

## Are all anabolic steroids the same? Examining the psychosocial harms of trenbolone among men who use steroids

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**Introduction:** The link between anabolic-androgenic steroid (AAS) use and psychosocial effects like aggression and violence is contentious in research. Some studies indicate heightened aggression and violence in AAS users, while others find no clear correlation. However, there's a lack of investigation into potential differences between various types of AAS. By focusing on Trenbolone as a case study, we aimed to assess its psychological risks and aggression effects compared to other AAS.

**Methods:** We employed an online survey to investigate the relationship between Trenbolone use and other AAS use among a male AAS-using sample. A convenience sample was recruited through purposive sampling and word of mouth. Participants completed sections on demographics, Trenbolone and other illicit drug use, the K10 questionnaire for psychological distress, and the Aggression Questionnaire. Missing Trenbolone dosage data for current users were imputed with an average dose of 200 mg, while past users without specified dosages were assigned a dose of zero. Data were analysed using hierarchical regression.

**Results:** The study included 282 male AAS users. Ninety-seven participants reported currently using trenbolone (34.4%), with 151 participants reporting having used trenbolone in the past (53.5%), and 34 reporting having never used Trenbolone (12.1%). Analysis revealed that age was inversely related to verbal aggression ( $B = -0.100$ ,  $p = .002$ ). Trenbolone dosage was positively associated with verbal aggression ( $B = 0.003$ ,  $p = .036$ ).

**Discussions and Conclusions:** The study highlights Trenbolone's association with increased verbal aggression among male AAS users, particularly at higher doses. It suggests trenbolone's effects may have confounded previous understandings of AAS impacts on aggression.

**Implications for Practice or Policy:** Policymakers should consider how current legislation encompasses all AAS equally and whether this is the most appropriate approach in light of the current evidence.

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