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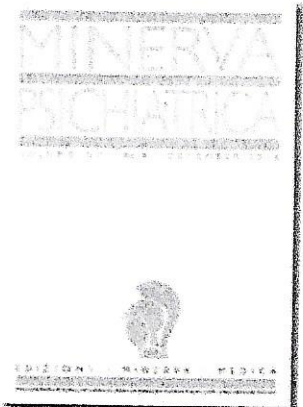
Energy drinks consumption with or without alcohol among Italian students

Maria R. CECILIA, Valeria BIANCHINI, Silvia CENCIARELLI, Vincenza COFINI

Department of Life, Health and Environmental Sciences, University of L'Aquila, L'Aquila, Italy

PDF

BACKGROUND: The aim was to investigate the prevalence of the energy drinks (ED) consumption (with or without alcohol), and the associations with social, psychological and behavioral features among Italian university students.
METHODS: A prevalence study was carried out. Data were collected using two anonymous self-administered questionnaires: the Gathering Consumption Data on Specific Consumer Groups of ED Questionnaire and the State-Trait Anxiety Inventory.
RESULTS: A total of 479 participants, aged 22.3±4.4 years (95% CI: 22-23) completed the survey. Almost 47% (95% CI: 42-51%) of all respondents were classified as ED users. ED consumption was associated with gender and smoking, but not with residence, anxiety, overweight and slip disorder. Among ED users, 65% (95% CI: 58-71%) were alcohol mixed with ED users (AmED users). Logistic regression analysis revealed a statistical association for gender and caffeine intake for AmED users. Among them, 27% (95% CI: 20-35%) was classified as regular AmED users. Regular AmED consumption was associated with two ED consumption motivations: "to stay awake" and "to treat a hangover".
CONCLUSIONS: Future studies are needed to assess the occurrence of side effects following the consumption of ED combined with alcohol. Considering possible adverse health consequences of AmED consumption, students and young people in general require basic information about it.



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