

Attitude of Lebanese University Students Concerning Caffeine

J. Ferneine, M. Soufia, T. Abi El Hessen

Université Saint Joseph, Beyrouth, Liban

OBJECTIVE : Since caffeine is a chemical substance found in common beverages that university students consume, in Lebanon. The objectives are to quantify the dose of caffeine consumed as coffee, tea or soft drinks consumed by students of different faculties, and analyze knowledge, attitude and consumption of caffeine by Lebanese university students.

METHOD: a questionnaire has been filled by the inquisitor interviewing 360 students from different faculties (public health and science).

RESULTS: statistics showed that there is a high prevalence of students consuming caffeinated beverages (96%), the average consumption being of 370mg of caffeine per day. Students conceive these beverages as stimulants, and the negative effects are dose dependent. Drinking beverages containing caffeine is affected by factors like environment and habit.

DISCUSSION: Students, who consume caffeine before 30minutes of waking-up, tend to consume more total caffeine then people who consume caffeine after 30minutes of waking-up. People who smoke tend to consume more caffeine then non smokers. Students who drink alcohol with caffeine consume more than people who consume nothing with it. And students searching for the intellectual concentration effect consume more than people consuming for other reasons. Withdrawal symptoms appear in consumers of caffeine; these results may determine the addictive dimension of caffeine.

CONCLUSION: More studies should be done on the subject of caffeine, to determine the factors that influence the behavior of people, the reasons of consumption, and the undesirable side effects. The awareness of caffeine content beverages should be enhanced in a world where soft drinks are booming.

Key words: caffeine, consumption, students, knowledge.