

[Journal of Substance Use](#) >Volume 29, 2024 - [Issue 5](#)

250 | 2

Views | CrossRef citations to date | Altmetric | 1

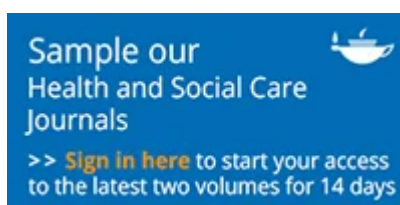
Research Article

Androgenic-anabolic steroids use among women: prevalence of use and intention to use among those with high-intensity functional training practice

Gabriela Barreto Santos e Santos, Alinne Alves Oliveira, Filipe Lírio Malta, Alanne Alves Oliveira, Luís Gustavo M. Sizenando, Camille Giehl Martins Miranda, ...show all

Pages 828-835 | Received 01 Nov 2022, Accepted 23 Aug 2023, Published online: 18 Sep 2023

 Cite this article  <https://doi.org/10.1080/14659891.2023.2254377>

 Full Article Figures & data References Citations Metrics Reprints & Permissions[Read this article](#)

ABSTRACT

Background

Anabolic androgenic steroid (AAS) use among women has raising over years, especially due to aesthetic motivation, but performance improvement is another

motivation. Since high-intensity functional training (HIFT) exhibits an intrinsic competitive aspect, we investigated the AAS use among women HIFT practitioners.

Methods

Using the “virtual snowball,” 291 Brazilian women HIFT practitioners answered an online survey.

Results

The prevalence of AAS use was 22%, but the use after the HIFT adherence was 15%. Among those who never used, 12.3% reported intention to use. Age, marital status, and time of training were significantly associated with AAS use. Aesthetics was the main motivation for use, and 59.7% reported using it on medical advice. The main motivation was aesthetics, but it seems to have a trend to change the motivation for performance improvement over aesthetics, especially among women with longer training time.

Conclusion

The prevalence of AAS use was high; however, it seems that HIFT adherence is not a factor raising the prevalence of AAS use among physically active women. Additionally, the motivation for AAS use among women HIFT practitioners seems to be trending toward change, increasing the motivation for performance improvement over aesthetic motivation, especially among women with longer HIFT adherence time.

KEYWORDS:

Anabolic androgenic steroids women health motivation physical performance

athletic performance

Acknowledgments

The authors thank all volunteers that answered the online survey and helped to share it, as proposed by the “snowball” method. The authors also thank all the members of

the Research Group in Neuromuscular Physiology.

Disclosure statement

No potential conflict of interest was reported by the author(s).

Data availability statement

The data sets used and/or analyzed during this study are available from the corresponding author on reasonable request.

Ethical approval and consent to participate

This study was approved by the ethics committee of the Universidade Estadual do Sudoeste da Bahia (UESB).

Additional information

Funding

The author(s) reported that there is no funding associated with the work featured in this article.

Log in via your institution

➤ [Access through your institution](#)

Log in to Taylor & Francis Online

[> Log in](#)

Restore content access

[> Restore content access for purchases made as guest](#)

Purchase options *

[Save for later](#)

PDF download + Online access

- 48 hours access to article PDF & online version
- Article PDF can be downloaded
- Article PDF can be printed

USD 68.00

[Add to cart](#)

Issue Purchase

- 30 days online access to complete issue
- Article PDFs can be downloaded
- Article PDFs can be printed

USD 921.00

[Add to cart](#)

* Local tax will be added as applicable

[Share](#)

Related Research

People also read

Recommended articles

Cited by
2

[Anabolic–androgenic steroid use among Brazilian women: an exploratory investigation >](#)

Odilon Abrahin et al.

Journal of Substance Use

Published online: 13 Jun 2016

[“I would never go to the doctor and speak about steroids”: Anabolic androgenic steroids, stigma and harm >](#)

Luke Cox et al.

Drugs: Education, Prevention and Policy

Published online: 14 Jul 2024



[Body Image, Disordered Eating and Anabolic Steroid Use in Female Bodybuilders >](#)

Gary S. Goldfield

Eating Disorders

Published online: 23 Apr 2009



[View more](#)

Information for

[Authors](#)

[R&D professionals](#)

[Editors](#)

[Librarians](#)

[Societies](#)

Opportunities

[Reprints and e-prints](#)

[Advertising solutions](#)

[Accelerated publication](#)

[Corporate access solutions](#)

Open access

[Overview](#)

[Open journals](#)

[Open Select](#)

[Dove Medical Press](#)

[F1000Research](#)

Help and information

[Help and contact](#)

[Newsroom](#)

[All journals](#)

[Books](#)

Keep up to date

Register to receive personalised research and resources by email

 [Sign me up](#)

Copyright © 2025 **Informa UK Limited** [Privacy policy](#) [Cookies](#) [Terms & conditions](#) [Accessibility](#)


Taylor & Francis Group
Informa UK Limited

Registered in England & Wales No. 01072954
5 Howick Place | London | SW1P 1WG