

Sex therapy compared with placebo in the treatment of impotence

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The Egyptian Journal of Psychiatry (Print)

1982 v5

The aim of this work was to observe treatment outcome using two models of therapy for impotent patients in Egypt, one is the often used drug therapy, the other is a combination of modified Masters and Johnson's instructions together with behavioural non directive interventions expressive psychotherapeutic sessions.

Cross sectional, case control study.

The sample composed of 30 patients presenting with a complaint of impotence. In all patients, no organic cause was detected and the thirty patients satisfying the diagnostic criteria of secondary functional impotence used by Masters and Johnson (1970).

Both workers together met with each patient in an interview where patient were offered the choice between two types of treatment; a drug therapy or a talk therapy, without giving details of either. According to self selection, patient were divided into two groups; (1) non drug therapy group, consisted of 14 patients, all were seen by both therapists together, without their wives for 15 therapy sessions, sessions were 20 minutes each, held twice daily, (2) drug therapy group, consisted of 16 patients. All completed 15 prostatic massage sessions allowing for follow up notes to be recorded weekly, till the end of the

study period (8 weeks). All patients in the two groups did not have previous treatment for impotence by a physician or a traditional healer.

Conclusion: Behavioral instructions are important in treating impotence.

Involvement of the female partner does not seem essential in sex therapy.

Brief psychotherapy sessions seem to be as good as drug therapy.