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## The Everyday Cognitive Consequences of Regular Use of Anabolic Androgenic Steroids in a Sporting Context.

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**Introduction:** Anabolic Androgenic Steroids (AAS) are typically used by athletes, sports coaches and recreational sports users in an attempt to improve muscle mass and enhance sporting regimes. Despite a myriad of health problems associated with using AAS, no research to date has considered whether AAS use has a detrimental impact upon cognition.

**Objectives:** This study considered putative links between regular AAS use in gym users and prospective memory (PM: remembering future intentions and activities) and executive function (EF: memory organization and attentional control).

**Aims:** To compare a group of regular AAS gym users with a group of regular gym users who do not use AAS on measures of PM and EF.

**Methods:** 35 young adult regular gym users who use AAS to enhance muscle/training (the AAS group) were compared with a group of 35 young adult gym users who do not use AAS (the Non-AAS group). The Prospective and Retrospective Memory Questionnaire was used to measure self-reported PM and the Executive Function Scale measured self-reported EF. Other drug use and mood were also measured since these can impact upon memory independent of AAS use.

**Results:** After observing no between-group differences on other drug use and mood, the AAS group reported significantly more PM lapses and EF deficits when compared with the Non-AAS group.

**Conclusions:** These findings suggest that the use of AAS in sporting contexts may compromise everyday memory in the form of PM and EF. The findings and their implications will be considered at conference.