

# Psychopharmacological Treatment of Sexual Dysfunction

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# Teaching Points

- 1. Sexual problems have a high prevalence in the general population
- 2. Sexual dysfunction has a high prevalence in a number of psychiatric disorders
- 3. Some sexual dysfunctions respond to psychopharmacological interventions

# Outline

- Prevalence
- Treatment erectile dysfunction
- Treatment of rapid ejaculation
- Treatment of female arousal disorder
- Treatment of hypoactive sexual desire disorder

# Pre-Lecture Exam

## Question 1

- The most common male sexual concern is:
  - 1.rapid ejaculation
  - 2.low sexual desire
  - 3.erectile dysfunction
  - 4. difficulty reaching orgasm

# Question 2

- The most common female sexual concern is:
  - 1. low sexual desire
  - 2. difficulty with vaginal lubrication
  - 3. difficulty reaching orgasm
  - 4. pain with coitus

# Question 3

- Which drug is most effective in the treatment of rapid ejaculation?
  - 1. paroxetine
  - 2. sertraline
  - 3. fluvoxamine
  - 4. citalopram

# Question 4

- Which drug has been shown to be effective in the delay of ejaculation when used on a PRN basis?
  - 1. citalopram
  - 2. fluoxetine
  - 3. fluvoxamine
  - 4. clomipramine

# Question 5

- Low sexual desire is common in both men and women with major depressive disorder.
- True
- False

# Prevalence:US population study

- Probability sample of US population aged 18 to 59
- 1410 men
- 1749 women
- Percentage indicating problem in past 12 months

# Sexual problems, US men reporting

- Rapid ejaculation 28.5%
- Lack of interest 15.8%
- Erectile dysfunction 10.4 %
- Inability to orgasm 8.3%

# Sexual problems, US women reporting

- Lack of interest 33.4%
- Difficulty with orgasm 24.1%
- Trouble lubricating 18.8%

# Global Study

- Sample of 27,500 people ages 40-80 from 29 countries
- Same questionnaire
- Different sampling and administration in different countries
- In Europe, used random digit dialing
- Response rate 16% for telephone

# Frequency of sexual activity

- 80% of men and 65% of women had sex in previous year
- 44% men and 37% women had sex at least 5 times a month

# Northern European, men reporting

- Orgasm too quickly 20.6 %
- Erectile dysfunction 12.7 %
- Lack of interest 12.1 %
- Inability to orgasm 8.4 %

# Southern Europe, men reporting

- Orgasm too quickly 21.2 %
- Lack of interest 13.2 %
- Erectile dysfunction 13 %
- Inability to orgasm 12.2 %

# Northern Europe, women reporting

- Lack of interest 25.3 %
- Lack of lubrication 17.7 %
- Inability to orgasm 23.8%

# Southern Europe, women reporting

- Lack of interest 29.6 %
- Inability to orgasm 23.8 %
- Lack lubrication 15.5%

# Correlates

- Depression related to increased risk of low desire and erectile dysfunction in men and to low desire in women
- Age correlated with increased risk of erectile dysfunction and trouble with lubrication

# Sexual problems, US women reporting

- Lack of interest 33.4%
- Lack of orgasm 24.1%
- Lack of lubrication 18.8%

# Prevalence of Sexual Disorders

- One must use caution when interpreting the clinical significance of the finding of a high prevalence of sexual concerns in the general population

# Differences between sexual concerns and sexual dysfunction

- Many sexual problems are related to life stress and relationship issues
- These often are transient and resolve without medical intervention
- Sexual problems should be differentiated from sexual disorders which tend to be more severe and persistent and to require medical intervention

# Other Issues Using Epidemiological Data

- Many individuals with alterations in sexual function
- Many alterations in sexual function are of brief duration and resolve without clinical intervention
- Surveys often do not distinguish between sexual disorders and expected variations in sexual behavior with vicissitudes of life

# Sexual Disorders in DSM IV TR

- Diagnostic criteria in DSM IV TR are imprecise and do not have clear duration and severity criteria

# Prevalence of Sexual Disorders

- Prevalence of severe, persistent problems unclear
- Severe sexual problems are less common than less severe problems
- Transient sexual problems are much more common than persistent problems

# Epidemiology of Rapid Ejaculation

- Probability sample of men in the Netherlands, Turkey, Spain, United Kingdom, United States
- Intravaginal ejaculatory latency measured by stop watch
- Median latency 5.4 minutes
- Range . 55 to 44 minutes

Waldinger et al, J Sex Med, 2005