Unconsummated Marriage in the Arab Islamic World: Tunisian Experience

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Objective: To identify the clinical features of unconsummated marriage couples, the etiological factors, the therapeutic approaches and to clarify the different evolutive aspects.

Patients and Methods: In this retrospective study, the files of 80 consecutive couples followed for unconsummated marriage between 2000 and 2010 at our andrology consultation were reviewed.

RESULTS: The mean age of husbands was 36 years (22-82 years), that of the brides was 28 years (17-57 years). The average length of marriage was 14 months (range 3 months to 7 years).

Couples had low knowledge about sexology. The sexual dysfunction noted were: erectile dysfunction in 40% of cases, premature ejaculation in 5%, a combination of premature ejaculation with erectile dysfunction and decreased libido in 15%, vaginismus in 12.5% and the associated causes (erectile dysfunction with vaginismus) in 27.5%.

Intervention:

The first-line treatment was based on a sexologic maintains of the couple which consists on sexual education and sexual therapy associated, in some cases, with oral drug and secondarily to intra cavernous injections. After a mean follow-up of 5 months (range 1 to 15 months),

Main outcomes of treatment were:

- Good prognosis with consummation of marriage in 57 cases (71.25%)
- Failure with unconsummated marriage in 18 cases (22.25%)
- Not known in 5 cases (6.25%).

CONCLUSION: Unconsummated marriage is quite frequent in Arab-Islamic world. There are many forms of couple therapy available for the management of relationship problems in those with sexual disorders. The best treatment is prevention based on sexual education of youngsters and treatment of sexual dysfunctions for peoples who consults before marriage.