

## **Trenbolone's disproportionate role in steroid-related harms**

Timothy Piatkowski<sup>1</sup>, David Neumann<sup>1</sup>, Matthew Dunn<sup>2</sup>

<sup>1</sup>School of Applied Psychology, Griffith University, <sup>2</sup>Institute for Health Transformation, Deakin University

Presenter's email: *t.piatkowski@griffith.edu.au*

**Introduction:** Social contexts are thought to shape the availability and distribution of substances and cultural attitudes towards their use, but the way in which they mediate consumption behaviours is not well-understood, particularly for anabolic-androgenic steroids (AAS). Myth has developed among AAS users with Trenbolone reportedly having more dramatic effects, such as extreme mood disturbances. We aimed to report on the reported harms of Trenbolone among AAS users and how this differs from other AAS.

**Method:** A number of AAS users were interviewed regarding their usage practices ( $N=16$ ). A narrative emerged regarding the physical and psychological harms which accompanied their AAS use of which Trenbolone played a central role. Data were analysed thematically.

**Key Findings:** Eight participants had used trenbolone, although all participants viewed it as having the most deleterious consequences for those who used it. Users reported an extreme shift in risk profile for psychosocial harms, particularly increased aggression, and violent behaviour, as well as impulsivity regulation issues.

**Discussions and Conclusions:** The data suggests several psychosocial harms arising for Trenbolone and users are somewhat cognisant of these. The findings provide insight into how the use of AAS arises from situations that are created and transformed during substance use. We contend that the proliferation and normalisation of Trenbolone, through several avenues, represents a vehicle through which to understand the 'context' of AAS in Australia.

**Implications for Practice or Policy:** Future policy decisions in Australia, regarding AAS, may consider the representation of different AASs, particularly trenbolone, differently.