

Prevalence, Knowledge, & Attitudes of Energy Drink Consumption among university students in the UAE: A Cross-Sectional Study.



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Introduction 01

College students have shown a growing inclination towards consuming energy drinks as a means of enhancing their alertness. However, the lack of knowledge of the ingredients and potential side effects of these drinks among students in the UAE necessitates a need for monitoring.

Aim:

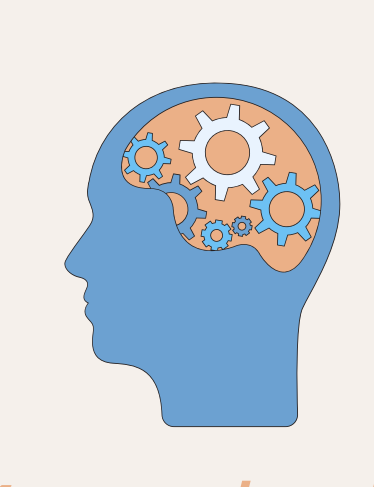
This study aims to assess the prevalence, attitudes, and knowledge of energy drink ingredients and side effects among college students in the UAE.

Methodology 02

A non-probability volunteer sampling method was used to conduct a Cross-Sectional Study among 472 UAE university students in 2022. An online questionnaire, consisting of sections on:



Demographics



Knowledge Levels



Attitudes

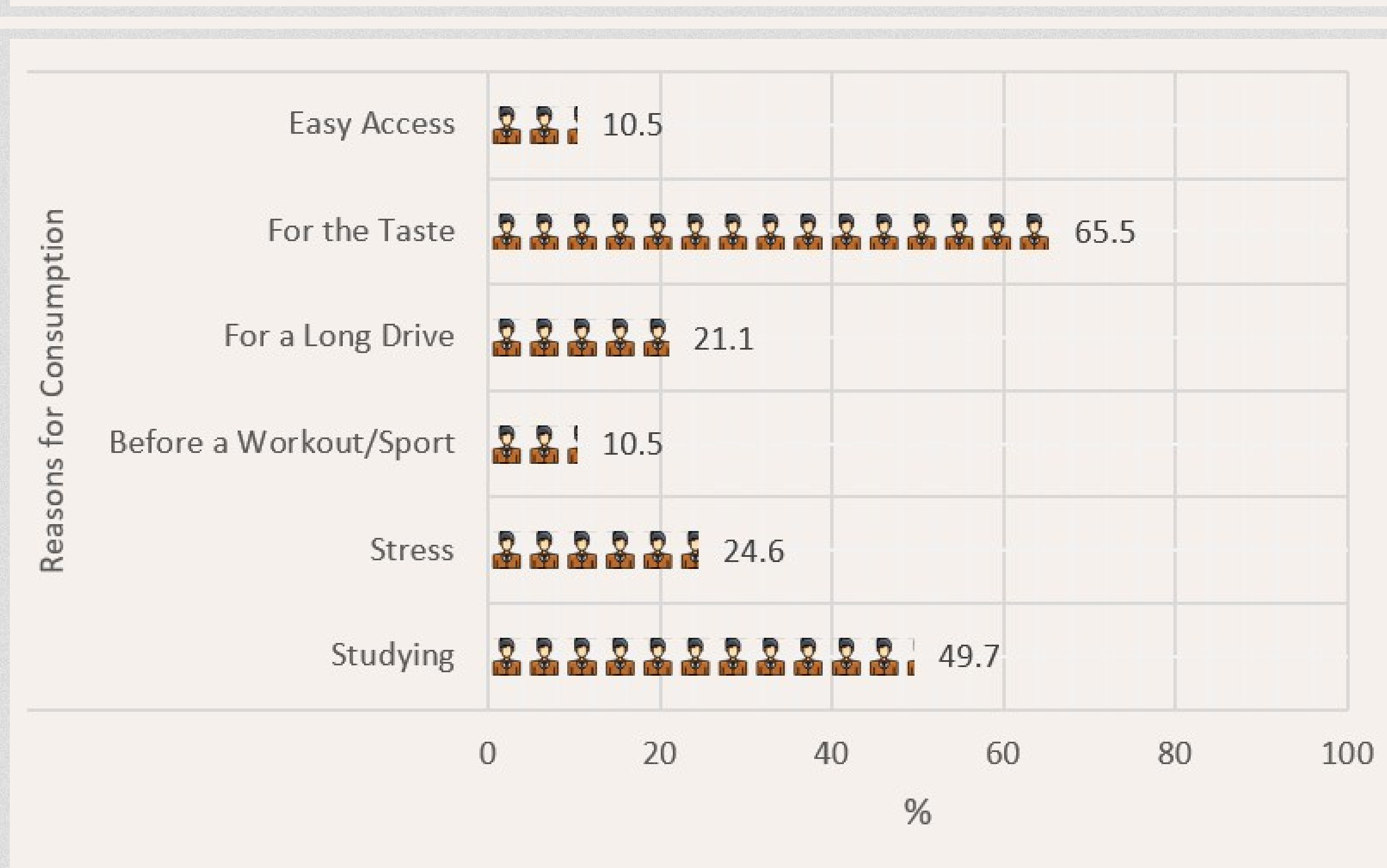
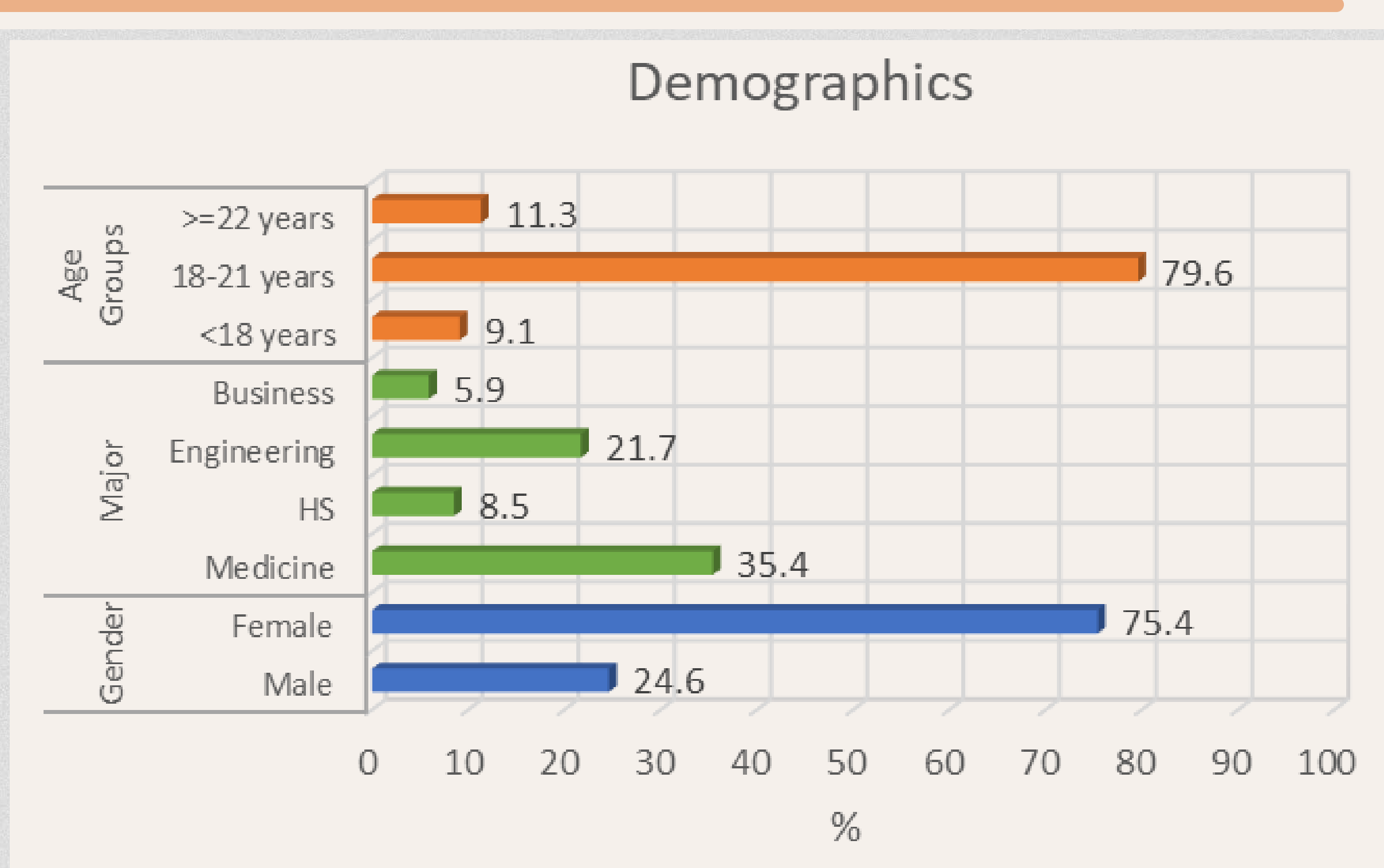


Beliefs

The questionnaire comprised of questions either taken from similar articles or created by the researchers. Most of the questions were multiple-choice, with some being multi-select and one rating scale question. The acquired data were analyzed using SPSS 23.0 software to produce frequency tables, Chi-square tests, and Odds ratios. The level of significance was set at 5%.

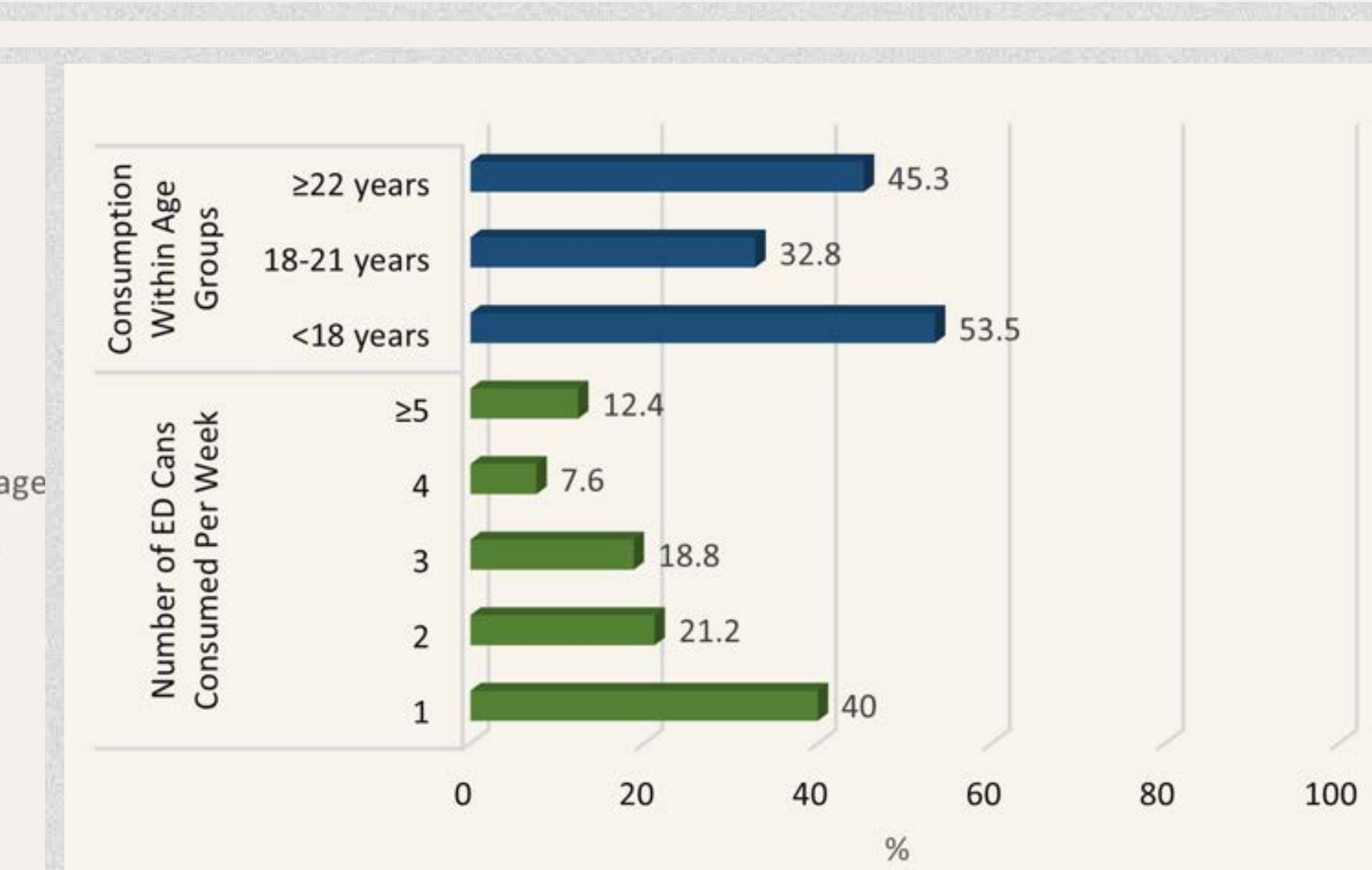
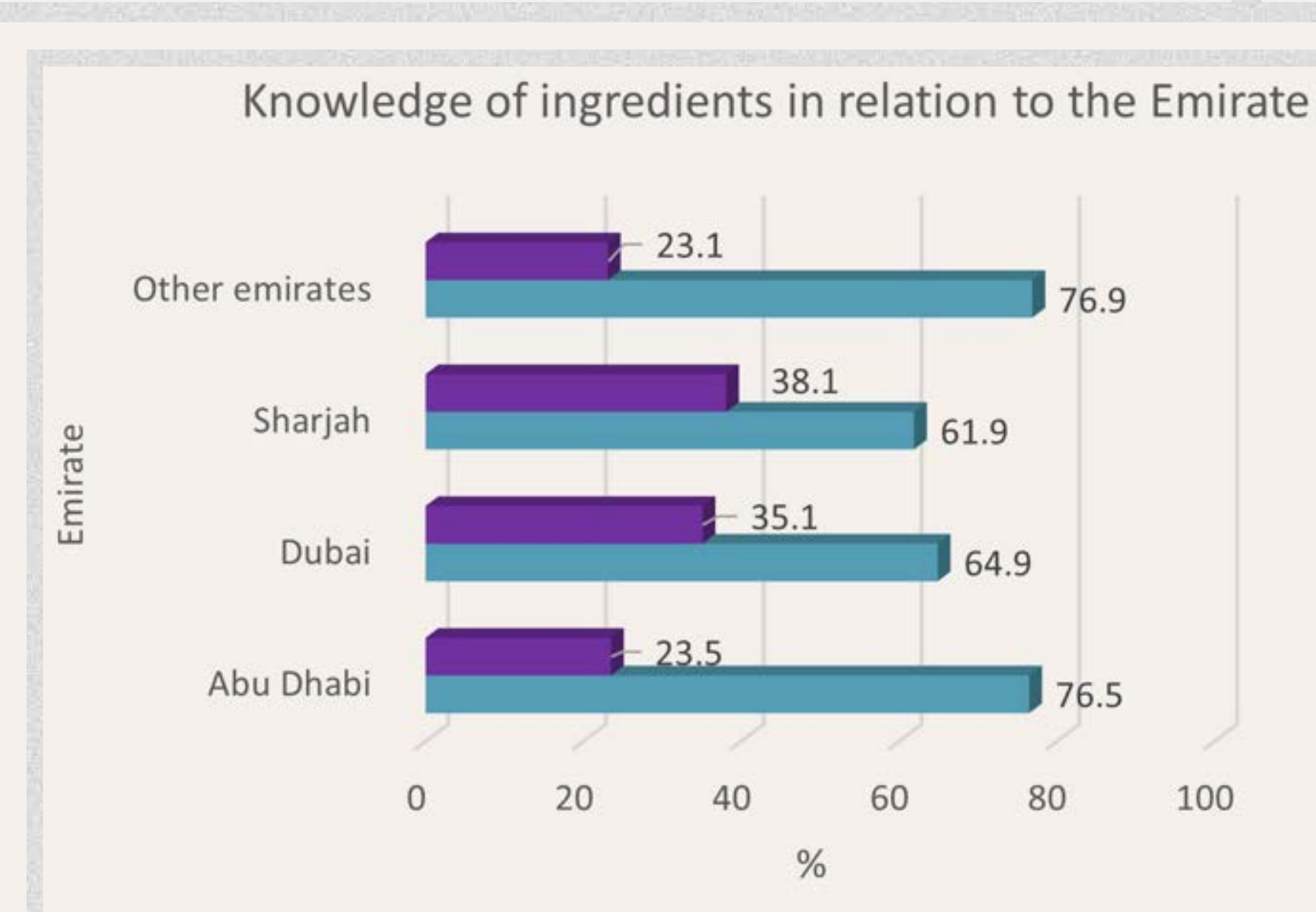
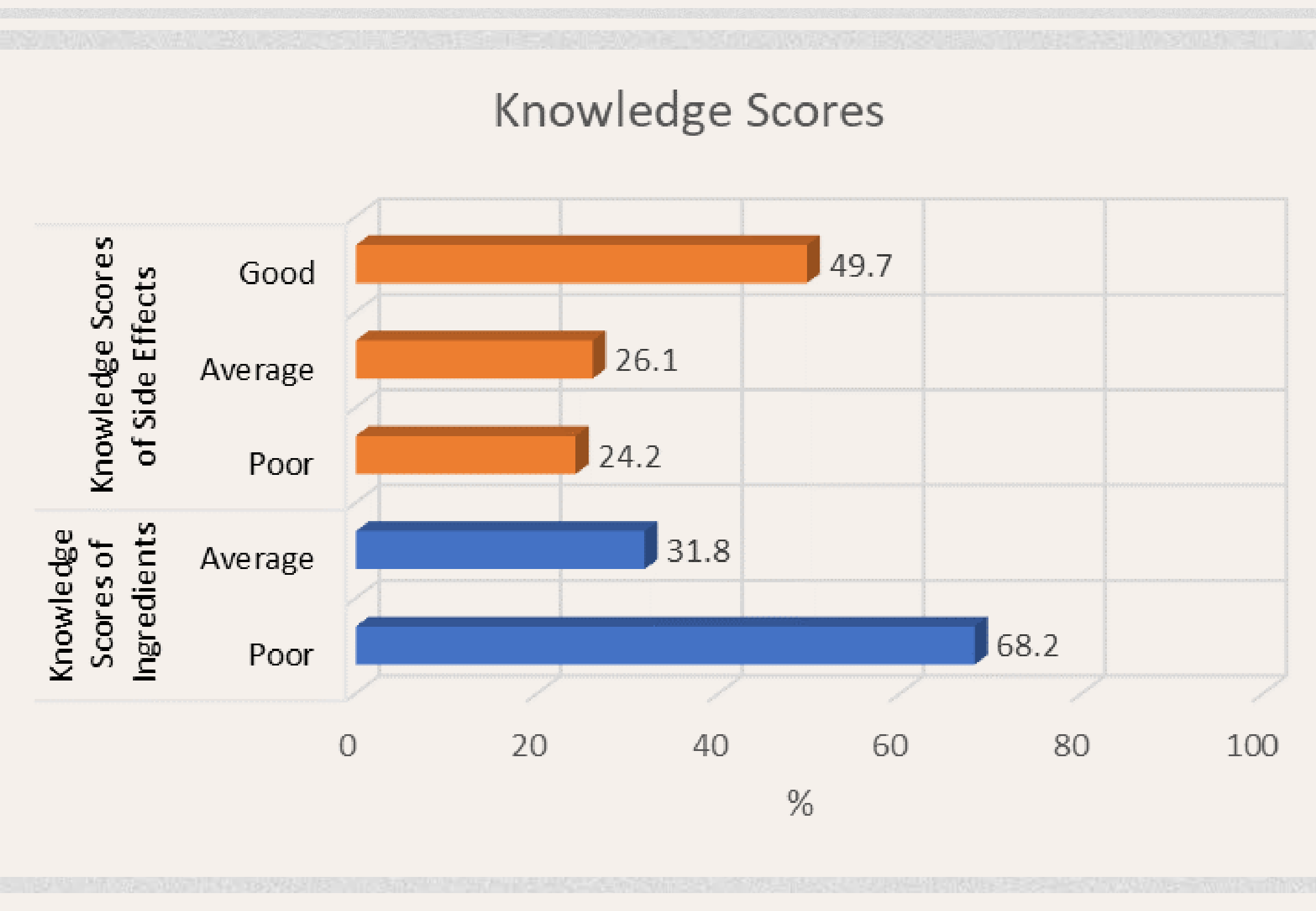
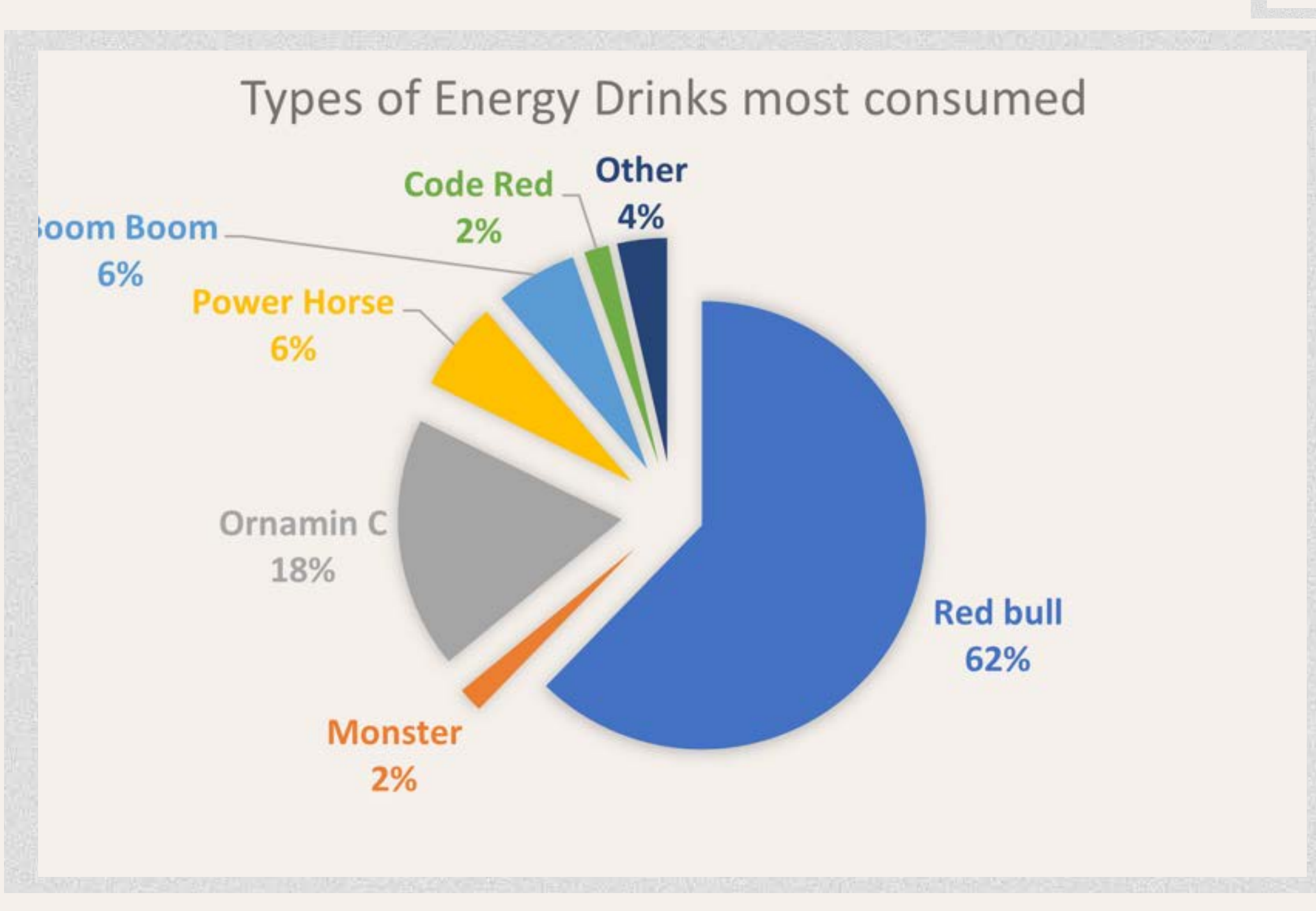
Results 03

- We found that 36.1% of our sample were current consumers of energy drinks.
- No students were found to have a good knowledge score of the ingredients of energy drinks.
- There was no significant difference in prevalence of consumption when comparing years of study
- A person who is <18 years of age is 2.36 (CI=95%) times more likely to be a current consumer of energy drinks.
- In regards to the frequency of consumption among medical and non-medical majors, no significant discrepancy was noticed.
- Non-consumers are 2.51 (CI=95%) times more likely to believe that there are substitutes.



Conclusion

High ED consumption was found among UAE university students without significant demographic associations. Limited knowledge indicates a need for awareness programs to educate students about ED constituents and impacts.



References:

