

Sexual Problems Assessment and Treatment Service (SPATS)

Archway Centre
681-689 Holloway Road
London, N19 5SE

Direct Line: **020 3317 5122**

Email: psychosexualteamadmin@nhs.net

Early Ejaculation

Early ejaculation is coming sooner than you would like to or not feeling 'in control' of when you come. It is very common in men regardless of relationship status and nature of sex life. Some men have always experienced coming quicker than they would like. For other men, this has changed over time or only happens in certain sexual situations.

We know that for some men the problem is because they are expecting themselves to last longer than what we know is physically possible for most men, perhaps because they are comparing themselves to things that they have heard or seen. Porn and content on social media, is not realistic in the way male bodies are shown. For instance, they show bigger, straighter and harder penises than most men have and show sex as lasting for much longer than most erections would last and longer than what most vaginas or anuses will comfortably accommodate. Porn is recorded so it looks like sex is lasting longer than it is in reality. For instance, having breaks at the point the camera changes angles. Also, male porn actors often end up needing to use interventions to last longer or have been selected because of how their penis looks or works.

Research shows that the average length of time for men to ejaculate following penetration is between **2-7 minutes**. The figure is generally low for young, tired, stressed or highly aroused men and men who have not had an orgasm in a while.

It is common for men to come in less than 2 minutes from the point of being physically stimulated or to come before they start to be sexual. There are a number of effective strategies that men can try to gain more control over when they come. If men are coming in less than 1 minute or before being sexual, there are medical interventions that can be helpful. We will discuss these with you at your medical appointment, if we think they could be applicable for you.

Products

Delay Range

Delay Range are desensitising condoms and products that delay ejaculation and help sex last longer. You can buy these at your local large pharmacy retailer. It can help to practice masturbating with these so that you get used to them before trying them with a sexual partner.

You can also buy Delay condoms (but not the other delay products at the moment) at:

<https://www.freedom-shop.com/shop/product/search/?search=delay>

Self Help

Please refer to our better sex booklets: 'problems controlling when you come' and 'how to increase your enjoyment of sex' which include useful and evidence-based exercises to help you feel more in control of when you come and generally improve the quality of your sex-life. You can ask for copies of these at any of our clinics.

We also have a tailored evidence-based, self-help online programme. Please ask a member of staff for a Sex Therapy London (STL) card and your unique username and password.

What we know works:

1. Exercises to help control when you come



We know that masturbation exercises make the biggest difference in improving your control over when you come. These include the Stop-Start technique and Masturbating with focus (described in our booklets). For these to be effective, you need to be practising these regularly. As with any exercise, it takes time to move towards your goal. People masturbate for different reasons; we would recommend you keep a proportion of masturbation exactly how you like it; this may mean carving out additional time for task-focused masturbation.

Some people are less familiar with masturbation and/or have ideas that it is not something they should do. If you have any concerns about this, please let us know at your first session. However, masturbation is recommended within the guidelines for early ejaculation and is something we will be recommending during your sessions with us. It is helpful to become an expert in how your body works. There are guides for self-focus exercises in our booklets that we would recommend you practice as ways to develop your knowledge and expertise about your body.

- 2. Exercises to help reduce anxiety and be more in the sexual moment**– we know that anxiety or worry often accompany sexual difficulties, and so developing anxiety management techniques and an increased ability to be in the moment is very helpful.

Please see the following link for strategies to manage generalised anxiety:
<http://www.ntw.nhs.uk/pic/leaflets/Anxiety%20LP%202015.pdf>

Your GP will also be able to recommend some useful resources on anxiety. For example 'Overcoming anxiety' is a book that can be available on prescription from your local library or be purchased.

If managing anxiety is something you find difficult generally, a specific intervention for this may be useful before you start work with us. Please see <http://www.iapt.nhs.uk/> for local talking therapy services.

Mindfulness-based cognitive-behaviour therapy (MCBT) has a good evidence base for people experiencing a range of difficulties, including reoccurring depression and chronic pain. It also has a growing amount of evidence as part of the treatment for a number of sexual problems. MCBT is sometimes available via the NHS. Please contact your GP or local IAPT service to enquire about this. There are also a number of mindfulness-based courses run by different organisations, on-line programmes, self-help books and audio guides.

3. Types of sex

Certain types of sex put pressure on lasting longer. We would recommend discussing with your partner(s) and/or experimenting with different types of sex, including how to carry on being sexual, connected, and intimate after you've come. Men with female partners sometimes want to last longer so that their partners have an orgasm, however we know that the majority of women cannot have an orgasm through penetration alone – and so it would not matter how long men lasted, their female partners may never have an orgasm through this type of sex. Most women require stimulation to their clitoris for a period of time to reach an orgasm, and so oral sex or use of clitoral sex toys are more likely to bring about sexual pleasure (compared with penetration alone) for most women.

If you have a regular sexual partner, a particular task we would recommend is discussing what you both get from sex and other ways in which you can both get these things. There are usually lots of reasons why people have sex. For example, as a way to show sexual attraction, have fun or feel closer.

Finding other ways (sexual and non-sexual) to communicate attraction, have fun together or feel closer can help you have more of the positive aspects associated with sex, as well as take some of the pressure off lasting longer during sex.