

Energy Drink Consumption Patterns Among College Students
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Full-text Abstract

The objective of this systematic review was to evaluate the behavioral patterns among college students and the association with energy drink consumption. Understanding the energy drink consumption pattern is important, why? A Medline and PubMed search was used to execute the review using key terms “energy drinks” and “college”. Articles that had full texts and abstracts were included. Review papers were excluded. Six articles were evaluated. All the articles used surveys to determine energy drink consumption patterns of undergraduate college students. The six studies concluded that mixing alcohol with energy drinks is the biggest pattern among college students. Four of the articles concluded that consumers of energy drinks have drug related issues. Three articles reported risky behaviors, such as sexual behaviors, physical fighting and the use of drugs are related to the consumption of energy drinks. The studies were relatively inexpensive and can be helpful with describing the behaviors of undergraduate college students. Limitations of the studies included participants not being able to recall information or telling the truth about a controversial question. Future research could include monitoring groups of college students and observing their behaviors as to why they consume energy drinks. Each group will examine a different variable, such as lack of sleep, party-goers, and drug users. An implication for this practice is monitoring health problems, such as high blood pressure, stress, or issues with sleeping, because it could help the college population to be aware of possible long-term side effects of consuming energy drinks.