

IVI Institute

Fertility Barometer

UAE

EXECUTIVE SUMMARY **OCTOBER 2026**

Research conducted by GfK, a NielsenIQ company

Published by IVI Institute in partnership with ART Fertility



Methodology and objectives

STUDY POPULATION

Women aged 19–49 years old
UAE (~3.1M)

SAMPLE SIZE

1,506 interviews

SURVEY DATES

June 17 – July 2, 2026

SELECTION CRITERIA

Nationally representative
sample, with quotas on age and
region

METHODOLOGY

Online interviews (Computer
Assisted Web Interviews)

MARGIN OF ERROR

±2.53 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 the UAE 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

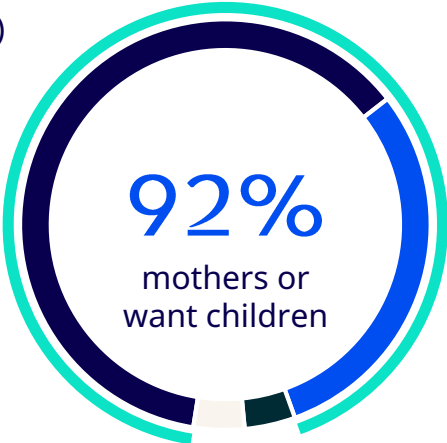
Motherhood remains a strong aspiration

The findings from the IVI Institute Fertility Barometer for the UAE show that the desire for motherhood remains strong: 92% of women aged 19–49 are already mothers or want children. For most women in the UAE, becoming a mother continues to be an important life goal, and more than 7 out of 10 describe it as one of their highest personal priorities.

Current motherhood status

% of women (n= 1,506)

Mothers
62%



Non-mothers who want children
30%

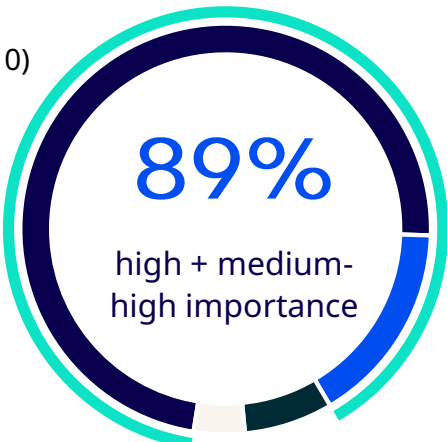
Non-mothers unsure
4%

Non-mothers who do not want children
4%

Importance of becoming a mother

% of women (n= 1,506)

High (9-10)
73%



Medium-high (7-8)
16%

Medium-low (5-6)
7%

Low (0-4)
4%

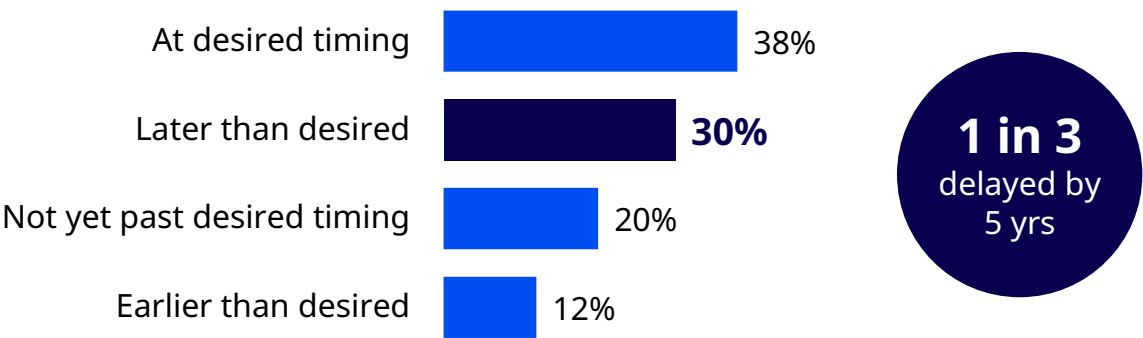
Women are having children later—and fewer than they intended

The findings reveal a gap between women’s aspirations for motherhood and their experience. Women report an ideal age of 26 for having their first child, but many become mothers later than intended. Among mothers in the UAE, 30% report having children later than they originally planned.

Mothers ideally want 3.3 children but have 2.1 on average, suggesting a gap between women’s fertility intentions and actual family size—not simply a declining desire for children.

Timing of first child

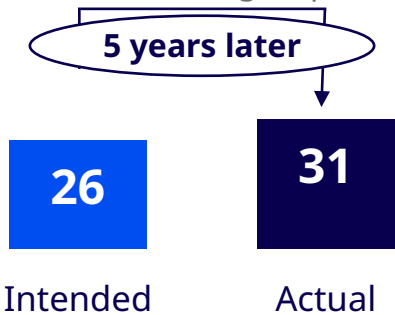
% of women who have target age (n= 1,160)



Intended vs. actual

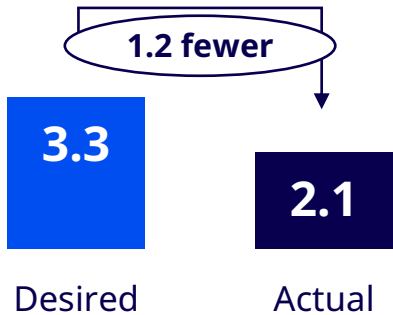
Age at first child

Later-than-desired group



Children per mother

Mothers



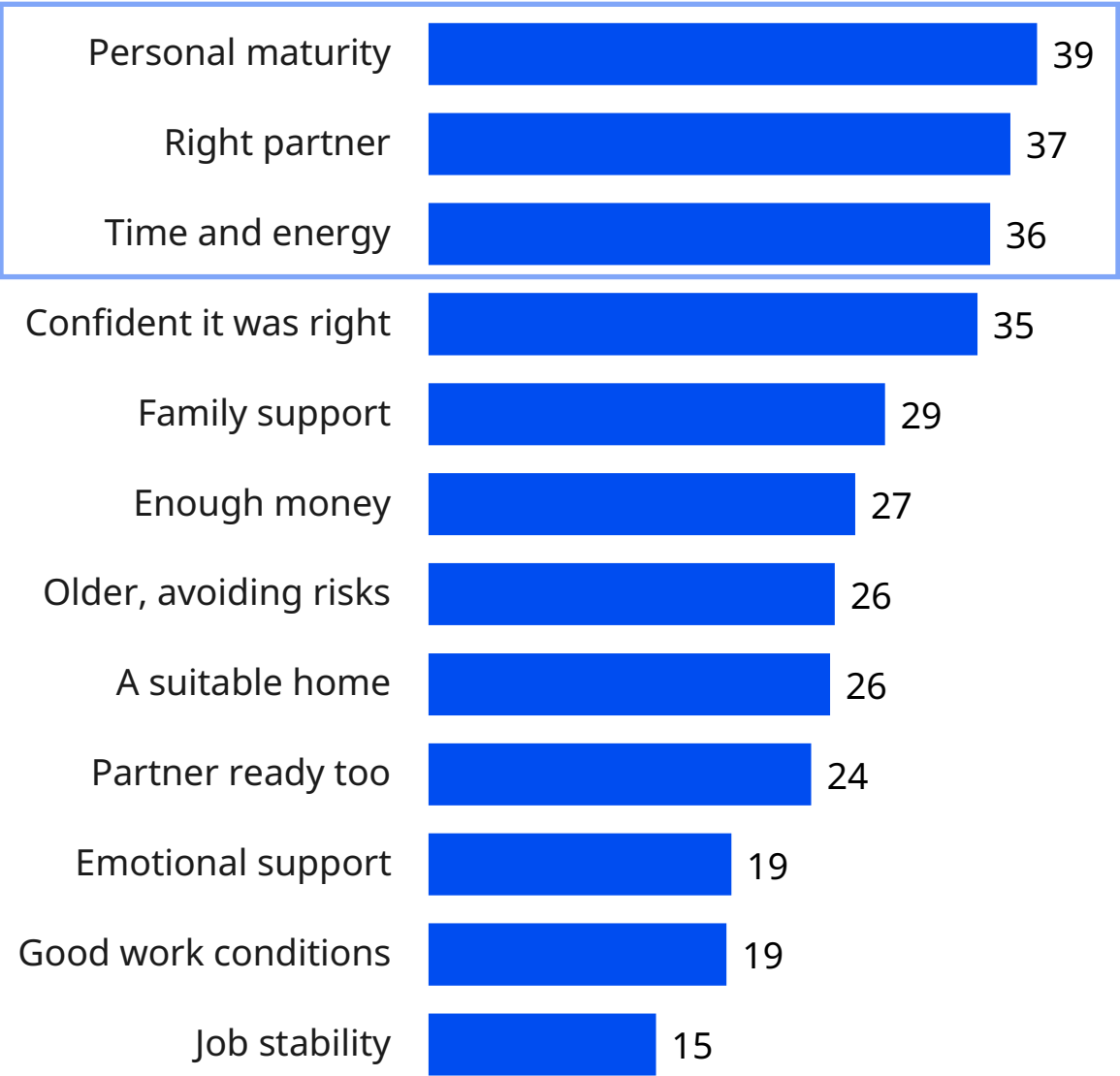
[Q] At what age would you like to or would you have liked to have gotten pregnant for the first time?
[Q] At what age did you get pregnant?
[Q] How many children would you like to have in total, including those you already have?

Women are delaying motherhood because of life circumstances

Motherhood is driven less by a lack of desire for children and more by achieving personal readiness, the right partnership, and sufficient time and energy to support family life.

What made it the right time

already mothers or pregnant (n= 968)

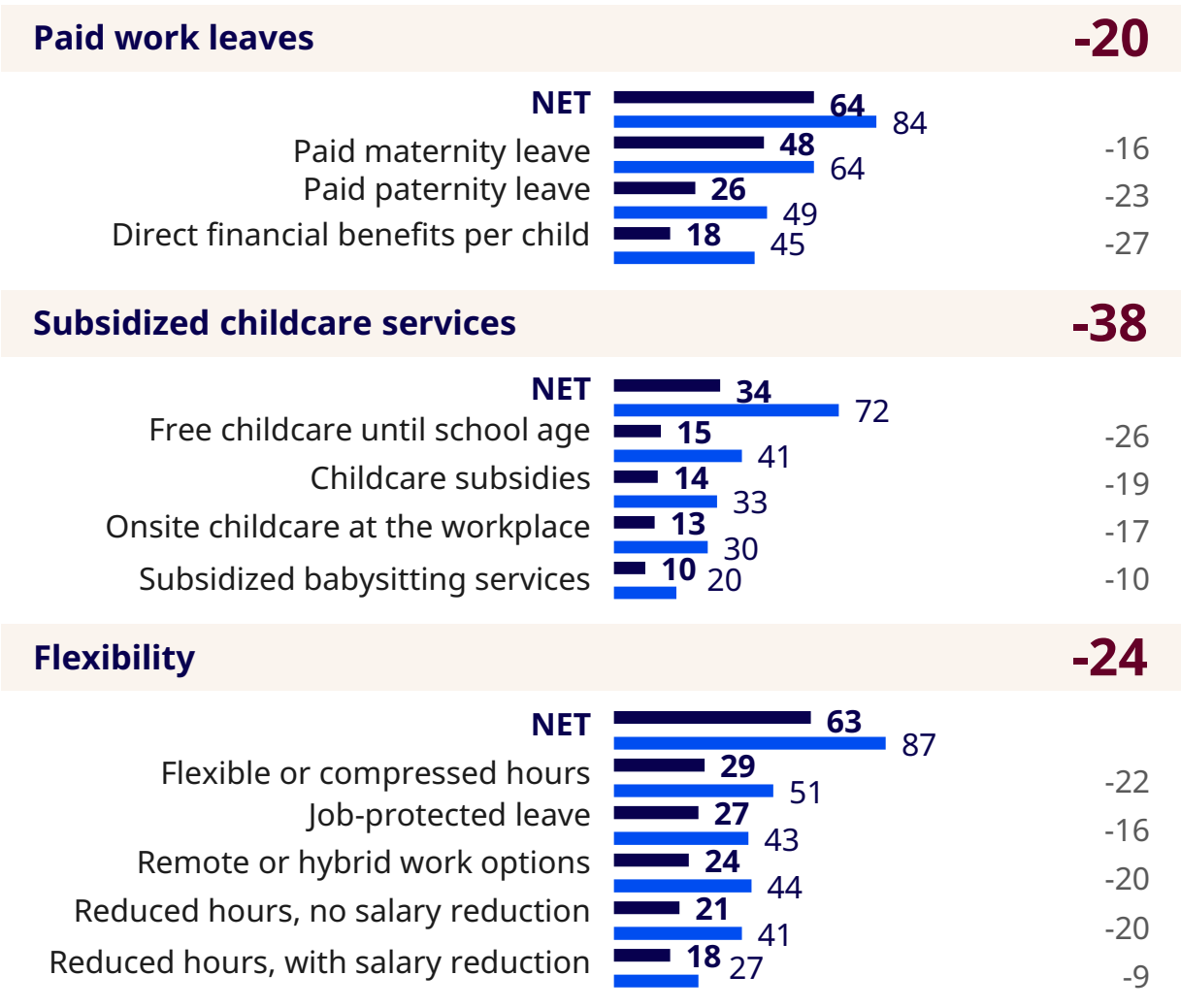


Childcare remains a key gap in family support

The findings reveal a clear gap between the family benefits mothers value and what is available to them. While paid leave and flexible work arrangements are relatively well established, access to childcare support continues to lag behind demand. Despite being widely viewed as essential for balancing work and family responsibilities, many mothers report limited access to childcare-related benefits.

Access vs. desire for family benefits

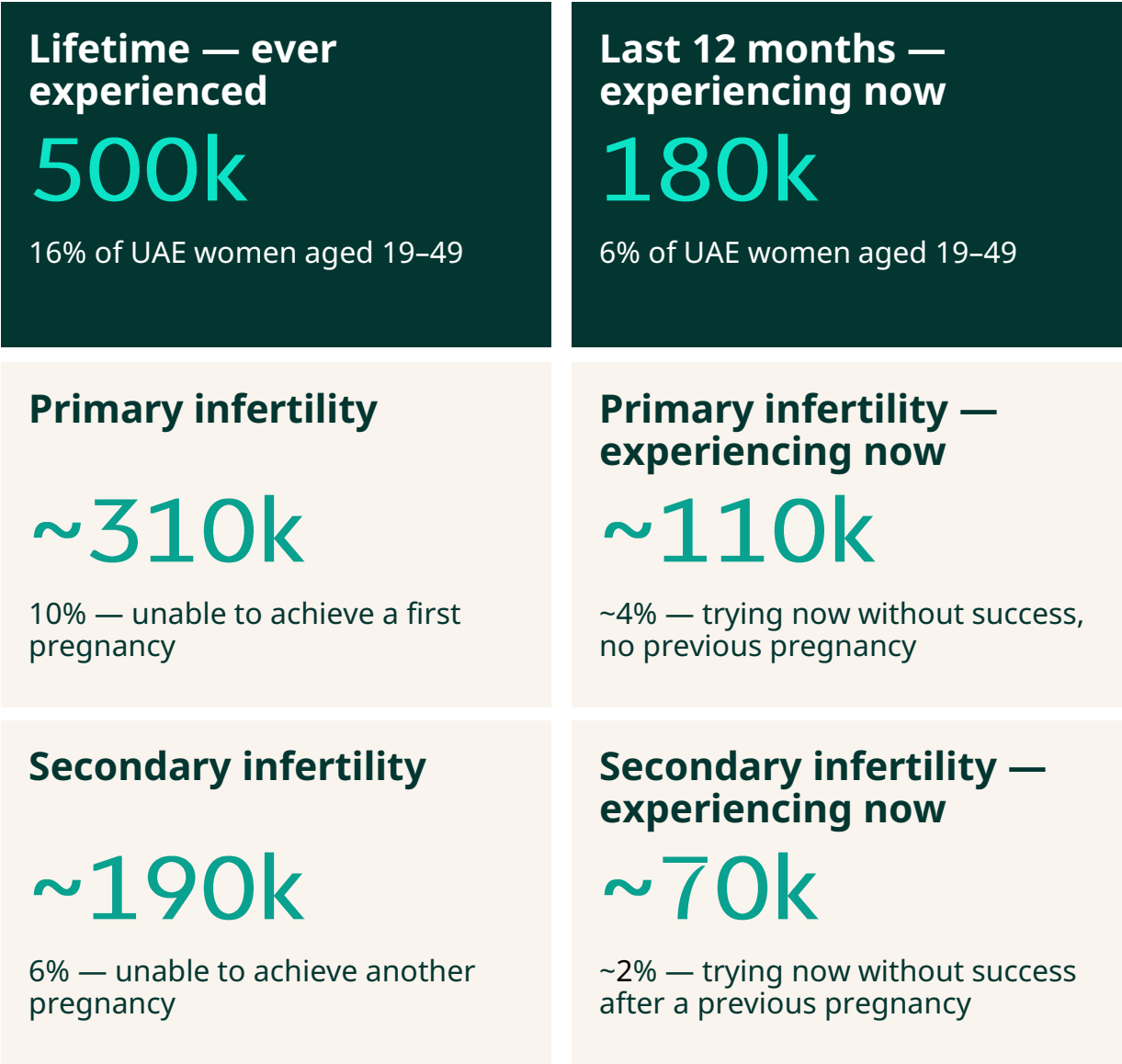
% of mothers (n= 926)



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

500k women in the UAE have experienced infertility

The study shows that experiencing infertility is far more common than many people assume. About one in six women in the UAE aged 19–49 report having experienced infertility at some point in their lives—approximately 500k women—making infertility a significant reproductive health issue in the UAE.



Women who have ever experienced infertility: Women who had been trying to conceive for at least 12 months without success (current or past), plus women who had undergone infertility treatments, plus women who had experienced at least two pregnancies but no live births. Absolute figures apply percentages to ~3.1M UAE women aged 19–49 (FCSC, 2025).

Women experience a substantial toll

Infertility can have a substantial negative impact: 65% of women who have experienced it rate the impact as highly negative (7 out of 10 or higher). 75% 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= 167)
0 = has not impacted me at all • 10 = has impacted me extremely negatively



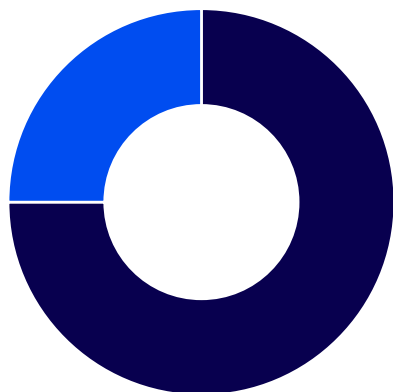
65%

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

- Low (0-4) 7%
- Med-low (5-6) 28%
- Med-high (7-8) 28%
- High (9-10) 37%

Psychological support offered by the clinic

% who visited a specialist and received some treatment (not only tests) (n= 432)



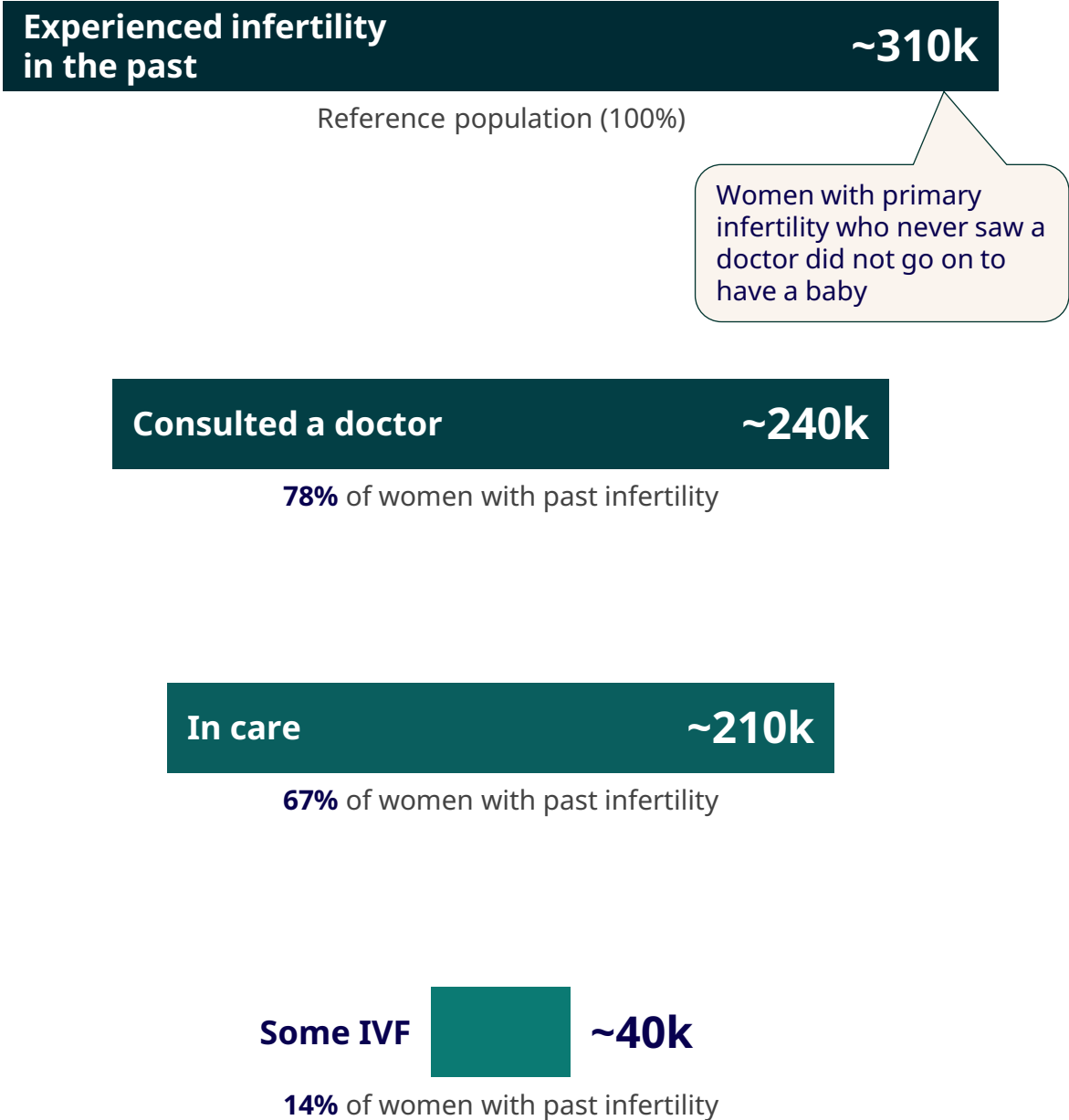
75%

were offered psychological support by the clinic during fertility treatment

- Offered 75%
- Not offered 25%

78% of women with past infertility consult a doctor, but only 67% start any treatment

Only 14% of women who experienced infertility in the past underwent IVF

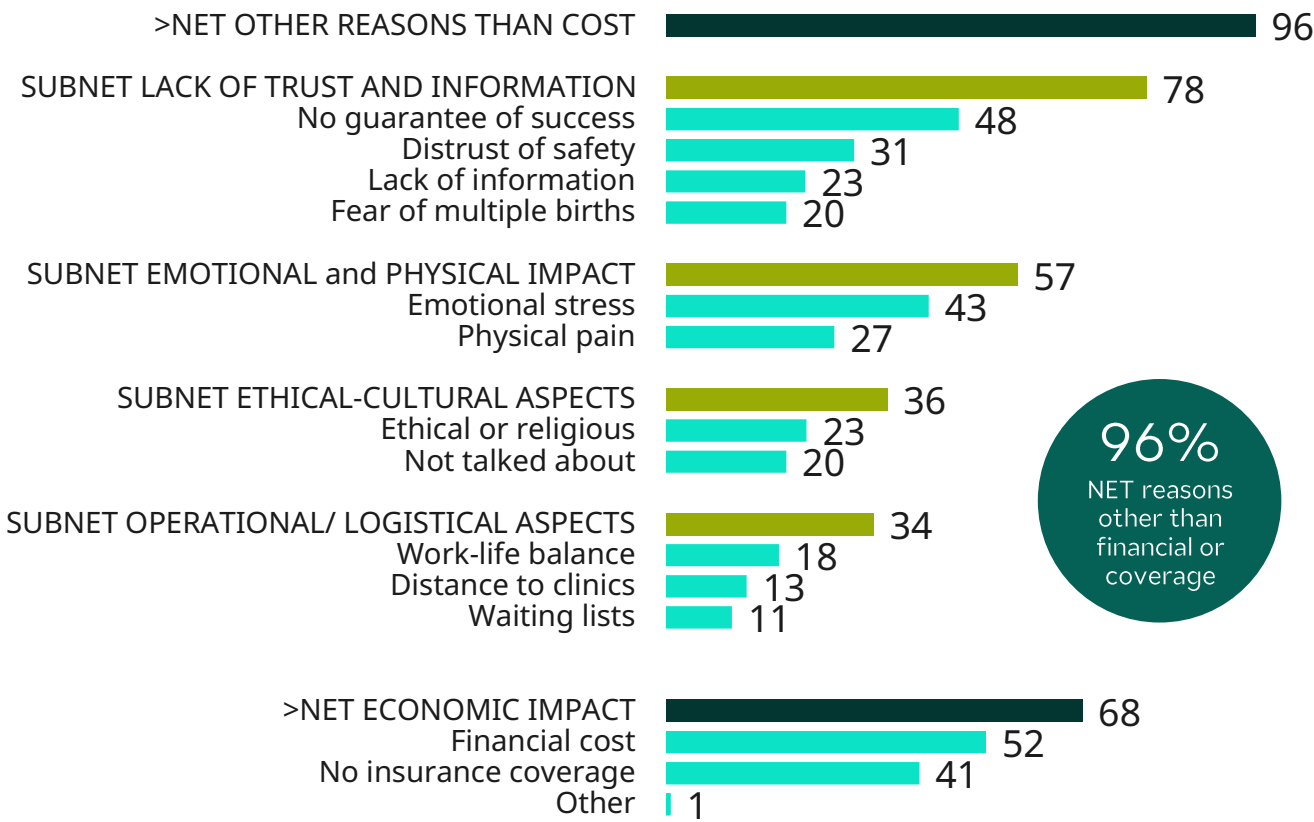


Fertility treatment: trust and information matter as much as cost

For many women, the decision to pursue fertility treatment is complex. While 68% cite cost as a barrier, an even larger share—96%—point to other reasons, from lack of trust and information to logistical and emotional challenges.

Perceived barriers to treatment

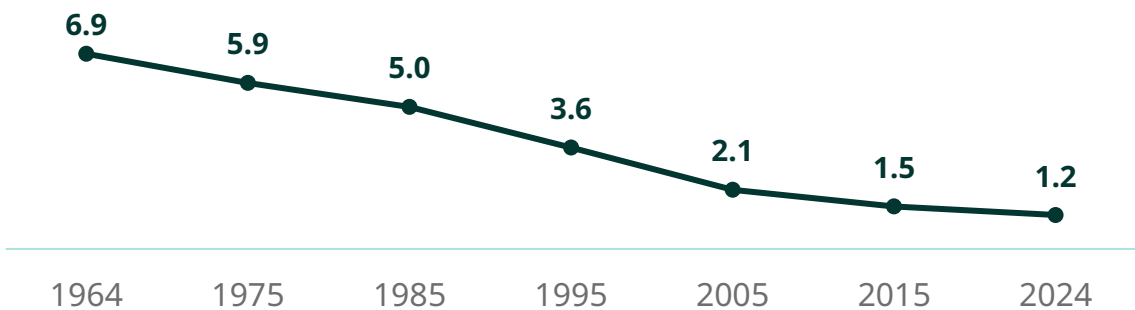
% women who have experienced infertility (n= 241)



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

Infertility is more than a personal issue. The fertility rate in the UAE has been declining. Expanding access to fertility care could support women who want children and has potential implications for both health care and public policy.

Children per woman in UAE, 1964–2024



180,000

women in the UAE are experiencing infertility right now
6% of women aged 19–49

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

