

How are anabolic-androgenic steroid communities navigating Trenbolone use? Insights into community-led risk reduction

Timothy Piatkowski^{1,2,3}, Nick Gibbs⁴, David Neumann^{1,2}, Matthew Dunn⁵

¹School of Applied Psychology, Griffith University, Gold Coast, Australia

²Griffith Centre for Mental Health, Griffith University, Brisbane, Australia

³Queensland Injectors Voice for Advocacy and Action, Queensland, Australia

⁴Department of Social Sciences, Northumbria University, Newcastle-upon-Tyne, England

⁵Institute for Health Transformation, Deakin University, Geelong, Australia

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Griffith University acknowledges the Traditional Custodians of the land on which we are meeting and pays respect to the Elders, past and present, and extends that respect to all Aboriginal and Torres Strait Islander people.

- QuIVAA would like to recognise the bravery of peers who have enabled us to be here today, facilitating open discussions on harm reduction.

QuIVAA



Compounds		
Injectables		
Testosterone C-17 esters	19-Nortestosterones	Dihydrotestosterone (DHT) derivatives
Testosterone cypionate (Test C)	Nandrolone compounds (Deca Durabolin, NPP)	Drostanolone (Masteron)
Testosterone enanthate (Test E)	Trenbolone compounds (“Tren,”)	Stanozolol (Winstrol)
Testosterone propionate (Test P)		Methenolone (Primobolan, “Primo”)
Testosterone decanoate		
Boldenone undecylenate (Equipoise, EQ)		
Sustanon 250 (Blend of testosterone esters)		
Orals		
Methylated testosterone derivatives	Dihydrotestosterone (DHT) derivatives	Other IPEDs/Medicines
Methyltestosterone (“MIT”, MethylTest”)	Oxandrolone (Anavar)	Human Growth Hormone
Methandienone (“Dianabol”, “D-bol”)	Oxymetholone (Anadrol)	Insulin
Fluoxymesterone (Halotestin)	Metenolone (Primobolan, “Primo”)	Peptides
Chlorodehydromethyltestosterone (Turinabol/TBol)	Stanozolol (Winstrol,)	Prohormones
	Methasterone (Superdrol)	
	Mesterolone (Proviron)	



Trenbolone

- Trenbolone is a steroid, derived from the 19-nor group but differing from nandrolone by an addition of a double bond between C10-C9 and C11-12 (Morton & Hall, 1999).
- Although originally used by veterinarians on **livestock** to increase muscle growth and appetite (Hunt et al., 1991), injectable trenbolone was originally adapted for use by bodybuilders from the dissolution of Finaplix H pellets (Rahmani et al., 2014) who refer to the compound as '**tren**'.



19-Nortestosterones

Nandrolone compounds (Deca Durabolin, NPP)

Trenbolone compounds ("Tren,")

Trenbolone

- A narrative emerged regarding the physical and psychological harms which accompanied their AAS use of which trenbolone played a central role ($N=16$)
- Of all the AAS, Trenbolone was viewed as having the most deleterious consequences for those who used it.

*But being on tren [trenbolone] man, like if someone cut me off in traffic and I can be like oh whatever, but whatever I didn't die. This is great. On tren man I'll be like yelling out my window blasting that c**t, telling him to pull over, like let's go f**king fight. This is bulls**t.*



Approach

- We wanted to extend on the previous work... An international sample of people who use trenbolone were interviewed.
- Interviews lasted approximately 40 min and explored trenbolone use, knowledge levels, and harm mitigation.
- Analysis involved an iterative categorisation approach, incorporating the lead author's lived experience with trenbolone.

Approach

1. Ethnopharmacological Knowledge: Recognises the importance of community knowledge alongside formal science
2. Distributed Connoisseurship: Emphasises the role of community connoisseurs in evaluating and validating knowledge
3. Collaborative Insight: Leverages lived-living experiences of Trenbolone consumers to inform safer practices

Findings

- A sample of 30 people who use trenbolone (*Mean age* = 34.17, *SD* = 8.28) were interviewed.
 - The sample was predominantly male ($n=28$) with only two participants identifying as female. Most participants resided in Australia ($n=22$), with 2 participants each from Thailand, India, and the United Kingdom. A single participant each represented Canada and the Netherlands.

1. Being drawn to consume “God Juice”

- Some peoples’ experiences and social media amplify the allure of Trenbolone, creating a romanticised narrative.

Brad [31, male]: Something that's been coming up a lot for me lately on social media is this romanticisation of tren.

There's all these memes and reels and gifs of people being like “it's everything”. Everything is tren. It's God juice.

2. Developing an ethnopharmacology of Trenbolone use

- Understanding of its physical benefits and psychological effects through their experiences, balancing perceived gains against risks,

Ian [27, male]: In the beginning it's [tren] good. Then it reaches a certain point where your mental health side starts to turn. Like intrusive thoughts. And sometimes... you just feel like really messed up. The sweats and some of the dreams... it just gives you a false sense of confidence as well.

3. Trenbolone connoisseurs: is “responsible use” possible?

- strategies are the unique blend of ethnopharmacological-connoisseurship which may elevate community care

Tyler [31, Male]: I got a tip off a friend to make the [Trenbolone] injections very consistent. So there was a time when I was injecting 50 milligrams every day and I didn't really get, almost got no side effects, but the dosage was fairly high, so when I got off of it, that's when the anxiety and all of that hit me pretty hard. But it was only for a couple of days. I'm currently injecting [trenbolone] 3 times a week now, so it hasn't been too bad, but the first time was maybe twice a week at much higher doses and that was when it was the worst.

Collective Connoisseurship for Harm Reduction

- Collaborations between influencers, educators, and scholars to co-create content that accurately addresses risks and promotes safer practices



Thank You

- Dr Timothy Piatkowski
- E: t.piatkowski@griffith.edu.au
- X: PiatkowskiTim

