Key Periods for Adoption of Steroid Use within Bodybuilding/Fitness

1. Loss of form or reaching plateau: No longer able to perform at the same level as before, or is no longer progressing in his / her training.

2. Injury: Pressure to return to training quickly, recover better and faster, or lack of recovery from injury.

3. Transition periods linked with adoption / cessation: Adoption linked with potential to move from amateur to professional level; Cessation associated with life transitions such as getting married and starting a family.

4. Supplements: Use of licit performance enhancers (e.g., nutritional supplements) may facilitate fascination with performance enhancement that may encourage steroid use.

Reference: Boardley et al. 2014. Journal of Sport Sciences, 32(9) and Boardley & Grix. 2014. Qualitative Research in Sport, Exercise, & Health, 6(3).