

The Acceptability and Expectations Towards PDE5-I in ED Treatment in Cultural and Socio-economically Diverse Asian Populations

Introduction and Objective: Erectile Dysfunction (ED) commonly affects up to 52% of the male population. Phosphodiesterase5-Inhibitors (PDE5-I) has been the first line treatment for ED for just more than a decade compared traditional and complementary medicine (TCM). Attitude towards PDE5-I, and its perceived efficacy can ensure treatment acceptability and compliance. Unrealistic expectations may result in perceived treatment failure. ACCEPT (Asian Constraints and Concerns in ED Perceptions and Treatments) study observed the perceptions and attitudes towards ED treatment in the cultural and socio-economically diverse Asian population.

Materials and Methods: Patients who attended non-urological clinics in a tertiary teaching hospital were recruited to complete non-validated questionnaires. The questionnaire aimed to identify participants' perception of PDE5-I and TCM on efficacy, acceptability as a first line treatment and its ability to cure ED. Statistical sub-analysis of the participants' race, gender; age, income, educational levels and sexual activeness were recorded.

Results: A total of 3372 subjects (2032 males and 1340 females) were recruited in the study. Overall, 82% of the participants believed PDE5-I to be efficacious and 74% were willing to accept it as first line therapy for ED compared to the 62% and 54% who thought TCM was efficacious and acceptable as first line therapy. Concurrently, 58% believed ED is curable with PDE5-I. There is no significant difference in the opinions among the different gender ($P=0.373$), household income ($P=0.073$), and sexual activeness ($P=0.657$) groups who believe that ED is curable with PDE5-I. However, we found significant inconsistencies among age ($P=0.008$), education level ($P=0.002$) and ethnicity ($P=0.000$). Amongst whom, 61% from lower educational backgrounds and 61% of the 45-65 years age group had the perception of curative ability of PDE5-I.

Conclusions: Our study demonstrated PDE5-I is well accepted and perceived to be efficacious in socio-economically and culturally diverse populations in Asia, although we also highlighted unrealistic expectations, such as the curative ability PDE5-I. Older age and lower educational background subgroups were identified as more likely to have such wrong perceptions. Targeted patient education and awareness initiatives can thus be useful in managing patients' expectations in the treatment of ED.