

Homicidality and Psychosis Associated with Over the Counter Performance Enhancing Supplements in a Past Anabolic Steroid User: A Case Report

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Presentation

- 30-years-old male
- Homicidal ideation
- Command hallucinations to kill a man
- “Vivid visions” of homicide
- Paranoid delusions
- Disorganized speech and behavior

Past Psychiatric History

- Polysubstance dependence full remission

Past Medical & Family Histories

- Non-contributory

Physical Examination

- Well-defined bodybuilder
- Hypertrophied musculature and acne
- Otherwise within normal limits

Mental Status Examination

- Alert and oriented
- Guarded
- Depressed
- Disorganized
- Auditory and visual hallucinations
- Paranoid delusions
- Preoccupied with sex and muscles

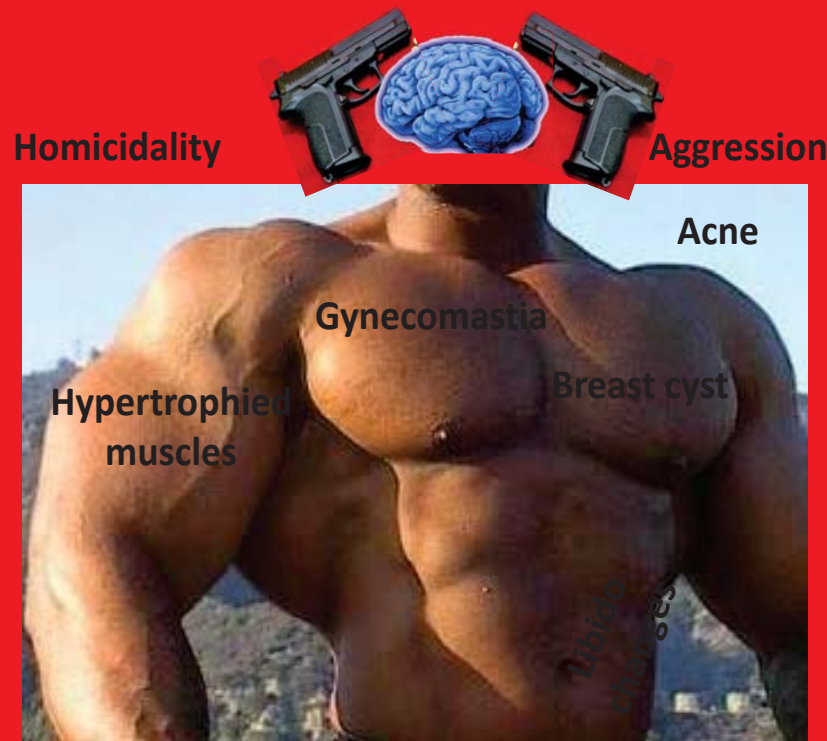
Current Rx: None

Investigation: all within normal limits

- Routine laboratory tests
- Urine Drug Screen
- CT scan of the head
- ECG
- Vital signs

Symptoms

Psychosis and hallucinations



Diagnoses

- **Substance Induced Psychotic Disorder**
- **Anabolic Steroid Use Disorder**
- **Stimulant, Opioid and Alcohol Use Disorders**
 - in full and sustained remission

Inpatient Treatment

- Olanzapine cleared psychosis and paranoia, allowing collection of *extended history*:
 1. A recreational bodybuilder
 2. 7 “cycles” of anabolic steroids (AS) with human growth hormone for muscle growth
 3. Stopped due to cost, gynecomastia and a lump under the nipple
 4. Started over the counter (OTC) **performance enhancing supplements (PES) Dendrobium orchid extract and L-Dopa**
 5. Onset of homicidality, psychosis
- Psycho-education and Psychotherapy

Discharge Plan

- Follow-up with outpatient mental health provider
- Chemical dependency provider
- General medical provider
- Family support

Discussion

- Only 5 reported cases of homicidality on AS, none on PES
- In 2014 FDA found CrazeTM, (Dendrobium alkaloids mix) adulterated with N, α -diethyl-phenylethylamine, a methamphetamine analog

Lessons Learned

Clinician’s should be aware of:

- Underreported AS and PES use
- Use of supplements can be cyclical = “cycling” or in combination = “stacking”
- OTC PES are not evaluated by FDA for safety, hence may be adulterated
- May pose health risks and cause a variety of psychiatric presentations during use or withdrawal