
Comparing the Efficacy of Bupropion and Amantadine On Sexual Dysfunction Induced by a Selective Serotonin Reuptake Inhibitor

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Antidepressant-induced sexual dysfunction (SD) is a common problem, associated with a significant risk of non-adherence. Selective Serotonin Reuptake Inhibitors (SSRIs) are associated with a substantial risk of SD. Only 10 % of patients show spontaneous improvement during follow up period. The aim is to compare two proposed medication (bupropion vs. amantadine) in alleviating SD of patients treated with SSRIs. The study was a single-blind, 4-week trial of SSRI treated outpatients, in remission for more than 8 weeks and have SD, were randomly allocated to two parallel groups. Twenty patients were given bupropion. Eighteen patients were randomly assigned to another group, given amantadine. Patients were assessed with the Arizona Sexual Experience Scale (ASEX) at baseline and 4 weeks after the treatment. 38 patients completed the study (18 patients in amantadine vs. 20 patients in bupropion). The mean ASEX scores gradually declined in both study groups during the trial. The reduction of ASEX score of bupropion is greater than the amantadine that was statistically significant. So the addition of bupropion at higher doses appears to be more effective approach in comparison with amantadine. These results provide empirical support for conducting a further study on comparing different add-on strategies for treating drug induced SD.