



# Psychological Side Effects of Anabolic Steroids

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\*\* This is NOT intended to be medical advice. Please discuss this with your medical provider.

In addition to a list of physiological side effects, numerous studies have identified psychological and psychiatric problems that commonly occur in people using anabolic steroids. Logically, these side effects depend upon a variety of different variables. Some users may experience a few of the side effects and not suffer from others. Also, the intensity of the side effects may vary between individual users. Studies have shown that most users will experience at least one of the side effects listed below.

Possible side effects of anabolic steroids include:

- Nervousness, Irritability
- Decreased concentration
- Sleep irregularities
- Aggression & "Roid Rage"
- Mood swings - symptoms of depression and mania
- Anxiety symptoms
- Suspicion and Paranoia
- Impaired reasoning (possibly delusions)
- Dependency and addiction (1/3 become dependent)

\*It is likely that steroid use exacerbates underlying psycho-emotional struggles that were previously minimal.

Clearly the potential side effects of anabolic steroid use can be destructive to a user's mental, emotional, and relational life. The good news is that these side effects can be reversed and improved simply by discontinuing the drugs. However, do not suddenly stop anabolic steroids, this can lead to serious depression and withdrawal. Please consult with your medical provider about the proper method of weaning off the use of steroids.

<https://nida.nih.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/are-steroids-addictive-can-steroid-abuse-be-treated>

<https://www.cbsnews.com/news/facts-and-myths-about-roid-rage/>

<https://www.nhs.uk/conditions/anabolic-steroid-misuse/>

<https://www.deadiversion.usdoj.gov/pubs/brochures/steroids/public/>