A TYPOLOGY OF MALE STEROID USERS AND THEIR RISKS

THE YOLO TYPE

THE ATHLETE TYPE

THE WELL-BEING TYPE

THE EXPERT TYPE

Effectiveness

Risks

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


More information is available at www.humanenhancementdrugs.com
**A TYPOLOGY OF MALE STEROID USERS AND THEIR RISKS**

### THE YOLO TYPE

- **Motivated by impatience**, curiosity and influence from peers and authoritative role models.
- **Focus on asserting his masculinity** (e.g., impressing girls and advancing upwards in the male hierarchy).
- **Little to no concern about side effects** and towards general health
- **Aims at** immediate benefits.
- **Low level of ‘steroid knowledge’** - based on lore and advice from ‘gym rats’
- **Risk-taking lifestyle** (e.g., recreational drug use and is more likely to end up in fights than the other types)
- **Little concern about diet, training and recovery**

### THE WELL-BEING TYPE

- **Motivated by vanity** and/or wishes for restoration or rejuvenation
- **Focus on well-being**, moderation and peer recognition (e.g., during summertime)
- **Considers side effects** and wants to play it safe
- **Aims at** slight improvements
- **Medium level of knowledge** – based on own experience, online fora and other users
- **Wants to improve his quality of life** and has a relaxed take on nutrition
- **Focus on healthy living** and are typically older

### THE EXPERT TYPE

- **Motivated by lay scientific curiosity** and a fascination with pharmacological performance enhancement.
- **Focus on musculature**, 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 systemically** (e.g., in collaboration with physician)
- **Offers advice on harm reduction** to others and seeks recognition as a source of expertise on steroids.

### THE ATHLETE TYPE

- **Motivated by competitive aspirations**
- **Focus on performance** (e.g., skills, size, and definition).
- **Concerned with side effects** but willing to run health risks in order to fulfill sporting ambitions.
- **Aims at maximising benefits** by combining different steroids (stacking) with other performance and image enhancing drugs (polypharmacy)
- **Medium to high level of knowledge** – based on medical assistance and experience from his sporting community.
- **Plans training and diet** according to season – avoids recreational drugs.
- **Dedicated to the athlete life style**

---

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


More information is available at www.humanenhancementdrugs.com