Testosterone: Myths, Facts, and More

What Are The Real Impacts?

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1. High Testosterone Levels Are Only Natural For Men

Myth: Testosterone is naturally found in both Men and Women. There is an overlapping range of natural testosterone levels for Men and Women.

Fact: Testosterone is an important hormone for both Men and Women. Women can naturally have high testosterone levels, sometimes even more than Men.

2. Testosterone Equals Aggression

Myth: Individual differences in testosterone levels do not predict differences in aggressive behavior.

Sapolsky Study: Castrate an Individual

Remove the Testicles

Alter Testosterone Levels

Results: The same level of aggression returned for testosterone levels at 20% and double the natural levels.

Fact: The brain can't distinguish between a certain range of testosterone. Thus, it cannot be attributed to changes in aggression.

3. Testosterone Will Make You More Competitive

Jordan-Young & Karkazis Study: Testosterone Links

Nuckols Study: Details

Trained 7 weeks without steroids

Trained 4 weeks being told they were on steroids (actually placebo)

Results: Combined total of 22 pounds

Combined total of 100 pounds

Conclusion: The placebo effect clearly increases your strength gains from training when you simply think you are on steroids.

Fact: Context and specificity are important in understanding the effects of testosterone on performance. Psychology plays a major role in the strength gains often attributed to steroids such as testosterone.

4. Testosterone Will Not Have Any Side Effects

Myth: Testosterone should not be used to enhance athletic performance. Possible side effects:

Seizure

Mood changes

Infertility

Addiction

Fact: The use of testosterone can lead to a variety of dangerous health problems. While testosterone can be linked to increased athletic performances in certain cases, the relationship between the two is much more complicated.

CONCLUSION

Testosterone is an important hormone that has overlapping natural levels in men and women. It can exaggerate already present levels of aggression, but not cause it. Context, specificity, and psychological consideration are key to identifying testosterone's real impacts on athletic performance. Testosterone is no joke; there are many severe side effects that can accompany it. While testosterone can be linked to increased athletic performances in certain cases, the relationship between the two is much more complicated.

SOURCES


4. https://www.uofmhealth.org/health-library/d00558a1
