

Supplementary File 2. Perceptions and experiences of UK men with testosterone replacement therapy experience, overall and by age group.

	Age groups (years)						
	≤30	31-40	41-50	51-60	61+	Total	
	(N = 57)	(N = 235)	(N = 349)	(N = 195)	(N = 69)	(N = 905)	p-value
TRT information source*							
Health professional - GP	19 (33%)	77 (33%)	134 (38%)	91 (47%)	35 (51%)	356 (39%)	0.422
Health professional - other	9 (16%)	20 (9%)	30 (9%)	15 (8%)	7 (10%)	81 (9%)	0.368
Health professional - specialist (e.g., urologist)	16 (28%)	59 (25%)	87 (25%)	36 (18%)	18 (26%)	216 (24%)	0.207
Google	46 (81%)	188 (80%)	260 (74%)	139 (71%)	41 (59%)	674 (74%)	0.01
TikTok	6 (11%)	9 (4%)	7 (2%)	4 (2%)	1 (1%)	27 (3%)	0.024
YouTube	22 (39%)	88 (37%)	104 (30%)	51 (26%)	15 (22%)	280 (31%)	<0.001
Magazine	0 (0%)	7 (3%)	4 (1%)	6 (3%)	3 (4%)	20 (2%)	0.002
Personal trainer	2 (4%)	5 (2%)	12 (3%)	8 (4%)	2 (3%)	29 (3%)	0.108
Support groups	3 (5%)	5 (2%)	23 (7%)	10 (5%)	6 (9%)	47 (5%)	0.007
Family - parent	4 (7%)	1 (0%)	3 (1%)	4 (2%)	1 (1%)	13 (1%)	0.622
Family - sibling	1 (2%)	1 (0%)	3 (1%)	3 (2%)	0 (0%)	8 (1%)	0.002
Friend	1 (2%)	20 (9%)	33 (9%)	33 (17%)	4 (6%)	91 (10%)	0.007
Barber	0 (0%)	1 (0%)	1 (0%)	2 (1%)	0 (0%)	4 (0%)	0.688
Other	2 (4%)	23 (10%)	29 (8%)	22 (11%)	8 (12%)	84 (9%)	0.829
Lifestyle modifications implemented after a low testosterone diagnosis (prior to trying TRT)*							
Reducing alcohol	29 (51%)	95 (40%)	137 (39%)	71 (36%)	26 (38%)	358 (40%)	0.399
Cardiovascular training	27 (47%)	94 (40%)	146 (42%)	76 (39%)	20 (29%)	363 (40%)	0.254
Diet modification	33 (58%)	122 (52%)	153 (44%)	66 (34%)	25 (36%)	399 (44%)	<0.001
Prioritising sleep	33 (58%)	105 (45%)	125 (36%)	55 (28%)	18 (26%)	336 (37%)	<0.001
Smoking cessation	14 (25%)	23 (10%)	28 (8%)	16 (8%)	1 (1%)	82 (9%)	<0.001
Stress management techniques	17 (30%)	58 (25%)	82 (23%)	38 (19%)	8 (12%)	203 (22%)	0.08
Supplements	34 (60%)	103 (44%)	152 (44%)	84 (43%)	22 (32%)	395 (44%)	0.043
Weight Loss	26 (46%)	94 (40%)	125 (36%)	63 (32%)	24 (35%)	332 (37%)	0.298
Weight training / physical activity	46 (81%)	165 (70%)	251 (72%)	128 (66%)	33 (48%)	623 (69%)	<0.001
Other forms of exercise	1 (2%)	8 (3%)	21 (6%)	16 (8%)	9 (13%)	55 (6%)	0.016
Other	2 (4%)	3 (1%)	3 (1%)	4 (2%)	4 (6%)	16 (2%)	0.049
Improvements to lifestyle after a low							

testosterone diagnosis*							
testosterone replacement therapy (TRT)	50 (88%)	216 (92%)	302 (87%)	170 (87%)	54 (78%)	792 (88%)	0.042
Reducing alcohol	7 (12%)	21 (9%)	43 (12%)	25 (13%)	10 (14%)	106 (12%)	0.619
Cardiovascular training	6 (11%)	16 (7%)	40 (11%)	24 (12%)	4 (6%)	90 (10%)	0.196
Diet modification	6 (11%)	28 (12%)	36 (10%)	20 (10%)	6 (9%)	96 (11%)	0.945
Prioritising sleep	14 (25%)	36 (15%)	47 (13%)	20 (10%)	5 (7%)	122 (13%)	0.03
Smoking cessation	3 (5%)	5 (2%)	8 (2%)	7 (4%)	1 (1%)	24 (3%)	0.561
Stress management techniques	2 (4%)	14 (6%)	24 (7%)	8 (4%)	2 (3%)	50 (6%)	0.49
Supplements	4 (7%)	13 (6%)	13 (4%)	10 (5%)	2 (3%)	42 (5%)	0.665
Weight Loss	11 (19%)	28 (12%)	44 (13%)	20 (10%)	7 (10%)	110 (12%)	0.445
Weight training / physical activity	21 (37%)	70 (30%)	117 (34%)	55 (28%)	16 (23%)	279 (31%)	0.309
Other forms of exercise	0 (0%)	6 (3%)	10 (3%)	9 (5%)	3 (4%)	28 (3%)	0.409
Other	0 (0%)	0 (0%)	3 (1%)	3 (2%)	1 (1%)	7 (1%)	0.379
None	5 (9%)	5 (2%)	19 (5%)	10 (5%)	8 (12%)	47 (5%)	0.019
Impact of TRT as a motivating factor on: appearance							0.051
1 (None / no impact at all)	4 (7%)	19 (8%)	23 (7%)	24 (12%)	9 (13%)	79 (9%)	
2	5 (9%)	25 (11%)	31 (9%)	23 (12%)	14 (20%)	98 (11%)	
3	13 (23%)	55 (23%)	102 (29%)	60 (31%)	21 (30%)	251 (28%)	
4	18 (32%)	79 (34%)	108 (31%)	48 (25%)	16 (23%)	269 (30%)	
5 (Highly important / high impact)	17 (30%)	57 (24%)	85 (24%)	40 (21%)	9 (13%)	208 (23%)	
Impact of TRT as a motivating factor on: societal perceptions or stereotypes around masculinity							0.193
1 (None / no impact at all)	22 (39%)	86 (37%)	141 (40%)	85 (44%)	34 (49%)	368 (41%)	
2	9 (16%)	41 (17%)	54 (15%)	32 (16%)	12 (17%)	148 (16%)	
3	12 (21%)	48 (20%)	97 (28%)	50 (26%)	14 (20%)	221 (24%)	
4	8 (14%)	35 (15%)	40 (11%)	18 (9%)	5 (7%)	106 (12%)	
5 (Highly important / high impact)	6 (11%)	25 (11%)	17 (5%)	10 (5%)	4 (6%)	62 (7%)	
Impact of TRT as a motivating factor on: personal relationships, including intimacy & communication							0.515
1 (None / no impact at all)	1 (2%)	7 (3%)	7 (2%)	5 (3%)	0 (0%)	20 (2%)	

2	0 (0%)	8 (3%)	18 (5%)	16 (8%)	5 (7%)	47 (5%)	
3	8 (14%)	29 (12%)	49 (14%)	30 (15%)	12 (17%)	128 (14%)	
4	17 (30%)	80 (34%)	121 (35%)	66 (34%)	21 (30%)	305 (34%)	
5 (Highly important / high impact)	31 (54%)	111 (47%)	154 (44%)	78 (40%)	31 (45%)	405 (45%)	
Impact of TRT as a motivating factor on: acceptance of TRT in your social circle or community							0.065
1 (None / no impact at all)	22 (39%)	106 (45%)	154 (44%)	86 (44%)	38 (55%)	406 (45%)	
2	6 (11%)	27 (11%)	56 (16%)	36 (18%)	11 (16%)	136 (15%)	
3	16 (28%)	47 (20%)	75 (21%)	47 (24%)	12 (17%)	197 (22%)	
4	4 (7%)	28 (12%)	41 (12%)	16 (8%)	6 (9%)	95 (10%)	
5 (Highly important / high impact)	9 (16%)	27 (11%)	23 (7%)	10 (5%)	2 (3%)	71 (8%)	
TRT consultation goals*							
Clarifications on potential side effects	30 (53%)	108 (46%)	179 (51%)	99 (51%)	46 (67%)	462 (51%)	0.055
Discuss alternative treatment options	15 (26%)	47 (20%)	85 (24%)	44 (23%)	27 (39%)	218 (24%)	0.025
Learn about available treatment options	36 (63%)	130 (55%)	233 (67%)	124 (64%)	52 (75%)	575 (64%)	0.013
Get guidance on lifestyle modifications	14 (25%)	51 (22%)	88 (25%)	43 (22%)	24 (35%)	220 (24%)	0.224
Discuss side effects	30 (53%)	107 (46%)	175 (50%)	99 (51%)	45 (65%)	456 (50%)	0.077
Get medical evaluation (via blood tests) & diagnosis	44 (77%)	178 (76%)	269 (77%)	152 (78%)	57 (83%)	700 (77%)	0.828
Get professional advice on personal health	19 (33%)	82 (35%)	111 (32%)	47 (24%)	26 (38%)	285 (31%)	0.111
Build a trusting patient-doctor relationship	19 (33%)	82 (35%)	126 (36%)	64 (33%)	36 (52%)	327 (36%)	0.062
Other	0 (0%)	3 (1%)	4 (1%)	2 (1%)	2 (3%)	11 (1%)	0.661
Expectations around the effect of TRT							0.004
Gradual, sustained changes over	39 (68%)	161 (69%)	242 (69%)	143 (73%)	54 (78%)	639 (71%)	
No specific expectations	3 (5%)	13 (6%)	13 (4%)	15 (8%)	3 (4%)	47 (5%)	
Other (please specify):	0 (0%)	0 (0%)	3 (1%)	0 (0%)	3 (4%)	6 (1%)	
Rapid improvement in symptoms	15 (26%)	61 (26%)	91 (26%)	37 (19%)	9 (13%)	213 (24%)	
Satisfaction with interactions with healthcare professional prior to starting TRT							0.095

1 (not satisfied at all)	2 (4%)	11 (6%)	10 (3%)	1 (1%)	2 (3%)	26 (3%)	
2	1 (2%)	5 (3%)	15 (5%)	13 (8%)	2 (3%)	36 (5%)	
3	10 (20%)	25 (13%)	25 (8%)	12 (7%)	6 (10%)	78 (10%)	
4	17 (34%)	56 (29%)	95 (32%)	51 (31%)	19 (30%)	238 (31%)	
5 (extremely satisfied)	20 (40%)	98 (50%)	151 (51%)	86 (53%)	34 (54%)	389 (51%)	
Preference for consultations							0.038
Both equally	29 (55%)	137 (63%)	193 (63%)	107 (61%)	45 (71%)	511 (63%)	
Face-to-face	10 (19%)	34 (16%)	56 (18%)	44 (25%)	14 (22%)	158 (19%)	
Telephone or online consultation	14 (26%)	46 (21%)	55 (18%)	24 (14%)	4 (6%)	143 (18%)	
Effectiveness of TRT							0.225
Very ineffective	2 (4%)	13 (6%)	15 (4%)	8 (4%)	7 (10%)	45 (5%)	
Ineffective	3 (5%)	5 (2%)	20 (6%)	8 (4%)	4 (6%)	40 (4%)	
Unsure	2 (4%)	8 (3%)	19 (5%)	14 (7%)	7 (10%)	50 (6%)	
Effective	22 (39%)	76 (32%)	115 (33%)	67 (34%)	25 (36%)	305 (34%)	
Very effective	28 (49%)	133 (57%)	180 (52%)	98 (50%)	26 (38%)	465 (51%)	
Impact of TRT on: appearance (e.g., muscle mass, body composition)							<0.001
Negative impact	0 (0%)	1 (0%)	3 (1%)	3 (2%)	3 (4%)	10 (1%)	
Neutral	16 (28%)	47 (20%)	93 (27%)	58 (30%)	37 (54%)	251 (28%)	
Positive impact	34 (60%)	171 (73%)	217 (62%)	110 (56%)	24 (35%)	556 (61%)	
Uncertain	7 (12%)	16 (7%)	36 (10%)	24 (12%)	5 (7%)	88 (10%)	
Impact of TRT on: self-esteem & confidence							0.137
Negative impact	0 (0%)	1 (0%)	4 (1%)	2 (1%)	1 (1%)	8 (1%)	
Neutral	10 (18%)	43 (18%)	82 (23%)	60 (31%)	21 (30%)	216 (24%)	
Positive impact	41 (72%)	179 (76%)	238 (68%)	123 (63%)	44 (64%)	625 (69%)	
Uncertain	6 (11%)	12 (5%)	25 (7%)	10 (5%)	3 (4%)	56 (6%)	
Impact of TRT on: mental well-being & emotional health							0.23
Negative impact	3 (5%)	3 (1%)	6 (2%)	4 (2%)	2 (3%)	18 (2%)	
Neutral	13 (23%)	34 (14%)	65 (19%)	42 (22%)	17 (25%)	171 (19%)	
Positive impact	37 (65%)	184 (78%)	245 (70%)	137 (70%)	43 (62%)	646 (71%)	
Uncertain	4 (7%)	14 (6%)	33 (9%)	12 (6%)	7 (10%)	70 (8%)	
Impact of TRT on: overall quality of life, including work performance, social interactions, & personal satisfaction							0.242
Negative impact	1 (2%)	2 (1%)	4 (1%)	3 (2%)	2 (3%)	12 (1%)	
Neutral	10 (18%)	29 (12%)	58 (17%)	37 (19%)	18 (26%)	152 (17%)	

Positive impact	42 (74%)	192 (82%)	257 (74%)	145 (74%)	44 (64%)	680 (75%)	
Uncertain	4 (7%)	12 (5%)	30 (9%)	10 (5%)	5 (7%)	61 (7%)	
Satisfaction with access to resources in the UK							0.158
Very dissatisfied	18 (32%)	92 (39%)	111 (32%)	67 (34%)	29 (42%)	317 (35%)	
Somewhat dissatisfied	18 (32%)	61 (26%)	83 (24%)	66 (34%)	12 (17%)	240 (27%)	
Neither satisfied nor dissatisfied	7 (12%)	26 (11%)	59 (17%)	28 (14%)	12 (17%)	132 (15%)	
Somewhat satisfied	8 (14%)	32 (14%)	59 (17%)	17 (9%)	10 (14%)	126 (14%)	
Very satisfied	6 (11%)	24 (10%)	37 (11%)	17 (9%)	6 (9%)	90 (10%)	
Importance of maintaining fertility while on TRT							<0.001
Not important at all	9 (16%)	101 (43%)	205 (59%)	136 (70%)	45 (65%)	496 (55%)	
Of little importance	6 (11%)	35 (15%)	64 (18%)	40 (21%)	14 (20%)	159 (18%)	
Average	3 (5%)	22 (9%)	26 (7%)	9 (5%)	8 (12%)	68 (8%)	
Somewhat important	7 (12%)	31 (13%)	34 (10%)	1 (1%)	2 (3%)	75 (8%)	
Very important	12 (21%)	23 (10%)	13 (4%)	7 (4%)	0 (0%)	55 (6%)	
Absolutely essential	20 (35%)	22 (9%)	7 (2%)	2 (1%)	0 (0%)	51 (6%)	
Prefer not to answer	0 (0%)	1 (0%)	0 (0%)	0 (0%)	0 (0%)	1 (0%)	

**Multiple choice question (any unit of interest is number of answers and not number of responses)