

AN OPEN LABELLED RANDOMIZED CLINICAL TRIAL OF FLUOXETINE VERSUS DAPOXETINE TREATMENT AMONG MEN WITH PREMATURE EJACULATION AND ITS EFFECT ON MARITAL SATISFACTION

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Introduction: Premature ejaculation (PE) reduces sexual satisfaction and quality of life. Both SSRI Fluoxetine and Dapoxetine have been used in the treatment of PE. Fluoxetine is used as off-label treatment meanwhile Dapoxetine is the first SSRI specifically designed for PE with short half-life and few side effects.

Objectives: To compare the PE symptoms and marital satisfaction score between Fluoxetine and Dapoxetine groups.

Materials and method: In this clinical trial, 44 participants aged between 18 and 64 with PEDT score of ≥ 9 from the Primary Care clinic of Hospital USM, Kelantan were recruited and randomized into two groups; Fluoxetine Group (FG) and Dapoxetine Group (DG). They were prescribed with either daily oral Fluoxetine 20mg or Dapoxetine 30mg on demand twice weekly for 8 weeks. PE symptoms were measured using the Premature Ejaculation Diagnostics Tool (PEDT) score and marital satisfaction score were measured using the Dyadic Satisfaction-Dyadic Adjustment Scale (DS-DAS) score. Measurements were made at baseline and at the 8th week (post intervention).

Results: In FG and DG, 22 and 21 participants completed the study, respectively. PEDT scores reduced significantly within both groups [from 11.41 to 5.45 ($P < 0.001$) within FG and from 13.43 to 3.10 ($P < 0.001$) within the DG]. At the 8th week follow-up, PEDT scores were observed to be lower in DG (6.03 vs. 2.49, $P < 0.001$) after adjustment of the baseline PEDT score. Significantly increased DS-DAS scores were observed in both groups [from 34.50 to 40.68 ($P < 0.001$) within FG and from 36.57 to 44.33, ($P < 0.001$) within DG] with no significant difference in DS-DAS scores at the end of study (41.13 vs. 43.86, $P = 0.055$) after adjustment of the baseline DS-DAS score.

Conclusion: Reduction in PE symptoms was observed for both groups. At 8 weeks, PE symptoms among participants on Dapoxetine were significantly lower compared to the participants on Fluoxetine at 8 weeks. Treatment of PE with either Fluoxetine or Dapoxetine reduces symptoms of PE and improves marital satisfaction.