

Trenbolone. Beyond aggression.

237 trenbolone users vs 909 other steroid users.

Published in 2026 • Global Drug Survey 2024

REPORTED LOSS OF INTEREST IN OTHER THINGS

23.2%

Trenbolone

55 of 237 men

8.0%

Other AAS

73 of 909 men

2.89× the reported prevalence

An unadjusted comparison, not an estimate of harm caused by trenbolone.

The full comparison

SHARE OF EACH GROUP (%)

Other AAS • n = 909

Trenbolone • n = 237

Restlessness / irritability

Depression / low mood

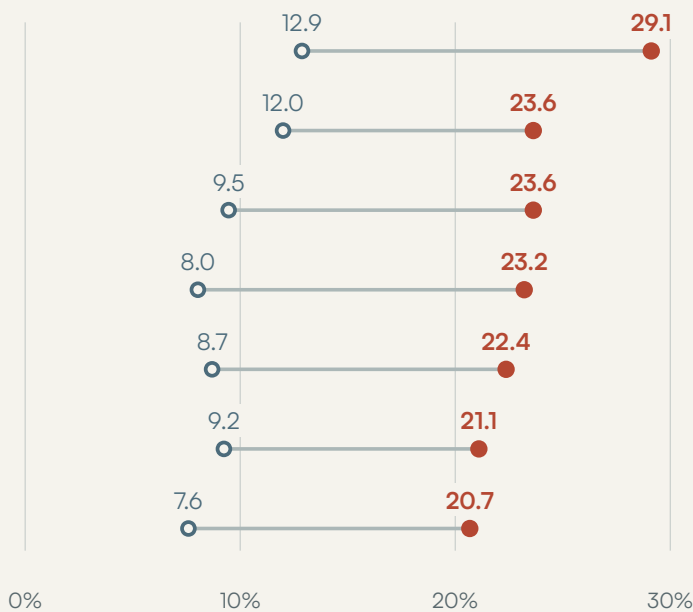
Rapid fluctuation in mood

Loss of interest
in other things

Irrational excitability /
elevation of mood

Anger / aggression

Relationship difficulties



Reported concerns, not diagnoses. Association does not establish causation.

Self-selected sample; dose, cycle length and steroid combinations were not adjusted.

Past-year injectable trenbolone groups. Concerns overlap; nonsignificant "other" omitted.

Bonenti et al. (2026), Table 3 • doi.org/10.1111/dar.70162 • CC BY 4.0