

Erectile Dysfunction and Premature Ejaculation: Interrelationships and Psychosexual Factors

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ABSTRACT

Introduction. Both erectile dysfunction (ED) and premature ejaculation (PE) impair the quality of sexual intercourse for both men and their female partners.

Aims. This study aims to examine with a large representative sample the interrelationships of measures of ED, PE, typical intravaginal ejaculatory latency time (IELT), men's perceived relationship quality with their mother, and age of first being in love.

Methods. In this cross-sectional study, a nationally representative sample of 960 Czech coitally experienced men (aged 15–84), provided age, International Index of Erectile Function 5-item (IIEF-5), Index of Premature Ejaculation (IPE) scores, IELT, rating of relationship with their mother, and age at first being in love.

Main Outcome Measures. Correlations, partial correlations adjusting for age, analysis of covariance (ANCOVA), and multiple regression statistical methods were used.

Results. IIEF-5, IPE, and IELT were significantly intercorrelated (IIEF-5 and IPE: $r = 0.64$). Better IIEF-5 scores were associated with younger age at first (and ever) being in love. Poorer IPE score, shorter IELT, and mild–moderate ED were associated with poorer perceived mother relationship (which was also associated with first being in love at an older age). Multiple regression analyses revealed that: (i) greater IELT was associated with better erectile function and better mother relationship, but not with age; and (ii) IELT of <1 minute was associated with poorer perceived mother relationship and poorer IIEF-5, but marginally with age. History of homosexual activity was unrelated to IIEF-5, IPE, IELT, and perceived mother relationship scores.

Conclusions. The findings suggest that degrees of ED and PE are often comorbid, and both ED and PE are associated with less favorable early experiences with women. **Brody S and Weiss P. Erectile dysfunction and premature ejaculation: Interrelationships and psychosexual factors. J Sex Med 2015;12:398–404.**

Key Words. Sexual Intercourse; Premature Ejaculation; Erectile Dysfunction; Psychosexual Factors; Orgasm

Introduction

Premature ejaculation (PE) and even simply short intercourse duration (in the absence of nominal PE) are associated with lesser satisfaction for both men and their female partners [1–4]. Analogously, absence of erectile dysfunction (ED) is important for the satisfaction of both sexes: men and women generate similar International Index of Erectile Function 5-item (IIEF-5) ratings of men's erections and have similar satisfaction correlations

with IIEF-5 scores [5], a finding reflecting the special role for both sexes that penile–vaginal intercourse has in sexual and other realms of satisfaction [6,7].

PE (and lesser intravaginal ejaculatory latency time [IELT]) and ED have been found to be associated with each other and with anxiety and depression symptoms [8]. There has been a call to examine developmental psychosexual influences [9], so aims of the present study were to examine in a large nationally representative sample the asso-

ciations of ED, PE (and lesser IELT) with each other, and with both men's recalled perceived relationship quality with their mother and age at first falling in love. A variety of psychological theories (not only psychoanalytic) view relationship with mother as one of the crucial factors in psychosexual development, forming the basis of future relationships, and for men, especially relationships with women. Falling in love (categorically) can be seen as an important index of capacity for intimacy, and age at first falling in love might indicate how accessible the emotions for an ongoing sexual relationship were in the course of young adult development.

Aims

The aims of the study are to examine in a representative sample of the general population the interrelationships of measures of ED, PE, IELT, men's perceived relationship quality with their mother, and age of first being in love.

Methods

The ethics of the study were approved by the 1st Faculty of Medicine, Charles University, Prague, and was conducted according to the principles of the Helsinki Declaration. A large (to provide ample statistical power to detect small effect sizes and to adequately sample various ages and geographical regions) nationally representative sample of noninstitutionalized citizens of the Czech Republic aged 15–88 years was collected by the marketing agency CEGEDIM in the year 2013, under the supervision of 1st Faculty of Medicine, Charles University, Prague. There was an 82% participation rate of persons approached. The actual respondents who provided responses to the survey were representative of the national census with regard to size of municipality, national region, age distribution, and education. After participants provided informed consent (which included a statement of confidentiality of responses and the right to discontinue at any time) and receiving answers to any questions regarding survey item meaning, participants completed the survey forms in private. The data were fully anonymized, and all available responses were analyzed (no exclusions and no manipulations regarding missing data).

Main Outcome Measures

The participants completed a questionnaire that included demographic questions, age at first falling

in love, indicating with a Likert-type item (discrete visual analog scale) rating from 0 to 6 (anchored by very positive and very negative) of "How do you rate your relationship with mother (or another woman who raised you) during your childhood" (this type of item has some similarities to clinical interview rating questions and is also the sort of simple rating scale used in a number of other sexual medicine studies; cf. [6,10]), their typical duration of penile–vaginal intercourse (IELT; analyzed as both the continuous value and as the dichotomous <1 minute vs. ≥1 minute), history of homosexual activity (never, once, more than once), as well as the IIEF-5 [11] and Index of Premature Ejaculation (IPE) [12]. The IIEF-5 is a widely used measure of erectile function, but two measures (one psychometric and one chronological) of PE were used because of the roles of both subjective and temporal factors in the definition of PE [13]. All questions were in Czech language.

Results

Table 1 provides a summary of age, sexual, and psychosexual variables for the 960 men who ever had penile–vaginal intercourse. Table 2 presents the bivariate associations between erectile function (IIEF-5), IPE, IELT (both overall and as the dichotomous >1 vs. <1 minute [IELT1]), quality of relationship with mother, age at first falling in love, and current age. Table 3 presents the same associations adjusted for age in partial correlations procedures. IIEF-5, IPE, and IELT were significantly intercorrelated (IELT inversely). Poorer IPE scores and shorter IELT were associated with poorer mother relationship (which was also associated with first being in love at an older age). Better IIEF-5 scores were associated with younger age at first being in love. In addition, men who had never been in love had poorer IIEF-5 scores in unadjusted analysis: $r = 0.297$, $P < 0.001$, but not when adjusted for age $r = 0.036$, NS. Men who had

Table 1 Sample characteristics

	Mean	SD	Range
Age	42.8	17.6	15–88
IIEF-5	21.75	7.8	5–29
IPE	42.3	6.7	11–50
IELT	9.3	10.3	<1–120
IELT < 1	11%		
Mother relationship	1.88	1.1	0–6
Age first in love*	14.8	3.9	3–37

N = 960; * (for the N = 901 ever in love)

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