

PRELIMINARY PROPOSAL AND REFERENCES

1995-2000 old article:

Warburton, D. M. (1995). Effects of caffeine on cognition and mood without caffeine abstinence. *Psychopharmacology*, 119(1), 66–70. <https://doi.org/10.1007/bf02246055>

[https://pubmed.ncbi.nlm.nih.g](https://pubmed.ncbi.nlm.nih.gov/1006618215/)

2010-present new article:

Looby, A., Zimmerman, L., & Livingston, N. R. (2022). Expectation for stimulant type modifies caffeine's effects on mood and cognition among college students. *Experimental and Clinical Psychopharmacology*, 30(5), 525–535. <https://doi.org/10.1037/pha0000448>

<https://pubmed.ncbi.nlm.nih.gov/33734725/>

1. I am interested in comparing these two articles because they are very similar in what they are trying to find. Both these articles have the same central idea, which will make for an interesting comparison on how the findings/ the methods of findings have evolved through time. In addition, caffeine is a very common psychoactive drug that is accessible to the general population, so I found it interesting to investigate.
2. The drug used is caffeine.
3. The model species used in these articles were humans. More specifically, in the article 1995, 18 non-smoking males aged 18-30 were used. In the article from 2021, 65 students, primarily female (60%) with an average age of 19, were used. In the older article, the participants were given their dose of caffeine. To calculate the different measures (mood, cognitive ability, etc), they were asked to complete a series of computer tasks. This included CANTAB computerized test battery, rapid visual information processing, Baddeley semantic verification task, etc. for the newer article, the research methods used included substance use questionnaires, an addiction research center inventory, visual analog scales, cognitive assessments (California verbal learning test second edition) and manipulation tests via rating scales.
4. 1995- this article assessed the effects of different caffeine doses, including a placebo with minimal abstinence, on cognitive ability and mood.
5. 2021- this article assesses the effects of stimulant expectancy and caffeine doses on college student's cognitive abilities as well as mood. The doses/ controls included were a placebo, 200g caffeine, and the expectancy of Adderall but only being given caffeine.
6. For my discussion, I would like to talk about the different methods/ types of study models used, for example, the use of college students in one article vs only men in the other. I would also like to talk about the results and how they differ, and how similar they are. I would also like to talk about the evolution or devolution of the experiment design. I would also like to use the results of both articles to conclude the main idea behind the use of caffeine and its effects on mood and cognitive ability.