

PSSD

(Post-SSRI Sexual Dysfunction)

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Overview:

Post-SSRI Sexual Dysfunction (PSSD) is an under-researched condition involving the persistence of sexual side effects of SSRIs that continue after the discontinuation of the medicine for months, years, or even indefinitely. It is characterized by widespread sexual dysfunction that arises while taking SSRIs, or (more rarely) when the treatment is discontinued. These symptoms persist for an indefinite amount of time after discontinuation of SSRI treatment. PSSD contradicts conventional wisdom (held by the public at large and promoted by the conventions of psychiatry) that SSRI-related sexual dysfunction stops after discontinuation of medication. PSSD is often accompanied by other cognitive and emotional dysfunctions caused by SSRI medications. These side-effects are debilitating in their own right, but go beyond the scope of this handout.

Sexual Symptoms:

- Loss of Libido
- Erectile Dysfunction (Vaginal dysfunction in women)
- Genital Anesthesia
- Pleasureless Orgasm / Ejaculatory Anhedonia
- Inorgasmia
- Premature / Delayed Ejaculation
- Loss of morning wood in men

Peer-Reviewed Research:

PSSD in Animals:

- 1) **Neonatal Antidepressant Exposure has Lasting Effects on Behavior and Serotonin Circuitry**, Maciag et al., 2013
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3118509/>
- 2) **Maternal exposure to the antidepressant fluoxetine impairs sexual motivation in adult male mice**, Gouvêa et al., 2004
<https://www.ncbi.nlm.nih.gov/pubmed/18457868>

PSSD in humans:

- 1) **Persistent Sexual Side Effects after SSRI Discontinuation**, Antonei B. Csoka, Stuart Shipko, 2006
 - <http://www.ncbi.nlm.nih.gov/pubmed/16636635>
 - <http://www.karger.com/Article/FullText/91777>
- 2) **Genital anaesthesia persisting six years after sertraline discontinuation**, Bolton JM, Sareen J, Reiss JP, 2006

- <http://www.ncbi.nlm.nih.gov/pubmed/16709553>

3) Post SSRI Sexual Dysfunction, Audrey Bahrck, 2006

- https://www.researchgate.net/publication/236587031_Post_SSRI_Sexual_Dysfunction

4) Prolonged Post-Treatment Genital Anesthesia and Sexual Dysfunction Following Discontinuation of Citalopram and the Atypical Antidepressant Nefazodone, Robert P. Kauffman, Amanda Murdock, 2007

- <http://benthamopen.com/towhj/articles/V001/1TOWHJ.pdf>

5) Persistent Sexual Dysfunction after Discontinuation of Selective Serotonin Reuptake Inhibitors, Antonei Csoka, Audrey Bahrck, Olli-Pekka Mehtonen, 2008

- <http://www.ncbi.nlm.nih.gov/pubmed/18173768>

6) Persistence of Sexual Dysfunction Side Effects after Discontinuation of Antidepressant Medications: Emerging Evidence, Audrey S. Bahrck, 2008

- https://www.researchgate.net/publication/228667893_Persistence_of_Sexual_Dysfunction_Side_Effects_after_Discontinuation_of_Antidepressant_Medications_Emerging_Evidence

7) Persistent Genital Arousal Disorder in Women: Case Reports of Association with Anti-Depressant Usage and Withdrawal, Sandra R. Leibluma & David Goldmeierb, 2008

- <http://www.ncbi.nlm.nih.gov/pubmed/18224549>

8) Persistent sexual dysfunction in genitourinary medicine clinic attendees induced by selective serotonin reuptake inhibitors, Farnsworth KD, Dinsmore WW, 2009

- <http://www.ncbi.nlm.nih.gov/pubmed/19103903>

9) The impact of persistent sexual side effects of selective serotonin reuptake inhibitors after discontinuing treatment: a qualitative study, Rebecca Diane Stinson, 2013

- <http://ir.uiowa.edu/cgi/viewcontent.cgi?article=5061&context=etd>

10) Does sexual dysfunction persist upon discontinuation of selective serotonin reuptake inhibitors?, G.C. Ekhart, E.P. van Puijenbroek, 2014

- <http://www.ncbi.nlm.nih.gov/pubmed/24838589>

11) One hundred and twenty cases of enduring sexual dysfunction following treatment, Hogan C, Le Noury J, Healy D, Mangin D, 2014

- <http://www.ncbi.nlm.nih.gov/pubmed/24902508>

12) Penile anesthesia in post SSRI sexual dysfunction (PSSD) responds to low-power laser irradiation: A case study and hypothesis about the role of transient receptor potential (TRP) ion channels, Waldinger MD, van Coevorden RS, Schweitzer DH, Georgiadis J, 2014

- <http://www.ncbi.nlm.nih.gov/pubmed/25483212>

13) Post-SSRI Sexual Dysfunction: Clinical Characterization and Preliminary Assessment of Contributory Factors and Dose-Response Relationship. Ben-Sheetrit J, Aizenberg D, Csoka AB, Weizman A, Hermesh H., 2015

- <http://www.ncbi.nlm.nih.gov/pubmed/25815755>