

# **ANABOLIC STEROID USE AMONG SEXUAL MINORITY MALES LIVING IN AUSTRALIA AND NEW ZEALAND**

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**Introduction and Aims.** Sexual minority males may be at heightened risk for using anabolic steroids. Thus, we examined the associations of anabolic steroid use, and of thoughts about using anabolic steroids, among sexual minority males living in Australia and New Zealand.

**Design and Methods.** A sample of 2,758 sexual minority males completed an online survey promoted by paid advertisements to users of geosocial-networking smartphone apps. Participants completed measures of anabolic steroid use, body dissatisfaction, eating disorder symptoms, and quality of life.

**Key findings.** Rates of anabolic steroid use, and of thoughts about using anabolic steroids, were 5.2% and 25.5%, respectively. Univariate analyses revealed that more frequent thoughts about using steroids were associated with greater dissatisfaction with muscularity, body fat, height, and genitals, greater eating disorder symptoms, and lower subjective quality of life. Actual anabolic steroid use was associated with greater dissatisfaction with height and genitals, greater eating disorder symptoms, and lower subjective quality of life, and with being a member of a cultural minority. Multivariate analyses revealed that more frequent thoughts about using anabolic steroids were associated with greater dissatisfaction with muscularity and height, less dissatisfaction with body fat, greater eating disorder symptoms, and lower subjective quality of life.

**Discussions and Conclusions.** Anabolic steroid use may be indicative of broad body image concerns beyond muscularity, including with height and genitals, and is associated with subjective quality of life impairment. Sample representativeness notwithstanding, rates of anabolic steroid use and of thoughts about using anabolic steroids appear elevated among sexual minority males.