

Prevalence and Side Effects of Energy Drink Consumption among Medical College Students of Jouf University

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ABSTRACT

Introduction: Energy drinks is a drink that sugar and stimulating component, usually caffeine. These drinks are usually promoted and marketed as physical and mental stimulants that keep you alert for long time. Currently all over the world in KSA energy drinks have become famous adolescents and college students. Their intake of energy drink is more than general population. **Objectives:** To assess the prevalence and side effects of energy drink consumption among medical college students of Jouf university. **Materials and Methods:** All the medical students registered for 2016-17 academic year were included in this study. The present study is an analytical cross-sectional study design in the setting College of Medicine of Jouf University. The students registered of academic year 2016-17 were invited to take part in the study. A self-administered questionnaire was used for getting details about socio-demographic characteristics and second part was to assess the energy drink intake and its side effects. A pretested and structured questionnaire was administered. Data analysis were done by using SPSS Version 17. **Results:** Of the study participants, who consumed energy drinks was 32.9% (n=75). Regarding the gender of consumers, a significantly higher proportion of male students (39.9% of all male students, n=63) consumed energy drinks while 19.0% (12) female students consumed energy drink. Of the energy drink consumers, 58.7% do not remember about start of energy drink consumption. This study revealed 29 (38.7%) students drinks energy drink while they are studying. **Discussion:** This study findings are similar to several studies done in different part of the Kingdom. The promotion of awareness about the active ingredients of energy drinks and the potential side effects and adverse events from reaching intoxication levels.

Key word: Energy drink, Consumption, Side effects, Medical students