

Alcohol mixed with energy drink consumption patterns, motivations, and outcomes in CSB/SJU students

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Introduction

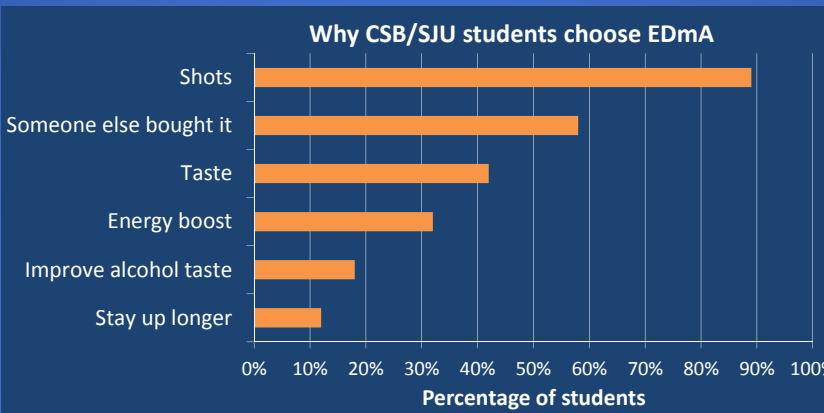
Wide-awake drunk, or blackout in a can? In recent years combining alcohol with energy drinks has become popular. Consuming energy drinks mixed with alcohol (EDmA) is linked to an increase in alcohol poisoning, extensive hangovers, and blackouts.

Purpose

The purpose of this study was to determine the intake patterns of EDmA, in CSB/SJU students.

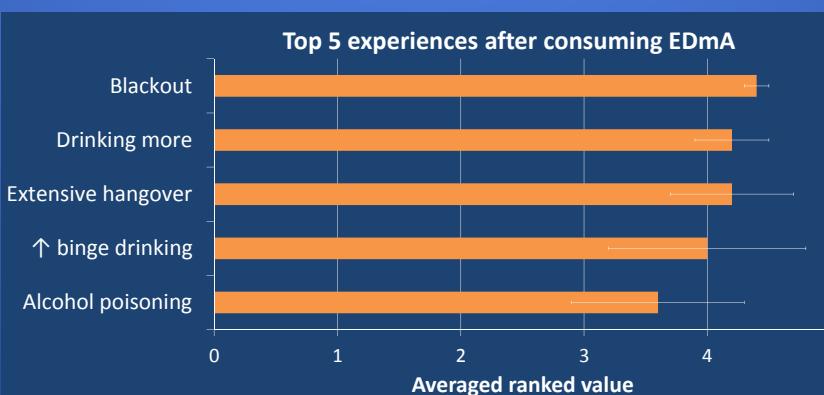
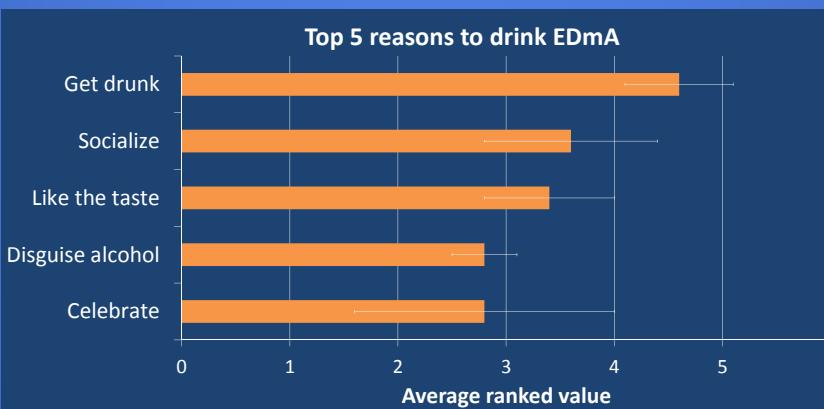
Methods

- Participants were 94 CSB/SJU students
- A written survey was completed, which questioned student's patterns, motivations, and outcomes of consuming EDmA
- The 11 question survey was completed anonymously over the course of two evenings at a local bar.
- A 5 point scale (1 = least significant/disagree and 5 = most significant/agree) was used to determine the reasons why students consume EDmA and what effects students witness or experience by consuming EDmA.



Results

- 100% of the students admitted to consuming an EDmA.
- 64 out of 94 (68%) students reported consuming EDmA "often", and averaged 1-2 EDmA per occasion.
- 48% of students agree that consuming EDmA will get you drunk faster.
- The number one reason students consume EDmA is to get drunk.
- Students reported blackouts, drinking more than expected, extensive hangover, and alcohol poisoning most often.



Conclusion

- 96% of the students recognize that consuming EDmA is more risky than alcohol alone, but do not know why.
- Consuming EDmA can also lead to risky behaviors, like drinking and driving, using illegal substances, and impulsive sexual behavior.
- Students need to become more aware of the many negative effects and why consuming EDmA is more risky.

Acknowledgements

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