

Descriptive Statistics (Mean and Standard Deviation) of Attitude Toward Caffeine

Variable	Attitude Toward Caffeine	Scale: Strongly Disagree (1), Disagree (2), Neutral (3), Agree (4), Strongly Agree (5)						Avg	SD
		Strongly Disagree (%)	Disagree (%)	Neutral (%)	Agree (%)	Strongly Agree (%)			
ATC1	I feel more energetic after consuming caffeine.	54 (9)	61 (10)	157 (26)	237 (39)	92 (15)	3.419	1.137	
ATC2	Caffeine helps me stay awake when I am tired.	37 (6)	66 (11)	147 (24)	321 (53)	30 (5)	3.401	0.965	
ATC3	Caffeine improves my ability to focus.	53 (9)	110 (18)	152 (25)	192 (32)	94 (16)	3.273	1.187	
ATC4	I believe caffeine is safe when consumed in moderation.	44 (7)	92 (15)	154 (26)	185 (31)	126 (21)	3.428	1.188	
ATC5	I am concerned about the long-term effects of caffeine.	59 (10)	128 (21)	216 (36)	154 (26)	44 (7)	2.993	1.075	
ATC6	I experience negative side effects after consuming caffeine.	67 (11)	229 (38)	189 (31)	86 (14)	30 (5)	2.639	1.020	
ATC7	I rely on caffeine to get through the day.	72 (12)	140 (23)	232 (39)	132 (22)	25 (4)	2.830	1.035	
ATC8	I believe caffeine consumption should be reduced in my lifestyle.	52 (9)	275 (46)	180 (30)	66 (11)	28 (5)	2.572	0.958	
ATC9	I feel anxious after consuming caffeine.	96 (16)	300 (50)	130 (22)	52 (9)	23 (4)	2.344	0.974	
ATC10	I think caffeine helps me perform better academically or at work.	51 (8)	95 (16)	248 (41)	178 (30)	29 (5)	3.065	0.992	
ATC11	I consider caffeine a part of my daily routine.	53 (9)	135 (22)	142 (24)	237 (39)	34 (6)	3.106	1.090	
ATC12	I would recommend caffeine use to others for improving alertness.	41 (7)	159 (26)	263 (44)	114 (19)	24 (4)	2.869	0.933	
ATC13	I try to limit my caffeine intake when possible.	61 (10)	172 (29)	156 (26)	170 (28)	42 (7)	2.933	1.119	