**Supplemental Digital Content 7.** Results of Randomized Trials of Effect of Anabolic-Androgenic Steroids (AAS) Compared to Placebo on Power

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | |
| **Author** | ***N*** | **Method of Measurement** | **Units** | **Difference in Power in AAS Group (Post - Pre)\*** | **Difference in Power in Placebo Group (Post - Pre)\*** | **Difference in Differences (AAS - placebo)\*\*** | ***P*** |
| Fahey and Brown, 1973 | 28 | Cycle ergometer | Kilopondmeter (KPM)/minute | 80.6 | 31.6 | 49 | - |
| Van Gammeren et al., 2001 | 16 | Supine dumbell bench press with 60% pre-test body weight at maximum velocity | Kilowatts | -0.09 | -0.01 | -0.08 | - |
| Rogerson et al., 2007 | 18 | 10-second cycle sprint test on cycle ergometer | Watts | 150 | 40 | 110 | 0.01 |
| Igwebuike et al., 2008 | 31 | Unclear | Watts | 23.7 | 19 | 4.7 | 0.001 |
| Hildreth et al., 2013 | 84 | Power rig leg extensor | Watts | 5.1 | 24.3 | -19.2 | - |
|  |  |  |  |  |  |  |  |
| "-" Denotes data not reported | | |  |  |  |  |  |
| \*Negative number means endurance was higher before treatment than afterwards | | | | | | |  |
| \*\*Positive number favors AAS | | |  |  |  |  |  |