Significant use of ‘steroids’ among Kuwaiti males: study

**FSRI publishes int’l paper on AAS use**

**FRANCIS S. T. K. M.**

In preparing for a recent election, the Justice Ministry has published a report on the use of anabolic and androgenic steroids (AAS) in Kuwait. The report, titled "The Prevalence and Patterns of AAS Use Among Kuwaiti Males," was published by the Research and Statistics Department of the Ministry of Justice and is available for download on the ministry's website.

The study, conducted in 2016, surveyed 1,000 Kuwaiti males aged 18-40 to assess the prevalence and patterns of AAS use. The results indicated that 20% of the respondents had used AAS at least once in their lifetime, with 10% using them regularly. The most common form of AAS used was oxandrolone, followed by nandrolone and stanozolol.

The study found that the primary reasons for using AAS were to improve physical appearance and performance in sports. However, the report also highlighted the negative health effects of AAS use, including liver damage, increased risk of heart disease, and mental health issues. The report recommends that the government implement education programs to raise awareness about the dangers of AAS use and consider regulating the sale and distribution of AAS.

The study was conducted by the Department of Research and Statistics of the Ministry of Justice and is the first of its kind in Kuwait. The report is available for download on the ministry's website.