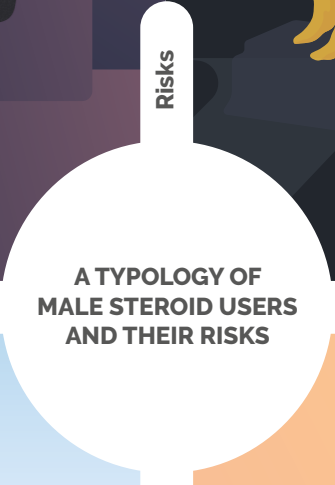




THE YOLO TYPE



THE ATHLETE TYPE



A TYPOLOGY OF MALE STEROID USERS AND THEIR RISKS



THE WELL-BEING TYPE



THE EXPERT TYPE

LOW

Effectiveness

Effectiveness

HIGH

Risks

Risks

LOW

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 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 fulfil 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

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 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.

HIGH

Risks

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