

IVI Institute

Fertility Barometer Spain

EXECUTIVE SUMMARY **OCTOBER 2026**

Research conducted by GfK, a NielsenIQ company

Published by IVI Institute in partnership with IVI Fertility



Methodology and objectives

STUDY POPULATION

Women aged 19–49 years old
Spain (~9.7M)

SELECTION CRITERIA

Nationally representative
sample, with quotas on age,
region, education and
occupation

SAMPLE SIZE

3,021 interviews

METHODOLOGY

Online interviews (Computer
Assisted Web Interviews)

SURVEY DATES

May 20 – June 19, 2026

MARGIN OF ERROR

±1.78 percentage points at the
95% confidence level (p=q=50%)

ABOUT THE STUDY

Fertility is an urgent social and public health issue, yet it is still discussed with little evidence on what people themselves think, want, and fear. The IVI Institute Fertility Barometer was created to close that gap.

The study was conducted by GfK, a NielsenIQ company, in collaboration with the member brands of IVI Institute and spans nine countries. It examines how people think about fertility, parenthood and family formation, and the barriers that shape reproductive decisions today. Participating brands: IVI Fertility, Everleap Fertility, ART Fertility, Genera, Create Fertility, LIVIO, and TRIO Clinics.

This report sets out findings for Spain and what they reveal about the future of family planning and motherhood.

IVI INSTITUTE Global leader in reproductive medicine

200+

locations in 15 countries

5

basic research centers

100+

babies born every day

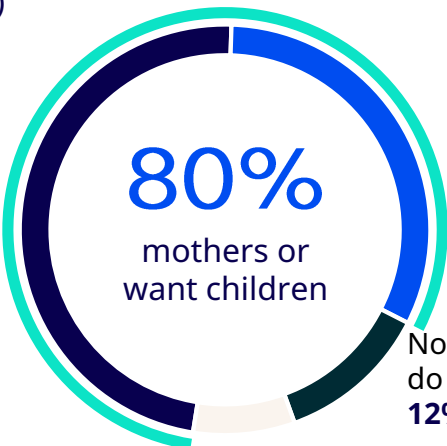
Motherhood remains a strong aspiration

The findings from the IVI Institute Fertility Barometer for Spain show that the desire for motherhood remains strong, 80% of women 19–49 years old already mothers or want children. For most Spanish women, becoming a mother continues to be an important life goal, and nearly half describe it as one of their highest personal priorities.

Current motherhood status

% of women (n= 3,021)

Mothers
48%



Non-mothers who want children
32%

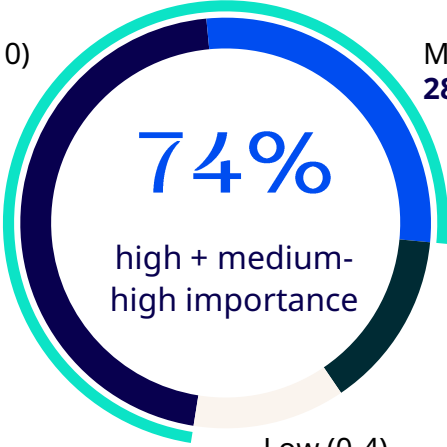
Non-mothers who do not want children
12%

Non-mothers unsure
8%

Importance of becoming a mother

% of women (n= 3,021)

High (9-10)
46%



Medium-high (7-8)
28%

Medium-low (5-6)
14%

Low (0-4)
12%

[Q] Thinking about the future, would you like to have more children?
[Q] Thinking about the future, would you like to have children?
[Q] How important is becoming a mother to you?
Components may not sum exactly due to rounding

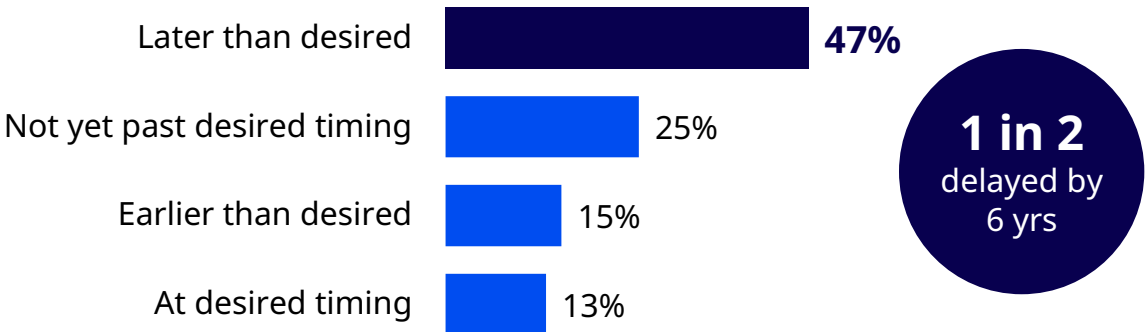
Women are having children later—and fewer than they intended

The findings reveal a gap between women’s aspirations for motherhood and their experience. Women report an ideal age of 27 for having their first child, but many become mothers later than they intended. Nearly half of all mothers in Spain report having children later than they originally planned.

Mothers ideally want 2.4 children but have 1.6 on average. Also suggesting a gap between women’s fertility intentions and their actual family size—not simply a declining desire for children.

Timing of first child

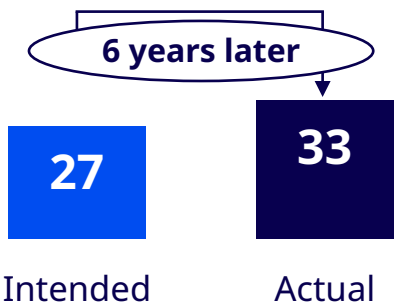
% of women who have target age (n= 1,924)



Intended vs. actual

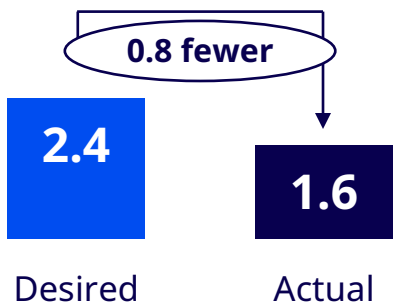
Age at first child

Later-than-desired group



Children per mother

Mothers



[Q] At what age would you like to or would you have liked to have gotten pregnant for the first time?

[Q] At what age did you get pregnant?

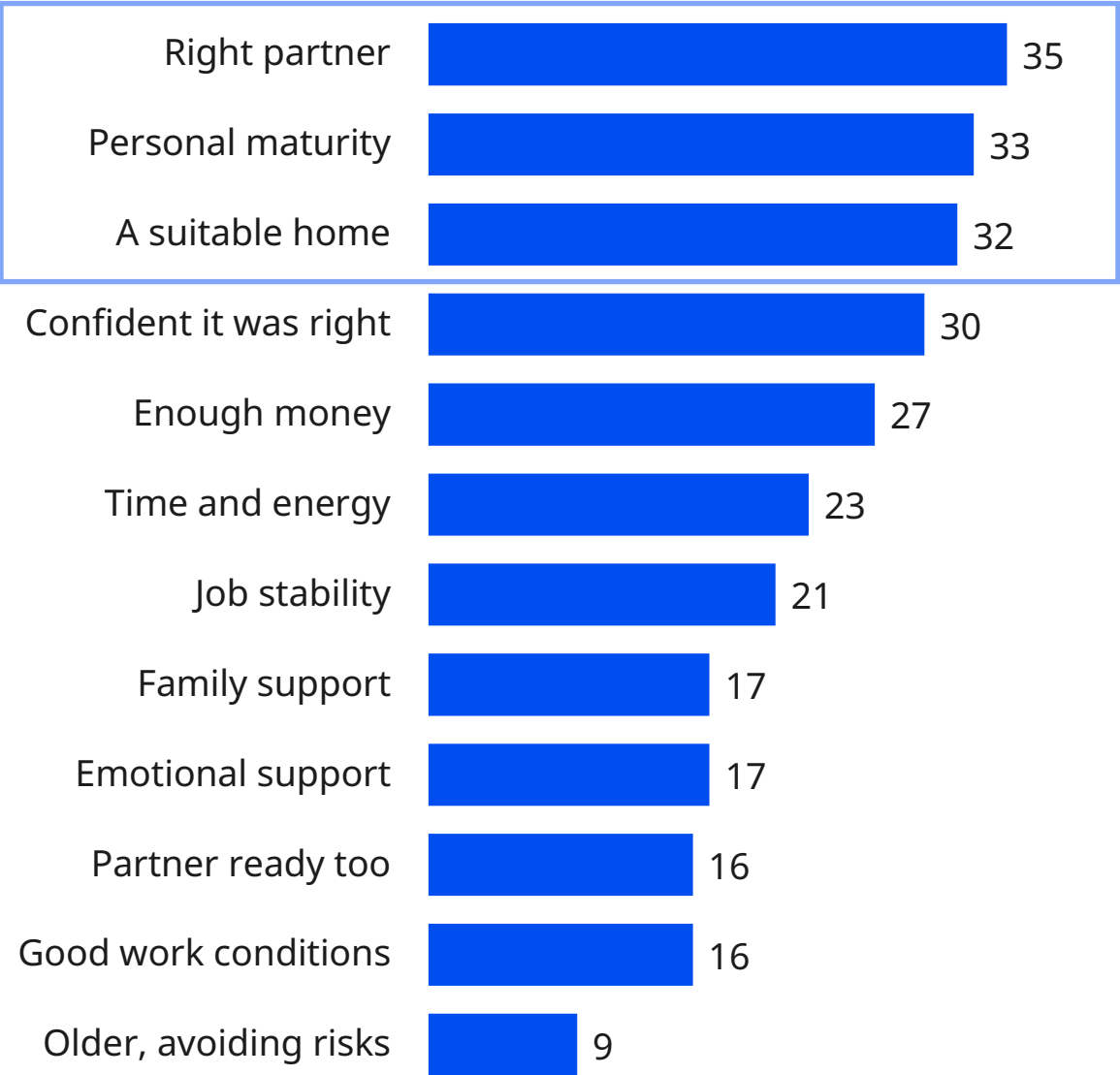
[Q] How many children would you like to have in total, including those you already have?

Women are delaying motherhood because of life circumstances

Delayed motherhood is a consequence of structural and socioeconomic challenges rather than a lack of desire for children.

What made it the right time

already mothers or pregnant (n= 1,493)

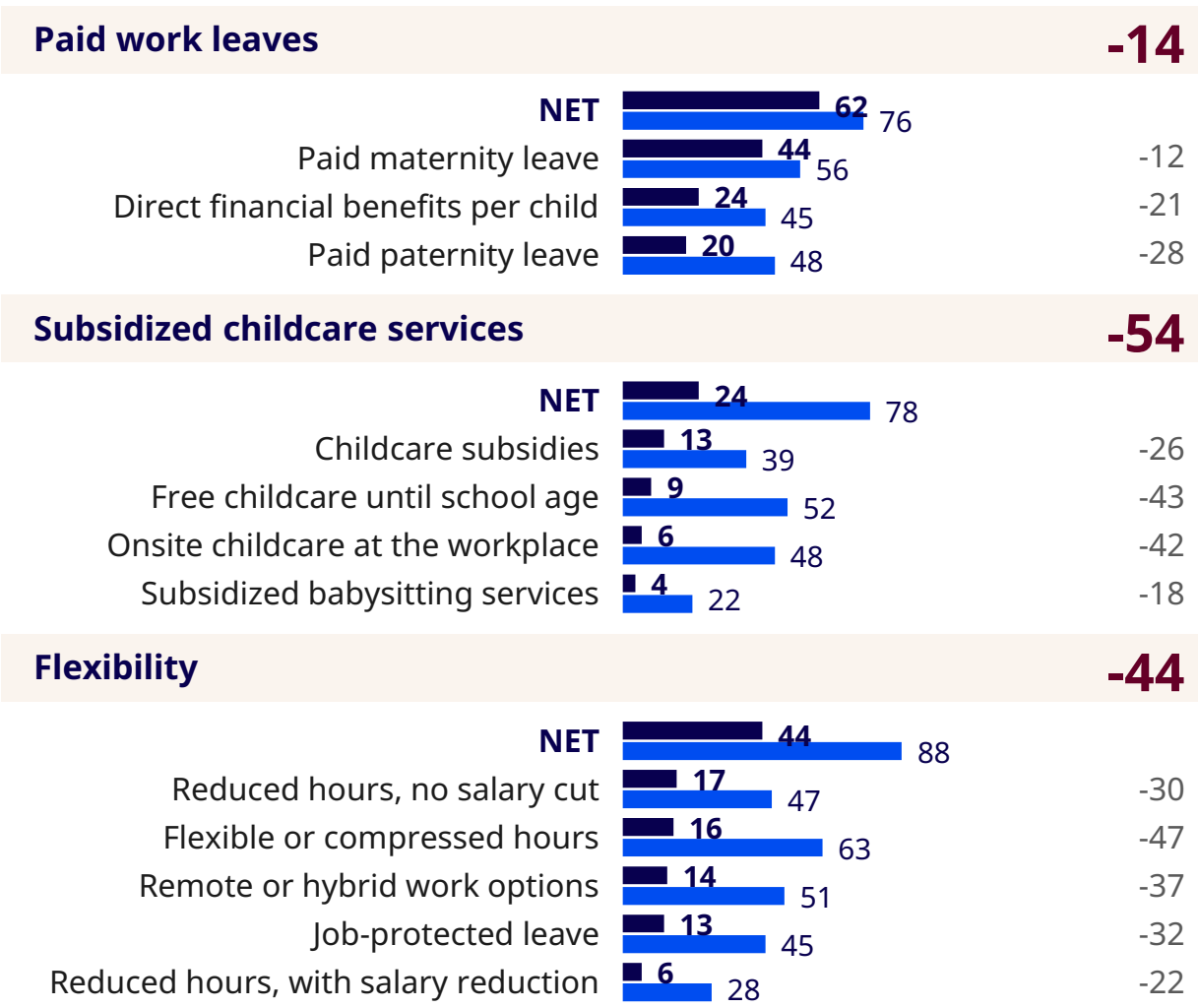


Leave is largely solved in Spain, flexibility and childcare are not

The findings reveal a consistent gap between the support women consider important in motherhood and the support they actually receive. While paid leave benefits are relatively well established, mothers report significant shortfalls in access to flexible work arrangements and childcare support. Both are widely seen as essential for balancing family and professional responsibilities, yet fewer than half of all mothers report being able to make use of them.

Access vs. desire for family benefits

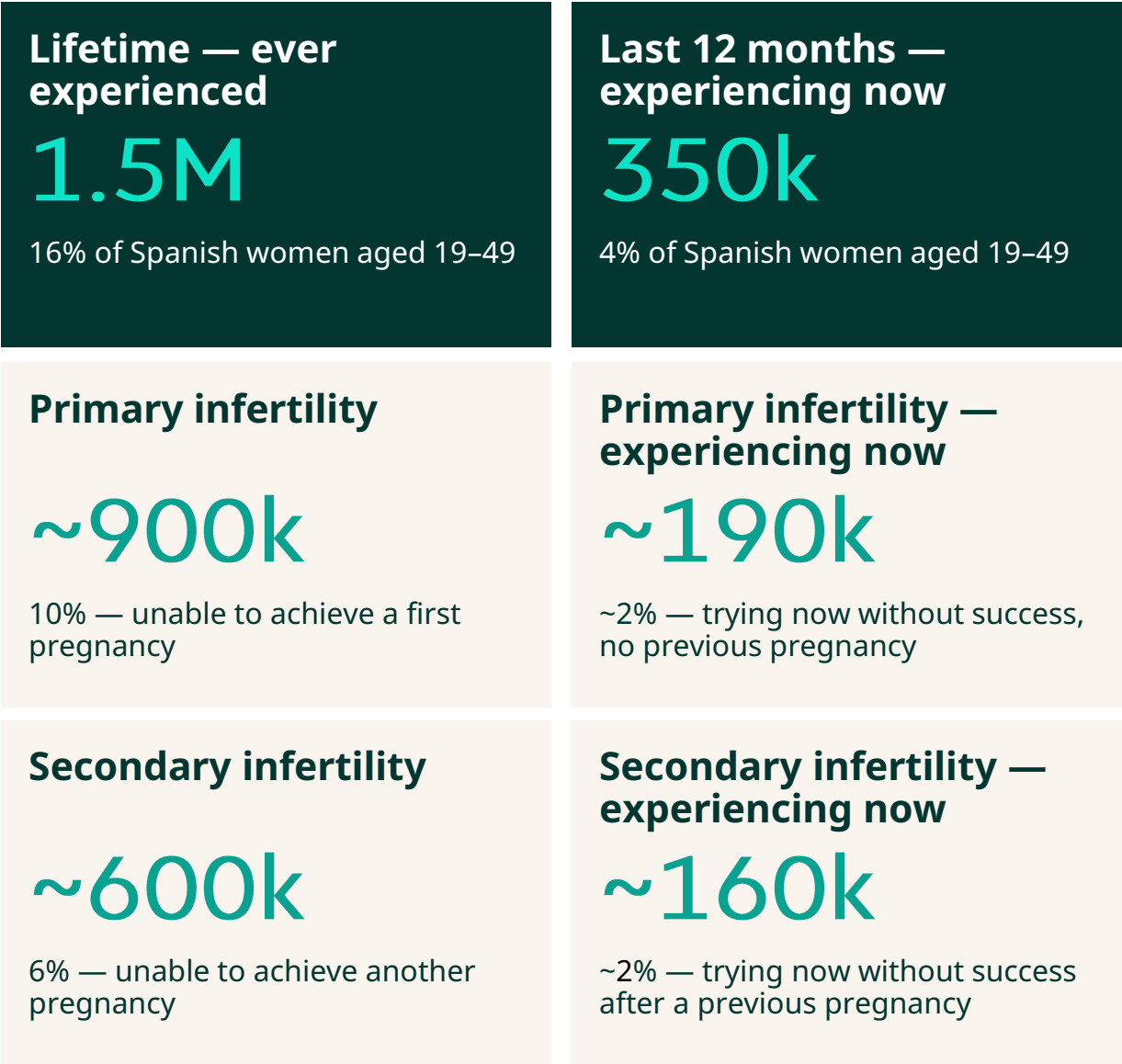
% of mothers (n= 1,456)



Gap shown at right, in percentage points ■ Accessed ■ Desired

1.5 million women in Spain have experienced infertility

The study shows that experiencing infertility is far more common than many people assume. About one in six Spanish women aged 19-49 report having experienced infertility at some point in their lives – about 1.5 million women – making infertility a significant reproductive health issue in Spain.



Women experience a substantial toll, not routinely met with support

Experiencing infertility can have a substantial negative impact: 67% of women who have experienced it rate the impact as highly negative (7 out of 10 or higher). Yet support does not consistently match that burden—only 48% of those who consulted a doctor or health professional were offered psychological support.

Impact of fertility challenges

% who tried to conceive for 12 months without success (n= 392)
0 = has not impacted me at all • 10 = has impacted me extremely negatively



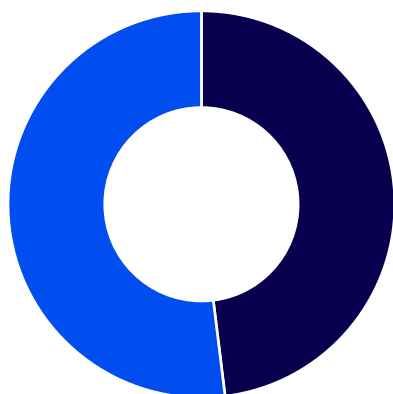
67%

rate the impact of fertility challenges at 7 or higher out of 10

Low (0-4) 9% Med-low (5-6) 24%
Med-high (7-8) 35% High (9-10) 32%

Psychological support offered by the clinic

% who visited a specialist and received some treatment (not only tests) (n= 451)



48%

were offered psychological support by the clinic during fertility treatment

Offered 48% Not offered 52%

81% of women with past infertility consult a doctor, but only 61% start any treatment

Only 24% of women who experienced infertility in the past underwent IVF

**Experienced infertility
in the past**

~1.2M

Reference population (100%)

Women with primary infertility who never saw a doctor did not go on to have a baby

Consulted a doctor

~940k

81% of women with past infertility

In care

~720k

61% of women with past infertility

Some IVF

~280k

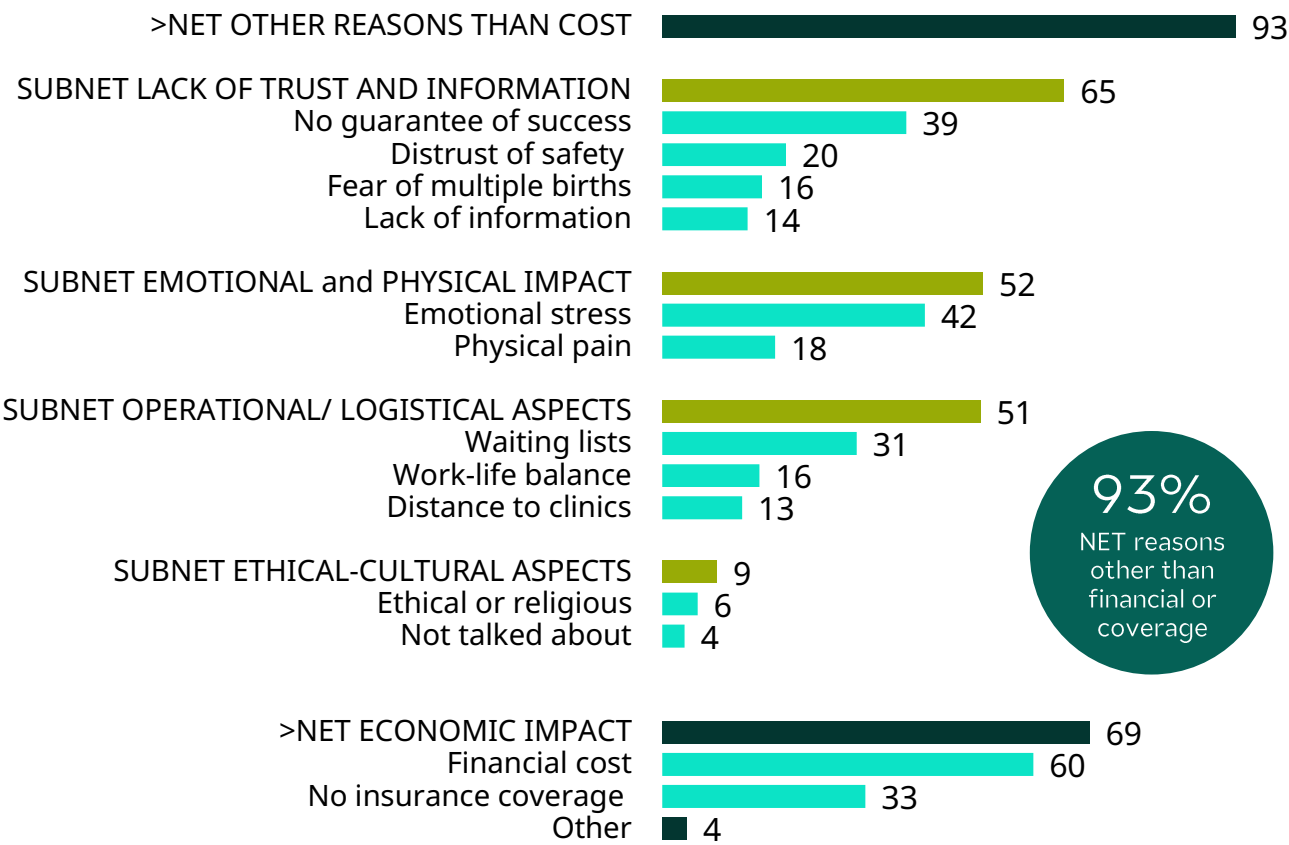
24% of women with past infertility

Fertility treatment: trust and information matter as much as cost

For many women, the decision to pursue fertility treatment is complex. While 69% cite cost as a barrier, an even larger share—93%—point to other reasons, from lack of trust and information to emotional and logistical challenges.

Perceived barriers to treatment

% women who have experienced infertility (n= 477)

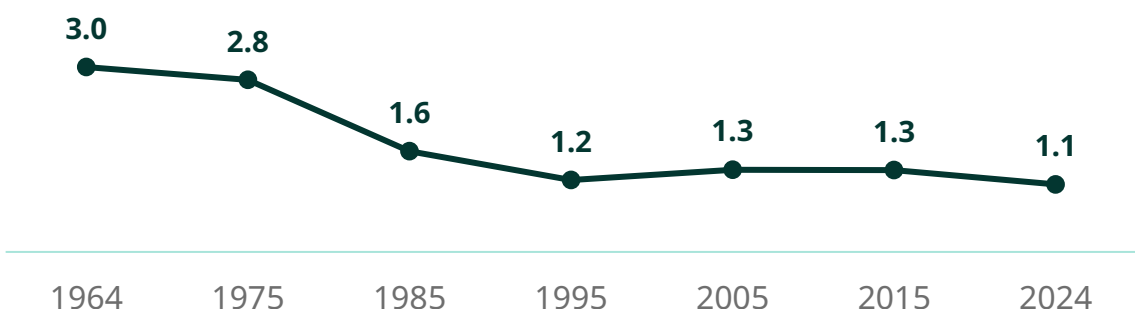


93%
NET reasons
other than
financial or
coverage

Improving access to fertility care may help address the declining birth rate

Infertility is more than a personal issue. The Spanish fertility rate has been declining, and rising rates of infertility have contributed to this problem. Reducing barriers to fertility care has potential implications for both health care and public policy.

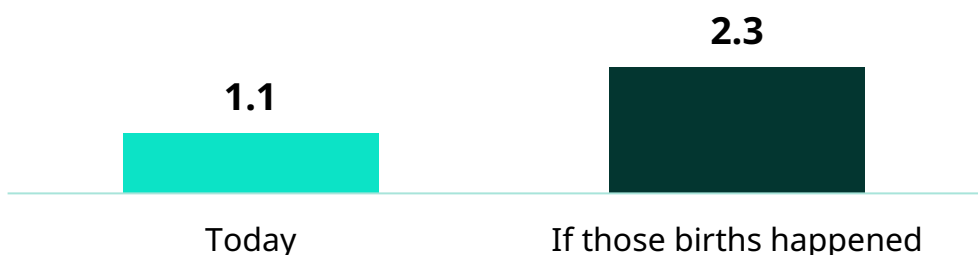
Children per woman in Spain, 1964–2024



350,000

women in Spain are experiencing infertility right now
4% of women aged 19–49

Children per woman — today vs if all women experiencing infertility now had a baby





IVF Fertility



IVF Institute