

SAND abstract No. 143 from the BEACH program 2008–09

Subject: Prevalence of premature ejaculation

Organisation supporting this study: Janssen-Cilag Pty Ltd

Issues: Prevalence of premature ejaculation (PE) in adult male general practice patients; validation of the Premature Ejaculation Diagnostic Tool in Australian general practice.

Sample: 656 adult male encounters from 83 GPs; data collection period: 02/12/08 – 19/01/09.

Method: Detailed in the paper entitled *SAND method: 2009–10* at:

www.fmrc.org.au/publications/SAND_abstracts.htm. **Methods for this study:** The Premature Ejaculation Diagnostic Tool was defined according to Symonds T, Perelman MA et al. *Eur Urol* 2007; 52(2):565–73. A GP information sheet and a patient card with a copy of the questions were provided to assist with completion of the form.

Summary of results

Of the 2,669 patients in the total sample, 36.6% (95% CI: 33.2–40.0) were male. This proportion of male patients was significantly smaller than the average for BEACH in 2008–09 (42.4%, 95% CI: 41.5–43.3). This was possibly due to the sensitive nature of the study topic. Male patients may have declined to participate, or GPs may have chosen not to record encounters with male patients.

Of the 972 male patients, 796 were adults (aged 18 years and over), and of these patients 656 completed questions about PE. Of these 57.5% reported being currently sexually active, 39.5% were previously sexually active, and 2.7% had never been sexually active.

Self-perceived PE status was recorded by 463 (72.6%) of the 638 currently/previously sexually active adult male patients in this study; 18.1% ($n=84$) felt they had PE and 81.9% ($n=379$) felt they did not. Of the 84 patients with PE, 45.2% ($n=38$) reported that they had always (or nearly always) had it since their first sexual contact, 42.9% ($n=36$) developed consistent PE 'at a certain age', and 11.9% ($n=10$) developed consistent PE at the same time or after experiencing erectile dysfunction.

Of the 638 currently/previously sexually active patients, the length of time to ejaculation after penetration was recorded for 420 (65.8%). One-quarter ($n=101$) reported ejaculation within 2 minutes, and three-quarters reported ejaculation more than 2 minutes after penetration. Of the 82 patients who self-reported PE and responded to this question, 57 (69.5%) reported ejaculation within 2 minutes of penetration. Of the 338 patients who did not feel they had PE and responded to this question, 44 (13.0%) reported ejaculation within 2 minutes of penetration.

All five questions that form the Premature Ejaculation Diagnostic Tool (PEDT) were answered by 416 currently/previously sexually active adult male patients. Of the 81 patients who felt they had PE, the PEDT score suggested 77.8% had PE, 7.4% had possible PE and 14.8% did not have it. Of the 335 patients who did not feel they had PE, the PEDT score suggested 3.6% had PE, 8.7% had possible PE and 87.8% did not have it.

Correspondence to: Clare Bayram, AGPSCC

Premature ejaculation information for the GP

This pad includes 30 forms which investigate premature ejaculation (in addition to the encounter form).

While 30 forms include these questions we estimate that on average you will only need to ask these questions of 7 or 8 adult male patients who are currently or were previously sexually active.

However, if you feel at any stage that these questions intrude too greatly on your relationship with this patient, please stop the questions and return the form with the shaded section incomplete for this topic.

Premature (early, rapid) ejaculation (PE) is the most common type of male sexual dysfunction. It affects between 14% and 30% of males >18 years of age.(1-3)

The personal nature of the condition and the hesitancy of both patients and clinicians to raise the topic means that only a small proportion of those affected seek or receive help.(4)

The purpose of this research is to measure the prevalence of PE among male general practice patients and evaluate the usefulness of a new PE diagnostic tool in Australian general practice. The diagnostic tool being assessed is the Premature Ejaculation Diagnostic Tool.(5)

A copy of the questions are provided on a separate card that you can show to patients to aid you in completing the questions.

It is important to capture this information for general practice patients. We recommend that you explain to the patient from the outset that these questions are about sexual dysfunction and not about other sexual health issues such as sexually transmitted diseases.

Thank you for your generosity.

1. Patrick DL, Althof SE, Pryor JL, Rosen R, Rowland DL et al. Premature ejaculation: an observational study of men and their partners. *J Sex Med* 2005; 2:358-67
2. Laumann EO, Paik A, Rosen R. Sexual dysfunction in the United States. *JAMA* 1999; 281:537-44.
3. Nicolosi A, Laumann EO, Glasser DB, Moreira ED Jnr, Paik A, Gingell C. Sexual behaviour and sexual dysfunctions after age 40: the global study of sexual attitudes and behaviours. *Urology* 2004; 63:991-7
4. Aschka C, Himmel W, Ittner E, Kochen MM. Sexual problems of male patients in family practice. *J Fam Pract* 2001; 50:773-8.
5. Symonds T, Perelman MA, Althof S, et al. Development and validation of a premature ejaculation tool. *Eur Urol* 2007;52(2):565-73.

PATIENT CARD

This card includes a copy of the questions your GP will be asking you about premature ejaculation. Please note that there is no way that you can be identified from your responses.

Do you feel that you have premature ejaculation?

In other words, do you ejaculate during sexual intercourse before you wish on all or nearly all occasions?

- No — normal ejaculation
- Yes — always (or nearly always) since my first sexual contact
- Yes — previously normal ejaculation but developed premature ejaculation on all or nearly all occasions at a certain age
- Yes — previously normal ejaculation but developed premature ejaculation on all or nearly all occasions at the same time or after experiencing erectile dysfunction

How long after penetration do you normally ejaculate?

Answer this question in regard to the majority of occasions (more than 90% of occasions). Ejaculation here refers to ejaculation (release of semen) after penetration (when your penis enters your partner).

- Before penetration
- less than 10 seconds
- 11 to 30 seconds
- 31 seconds to 1 minute
- 1 minute to 1.5 minutes
- 1.5 minutes to 2 minutes
- 2 to 5 minutes
- 5 to 10 minutes
- 10 to 20 minutes
- more than 20 minutes

Premature ejaculation diagnostic tool**

This is a questionnaire to help identify men who may have a problem with ejaculating too soon during sexual activity. Even if you do not have any difficulties please answer all the questions.

Please give one response per question and answer in regard to your general experience with intercourse.

Definition: Ejaculation here refers to ejaculation (release of semen) after penetration (when your penis enters your partner).

	<i>Not difficult at all</i>	<i>Somewhat difficult</i>	<i>Moderately difficult</i>	<i>Very difficult</i>	<i>Extremely difficult</i>
1. How difficult is it for you to delay ejaculation?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
	<i>Almost never or never (0%)</i>	<i>Less than half the time (25%)</i>	<i>About half the time (50%)</i>	<i>More than half the time (75%)</i>	<i>Almost always or always (100%)</i>
2. Do you ejaculate before you want to?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
3. Do you ejaculate with very little stimulation?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
	<i>Not at all</i>	<i>Slightly</i>	<i>Moderately</i>	<i>Very</i>	<i>Extremely</i>
4. Do you feel frustrated because of ejaculating before you want to?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5. How concerned are you that your time to ejaculation leaves your partner unfulfilled?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

PLEASE READ CAREFULLY

The shaded section of the following forms asks questions about **PREMATURE EJACULATION**
 You may tear out this page as a guide to completing the following section of forms.

IMPORTANT!!

Please read the GP information (blue) sheet in your pack before commencing this section.

These questions are also on a separate patient card in your pack which may assist you to complete these questions.

INSTRUCTIONS

Ask the **next 30 PATIENTS** the following questions, where appropriate, **in the order in which the patients are seen.**

Please **DO NOT** select patients to suit the topic being investigated. I.e. if the patient is **NOT** male and 18+ years you may leave this section BLANK.

Premature ejaculation

Please ask the patient whether they believe that they have **premature ejaculation (PE)**. That is, whether the patient ejaculates during sexual intercourse before they wish (on all or nearly all occasions).

If **yes** please indicate whether the patient has **always** had **PE** (lifelong) or whether the PE is **acquired**.

If the patient has occasional or infrequent PE please tick the box labelled 'no'.

Please **continue to the next questions**, even if the patient answers no.

Sexual activity status

Please ask the patient if they are or have been **sexually active**. Only ask this question of adult male (18+ years) patients.

If the patient has **never** been sexually active you should **end the questions here** for this patient.

(If the patient is female or a male aged less than 18 years leave the shaded section blank.)

Time until ejaculation

Please ask the patient **how long** after penetration they normally (>90% of occasions) **ejaculate**.

Definition: Ejaculation here refers to ejaculation (release of semen) after penetration (when your penis enters your partner).

Premature ejaculation diagnostic tool**

Please ask the patient the following 5 questions to identify men who may have a problem with ejaculating too soon during sexual activity.

Please ask these questions of all adult male patients who are or have been sexually active even if they do/did not have any difficulties. These questions are in regard to the patient's general experience with intercourse.

A card with these questions is included that you can show the patient to aid in answering these questions.

Circle the number that corresponds with the patient's response from the patient card. Please give one response per question.

Pfizer Ltd ©: 27 July 2005

**Symonds T, Perelman MA, Althof S, et al. Development and validation of a premature ejaculation tool. Eur Urol 2007;52(2):565-73.

THESE QUESTIONS ARE AVAILABLE ON A SEPARATE CARD. YOU MAY SHOW THIS CARD TO THE PATIENT TO ASSIST YOU IN ANSWERING THE QUESTIONS.

<p>For male patients aged 18 yrs and over: Is this patient sexually active? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Never → End questions</p>	<p>Do you feel you have premature ejaculation (PE) i.e. ejaculate during sexual intercourse before you wish? <input type="checkbox"/> No <input type="checkbox"/> Yes - always (or nearly always) since my first sexual contact</p>	<p><input type="checkbox"/> Yes - developed consistent PE at a certain age <input type="checkbox"/> Yes - developed consistent PE at the same time or after experiencing erectile dysfunction</p>	<p>How long after penetration do you normally ejaculate? <input type="checkbox"/> Before penetration <input type="checkbox"/> <10 seconds <input type="checkbox"/> >2 - 5 min <input type="checkbox"/> 11 - 30 sec <input type="checkbox"/> >5 - 10 min <input type="checkbox"/> 31 sec - 1 min <input type="checkbox"/> >10 - 20 min <input type="checkbox"/> >1 - 1.5 min <input type="checkbox"/> >20 min <input type="checkbox"/> >1.5 - 2 min</p> <p style="text-align: right;">BL108C</p>	<p>1. How difficult is it for you to delay ejaculation? 0 1 2 3 4 Please <u>circle</u> a number 0 = not at all 4 = extremely difficult</p>	<p>2. Do you ejaculate before you want to? 0 1 2 3 4 Please <u>circle</u> a number 0 = almost never or never 4 = almost always or always</p>	<p>3. Do you ejaculate with very little stimulation? 0 1 2 3 4 Please <u>circle</u> a number 0 = almost never or never 4 = almost always or always</p>	<p>4. Do you feel frustrated because of ejaculating before you want to? 0 1 2 3 4 Please <u>circle</u> a number 0 = not at all 4 = extremely</p>	<p>5. How concerned are you that your time to ejaculation leaves your partner unfulfilled? 0 1 2 3 4 Please <u>circle</u> a number 0 = not at all 4 = extremely</p>
---	--	--	---	--	--	--	--	---