

Caffeine intake of respondents (n= 601)

Anxiety & Depression (Patient Health Questionnaire)	Respondent %
[PHQ1: Little interest or pleasure in doing things]	
More than half of the days	50 (8.32)
Nearly every day	69 (11.48)
Not at all	206 (34.28)
Several days	276 (45.92)
[PHQ2: Feeling down, depressed, or hopeless]	
More than half of the days	65 (10.82)
Nearly every day	38 (6.32)
Not at all	215 (35.77)
Several days	283 (47.09)
[PHQ3: Trouble falling or staying asleep, or sleeping too much]	
More than half of the days	86 (14.31)
Nearly every day	112 (18.64)
Not at all	153 (25.46)
Several days	250 (41.60)
[PHQ4: Feeling tired or having little energy]	
More than half of the days	93 (15.47)
Nearly every day	125 (20.80)
Not at all	84 (13.98)
Several days	299 (49.75)
[PHQ5: Poor appetite or overeating]	
More than half of the days	77 (12.81)
Nearly every day	39 (6.49)
Not at all	152 (25.29)
Several days	333 (55.41)
[PHQ6: Feeling bad about yourself - or that you are a failure or have let yourself or your family down]	
More than half of the days	74 (12.31)
Nearly every day	124 (20.63)
Not at all	183 (30.45)
Several days	220 (36.61)
[PHQ7: Trouble concentrating on things, such as reading the newspaper or watching television]	
More than half of the days	75 (12.48)
Nearly every day	46 (7.65)
Not at all	251 (41.76)
Several days	229 (38.10)
[PHQ8: Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual]	
More than half of the days	78 (12.98)
Nearly every day	33 (5.49)
Not at all	352 (58.57)
Several days	138 (22.96)
[PHQ9: Thoughts that you would be better off dead, or of hurting yourself in some way]	
More than half of the days	79 (13.14)
Nearly every day	44 (7.32)
Not at all	153 (25.46)
Several days	325 (54.08)