

## **'Bali over the counter': Exploring overseas use of anabolic-androgenic steroids**

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**Introduction / Issues:** Licit and illicit substance use is known to increase during on holidays, particularly when people are away from education or work commitments. In the bodybuilding and other fitness communities, anecdotal evidence suggests that some in this community take 'steroid holidays', travelling to and living in foreign countries so as to have greater access to performance and image enhancing drugs (PIEDs). This study aimed to explore this phenomenon.

**Method / Approach:** Discussions in bodybuilding, fitness, & PIED forums formed the basis of this study. Several websites were identified and keyword searches were used to identify potential 'threads', which were downloaded and thematically analysed.

**Key Findings:** Threads often started with members asking where to source PIEDs when in foreign countries such as Indonesia and Thailand, often while the poster was on a short vacation. Responses to these threads rarely provided specific details; indeed, the threads often focused on the legalities of either attempting to purchase in foreign countries or bringing PIEDs back into the poster's own country. Members also advised that not taking PIEDs for the duration of a short vacation would not affect gains. Counterfeit products was another common issue raised.

**Discussions and Conclusions:** There is a lure of accessing cheap and accessible PIEDs in foreign countries. Providing details of the legalities and possible ramifications may act as a deterrent.

### **Disclosure of Interest Statement:**

None to declare.