

An illustration of a muscular man with black hair and glasses, wearing a white tank top and black shorts, sitting on a black exercise chair. He is lifting a black dumbbell with both hands. The background is a solid orange color. In the foreground, there are several gym-related items: a red book titled 'THE STEROID HANDBOOK' with a white spiral binding, a white Y-shaped stand, a red and white shaker cup with a yellow liquid, and a white cup with a yellow liquid. A black barbell is also visible on the floor. The text 'THE EXPERT TYPE' is written in a white box across the middle of the image.

## THE EXPERT TYPE



**Motivated by lay scientific curiosity** and a fascination with pharmacological performance enhancement.

**Focus on muscularity**, learning and knowledge sharing.

**Very concerned with side effects** and wants to play it safe

**Aims at optimising benefits** with a perceived sensible drug regimen

**High level of knowledge** – based on various sources including scientific papers

**Values health and monitors his body systematically** (e.g. in collaboration with physician)

**Offers advice on harm reduction** to others and seeks recognition as a source of expertise on steroids.

Design: Human Enhancement Drugs Network, Birmingham City University, Public Health Institute (LJMU) and Aalborg Antidoping (Aalborg Municipality, DK)

Reference: Christiansen, Vinther & Liokaftos. 2016. Drugs: Education, Prevention and Policy, 1-11.

More information is available at [www.humanenhancementdrugs.com](http://www.humanenhancementdrugs.com)