

Jordan Book, BS; Lauri Byerley, PhD; Stefany Primeaux, PhD  
LSU Health Sciences Center, School of Medicine, New Orleans, LA  
LSU Health Sciences Center Department of Physiology, New Orleans, LA

## INTRODUCTION

- Caffeine is an increasingly used substance, with a market that often targets young adult consumers.
- Research shows that lower doses of caffeine improve wakefulness and attention, while higher doses are associated with negative effects like insomnia, anxiety, and heart palpitations.
- Survey-based studies on health professional students have linked increased caffeine consumption to increased stress, anxiety, and decreased sleep quality.
- Our study aims to assess the pattern of caffeine consumption among health professional students at LSU, as well as its association with demographics and side effects.

## METHODS

- We conducted a survey among LSU graduate health program participants to gather data on caffeine consumption and its related side effects.
- Responses were collected using the RedCap system and analyzed with Excel and SAS software.
- Participants were categorized into high and low consumers based on their self-reported weekly caffeine intake, and these two groups were compared.
- High consumers were those who drank two or more caffeinated products per day on average. Low consumers were those who drank one or less caffeinated products per day.
- Chi square was used to determine statistical difference between the high consumption group and low consumption group.

## RESULTS

	All participants (n= 128)	Low Consumers (n=31)	High Consumers (n=63)
Age	25.4 +/- 3.5	24.7 +/- 2.4	25.8 +/- 3.7
Sex, female % (n)	66.4% (85)	54.8% (17)	73.0% (46)
Sex, male % (n)	33.6% (43)	45.2% (14)	27.0% (17)
No caffeine % (n)	7.8% (10)	32.3% (10)	0% (0)
1 type of caffeine % (n)	17.2% (22)	51.6% (16)	3.2% (2)
2 types of caffeine % (n)	29.7% (38)	16.1% (5)	17.5% (11)
3+ types of caffeine % (n)	45.3% (58)	0% (0)	79.4% (50)
Coffee consumer % (n)	71.9% (92)	6.5% (2)	96.8% (61)
Espresso consumer % (n)	61.7% (79)	19.4% (6)	77.8% (49)
Tea consumer % (n)	44.5% (57)	32.3% (10)	57.1% (36)
Energy drink consumer % (n)	44.5% (57)	25.8% (8)	61.9% (39)
Use of other product % (n)	3.1% (4)	0% (0)	4.8% (3)
Studied > 30 hours % (n)	19.5% (25)	12.9% (4)	25.4% (16)
Insomnia	71.1% (91)	54.8% (14)*	77.1% (49)*
Headaches	75.0% (96)	61.3% (19)	77.8% (49)
Anxiety	87.5% (112)	87.1% (27)	90.5% (57)

Table 1. Survey results based on the responses of 128 individuals.

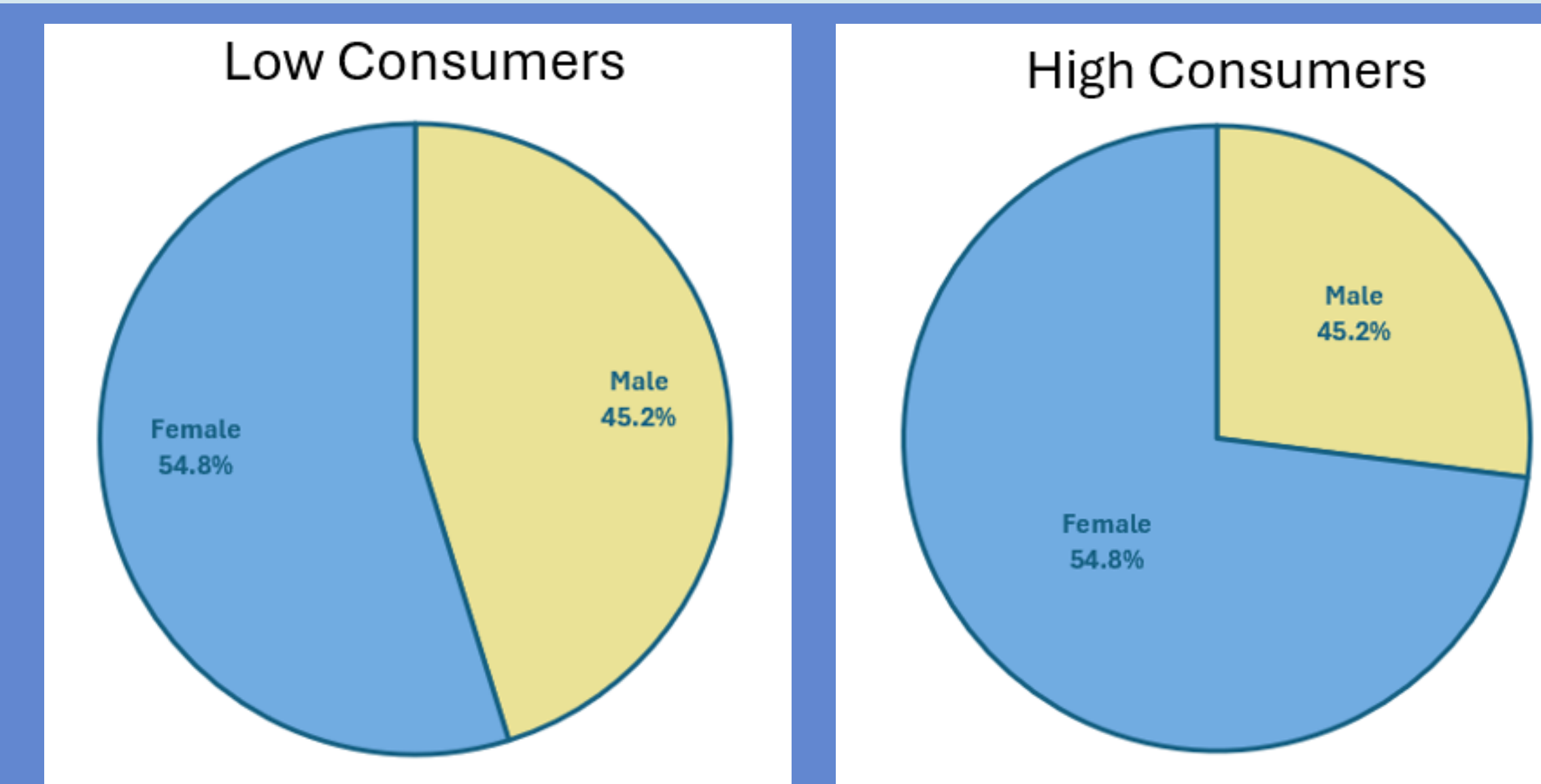
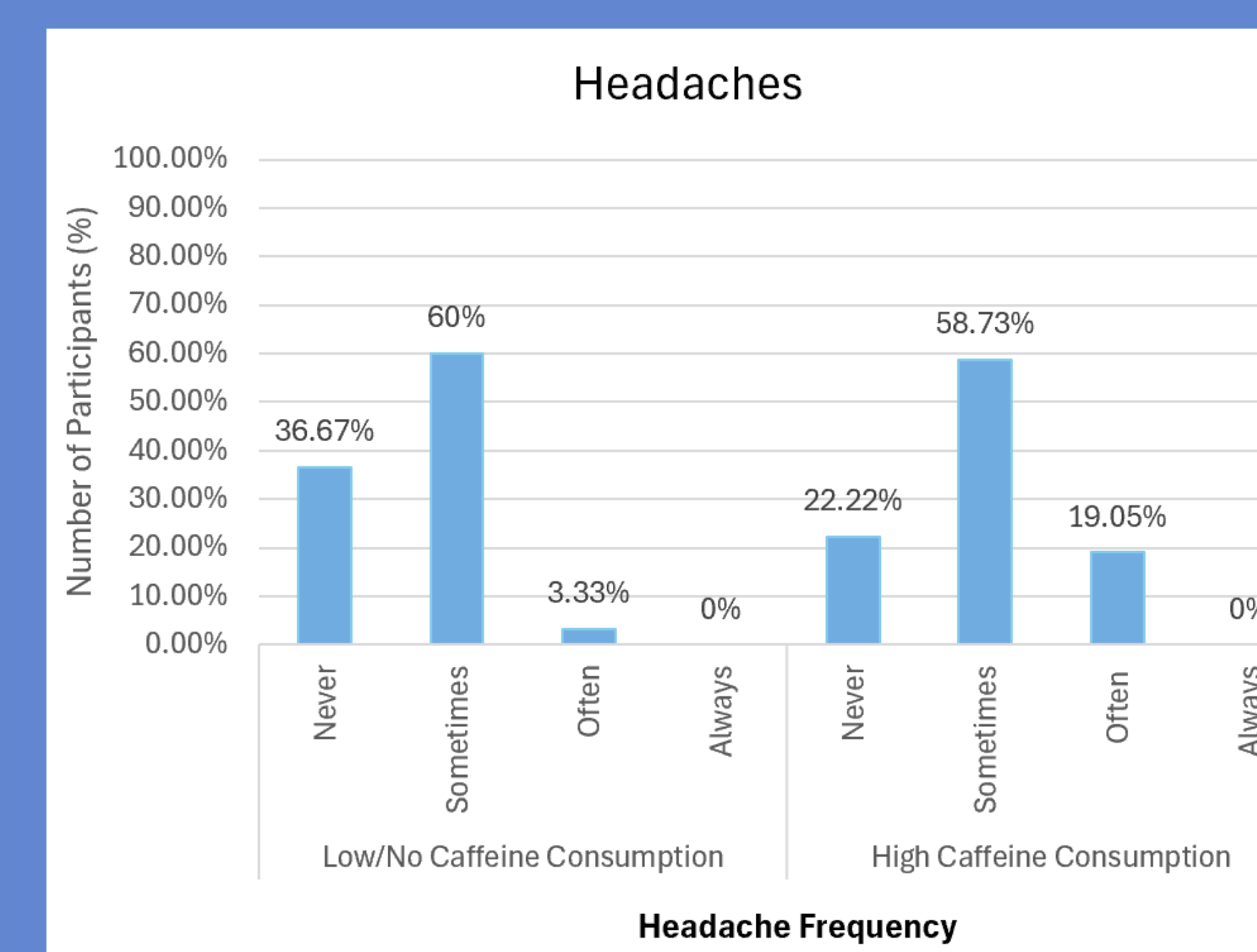
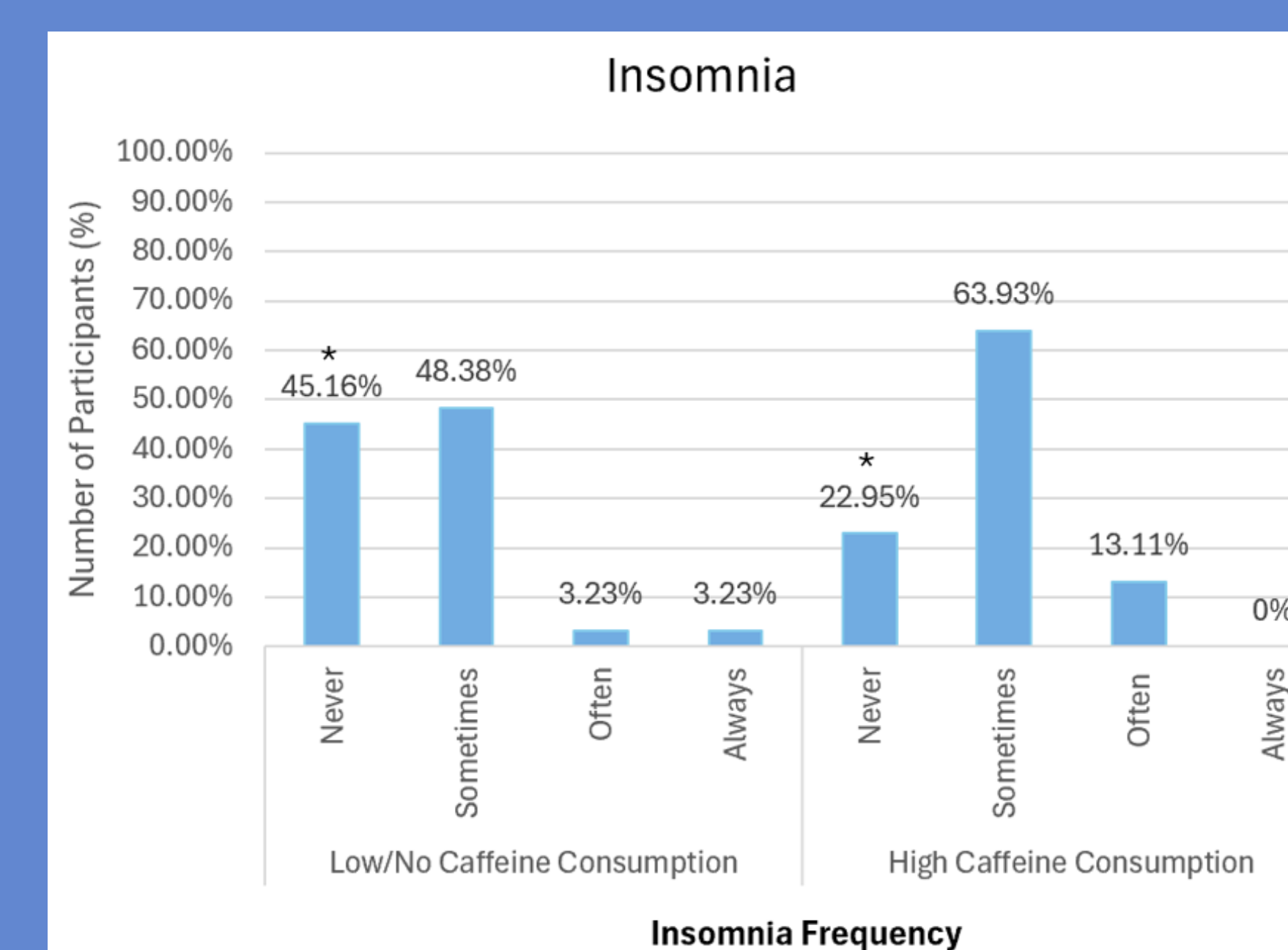


Figure 1. High and low consumption groups by reported sex at birth.



Figures 2-3. Reported insomnia and headache frequencies in low consumers and high consumers.

## CONCLUSION AND FUTURE DIRECTIONS

- The study results indicate that most caffeine users consume a combination of caffeinated products for stimulation.
- Regular coffee was the most commonly consumed caffeinated beverage among high caffeine consumers, yet it was the least preferred product among low consumers.
- There was no significant difference in the number of hours studied between high and low caffeine consumers, indicating that future research could investigate other motivations for caffeine use.
- Assessment of food preferences is ongoing and may reveal potential links to caffeine intake levels.
- As more survey responses are collected, additional trends and significant findings may become apparent.