Caffeine intake of respondents (n= 601)

| Pattern of Caffeine Intake | Respondent % |
| --- | --- |
| **What is your primary reason for consuming caffeinated beverages?** | |
| To stay awake | 111 (18.47) |
| To reduce stress | 101 (16.81) |
| To improve concentration | 177 (29.45) |
| Out of habit | 146 (24.29) |
| Other | 66 (10.98) |
| **Which type of caffeinated beverages do you consume most frequently?** | |
| Coffee | 194 (32.28) |
| Energy drinks | 44 (7.32) |
| Soft drinks | 44 (7.32) |
| Tea | 319 (53.08) |
| **What form of tea do you usually consume?** | |
| Black tea | 289 (48.09) |
| Green tea | 81 (13.48) |
| Milk tea | 208 (34.61) |
| White tea | 23 (3.83) |
| **What form of coffee do you usually consume?** | |
| Black coffee | 149 (24.79) |
| Espresso | 15 (2.50) |
| Instant coffee | 179 (29.78) |
| Milk coffee | 258 (42.93) |
| **How often do you consume caffeinated beverages?** | |
| Daily | 313 (52.08) |
| Never | 58 (9.65) |
| Once a week | 59 (9.82) |
| Several times a week | 171 (28.45) |
| **On average, how many caffeinated beverages do you consume per day?** | |
| 1 unit | 271 (45.09) |
| 2–3 units | 241 (40.10) |
| 4–5 units | 20 (3.33) |
| More than 5 units | 11 (1.83) |
| None | 58 (9.65) |
| **At what time of day do you usually consume caffeine?** | |
| Afternoon (12 PM – 6 PM) | 93 (15.47) |
| Evening (6 PM – 9 PM) | 315 (52.41) |
| Late night (after 9 PM) | 67 (11.15) |
| Morning (6 AM – 12 PM) | 126 (20.97) |
| **Do you consume more caffeine during exam periods?** | |
| I consume less caffeine during exams | 26 (4.33) |
| I do not consume caffeine at all | 73 (12.15) |
| No change | 157 (26.12) |
| Yes, significantly more | 158 (26.29) |
| Yes, slightly more | 187 (31.11) |
| **What factors influence your caffeine consumption the most?** | |
| Academic stress | 184 (30.62) |
| Habit/routine | 222 (36.94) |
| Lack of sleep | 63 (10.48) |
| Others | 65 (10.82) |
| Peer influence | 67 (11.15) |

**Have you ever tried to reduce your caffeine intake?**

| | |
|---|---|
| I don't consume caffeine | 59 (9.82) |
| No, never tried | 192 (31.95) |
| Yes, but unsuccessfully | 180 (29.95) |
| Yes, successfully | 170 (28.29) |