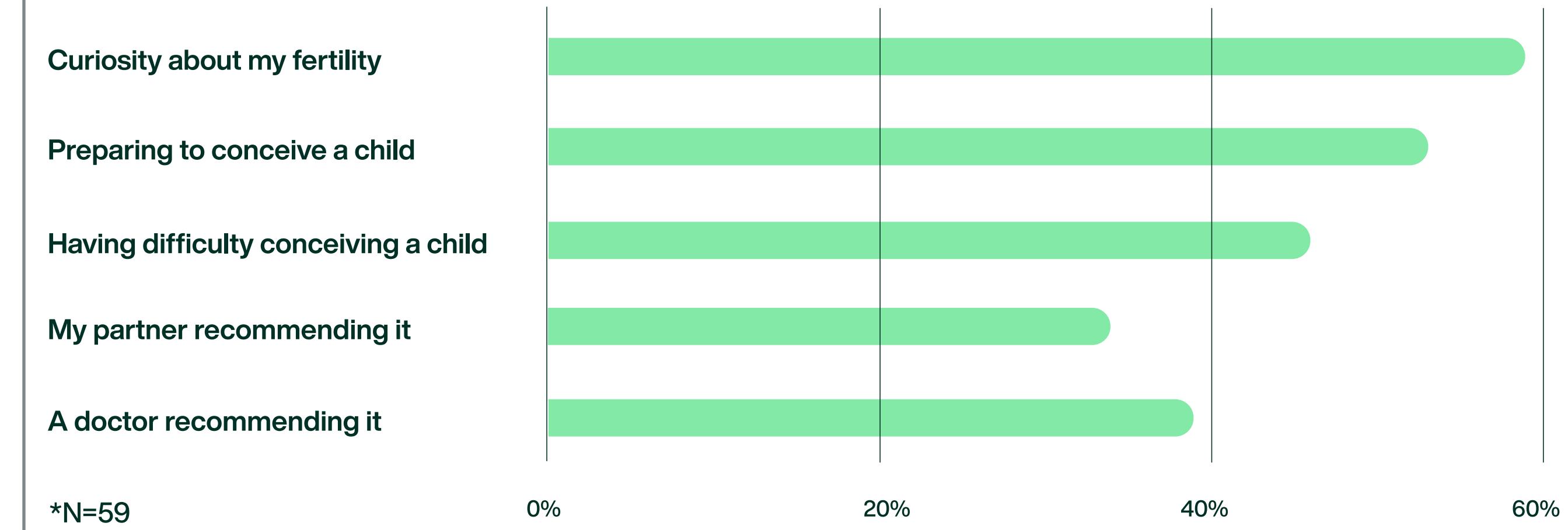
## RESULTS

64% of respondents reported being likely to do semen testing without a recommendation from a healthcare provider.

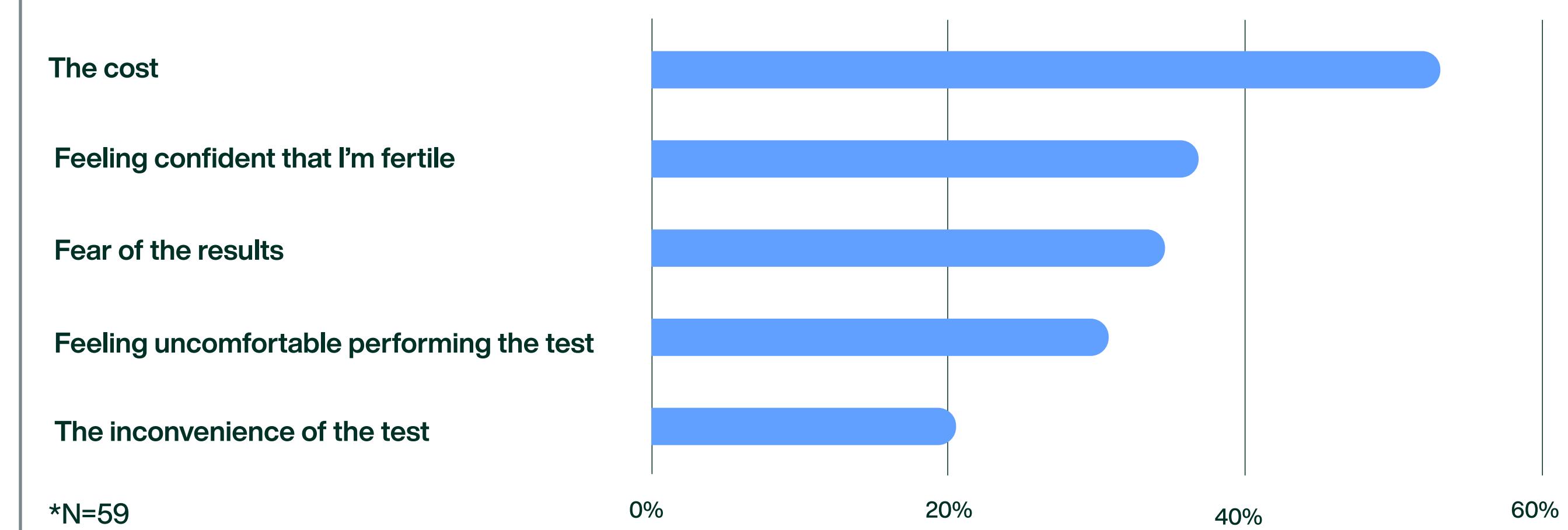
1. The top reason to test was curiosity about their fertility (59.3%) (Figure 1).
2. The top reason not to test was cost (49.2%) (Figure 2).

Most respondents (83%) were interested in using digital health resources to support male fertility, especially via messaging with healthcare providers (51%) and articles (48%).

**Figure 1. Top reasons for testing\***



**Figure 2. Top reasons for not testing\***



## CONCLUSIONS

The majority of men at-risk for infertility report being likely to pursue semen testing but are hesitant to test due to cost, confidence in their fertility, or fear of an abnormal result. Most men were interested in digital health resources to support their fertility journey.

Early preconception care for men should include a combination of semen testing and digital educational resources to support male fertility and address barriers to testing.