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# Symptoms, side effects and experiences of anabolic androgenic steroids in men and women

*...and next of kin*

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# Selfcentered behaviour

## **Woman:**

*“ I only thought of myself and maybe even ignored how the children were doing. I thought it was more important to exercise than have time with my children, it was scary that it became so emotionless ”*

## **Next of kin:**

*“His only focus was on himself, all the time, he had an eat and sleep clock and it was like exercising and this and that ... he was the only person in existence ”*

# Need of confirmation

## Next of kin:

*“ He started posting accounts, with hundreds of naked pictures of himself. He shows off his body and says straight out “I need to be affirmed, I want this, this is important to me, and you have to respect that”. The self-validation is huge, it’s the only thing, it’s the only thing in life. The need for affirmation- see me, see me, see how big I am, how different I am compared to everyone else and so on, that’s what the whole thing is about ”*



# Mood swings

## **Next of kin 1:**

*“And these outbursts. It’s like a record going round and round. Every time we have a good period, I know that I can’t enjoy it, because I know that there will soon be a bad period again”*

## **Next of kin 2:**

*“I sense him almost immediately when I meet him, what mood he is in, so that I can put myself in a ready position somehow”*

# Managing symptoms/side effects

## Next of kin:

*“ I’ve hidden him away. I’ve kind of not talked about him and told others that he can’t come, I’ve made excuses about him having to work overtime. In the end, if he posted posts that were revealing, I made those posts not visible. I do not want to be associated with that and that is probably why I’ve hidden everything all the time as well. I don’t find it fun when people see it, like when you have to be responsible for other people’s children. Just think how they think, will they dare to send their children home to us, thinking of him being there and how he is behaving, what kind of people are we . . . so you feel very ashamed ”*

**Man:**

*“I did not want to quit my steroids, absolutely not. I sat and cried on my sofa, you have ruined my life.”*

# Need for support

## **Next of kin:**

*“ And then he says, I think we have to take things a little carefully because he is so very big, it can be a little scary so I think that we have to be careful, I don't think we should ask him to leave samples, I think we must be careful”*

## **Next of kin:**

*“ What annoys me is that society responds to and confirms him. People think he’s so talented. No, he’s not that at all, you have no idea. No one knows a shit, they don’t understand anything. If he had been an alcoholic then people would have said – ‘oh poor her, how is she coping, living with this’. They would have agreed with me. Now all I get is – ‘yes she left him, the guy that’s so awesome, how can she leave him, he’s so cool, look how big he is’ ”. “You really aren’t smart, but it’s what’s behind it as I said, you have no idea how we feel back here ”*





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