

# Caffeine Consumption vs. Intensity of Anxiety Symptoms Among UCSD Asian American Students

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## Background

- **37% of US undergraduate and graduate** students reported having symptoms of anxiety
- Asian students comprise **7.6%** and **11.2% in US colleges**
- **30.5 million young adults** regularly consume at least **half** of the **recommended daily caffeine limit** (200+ mg out of 400 mg)

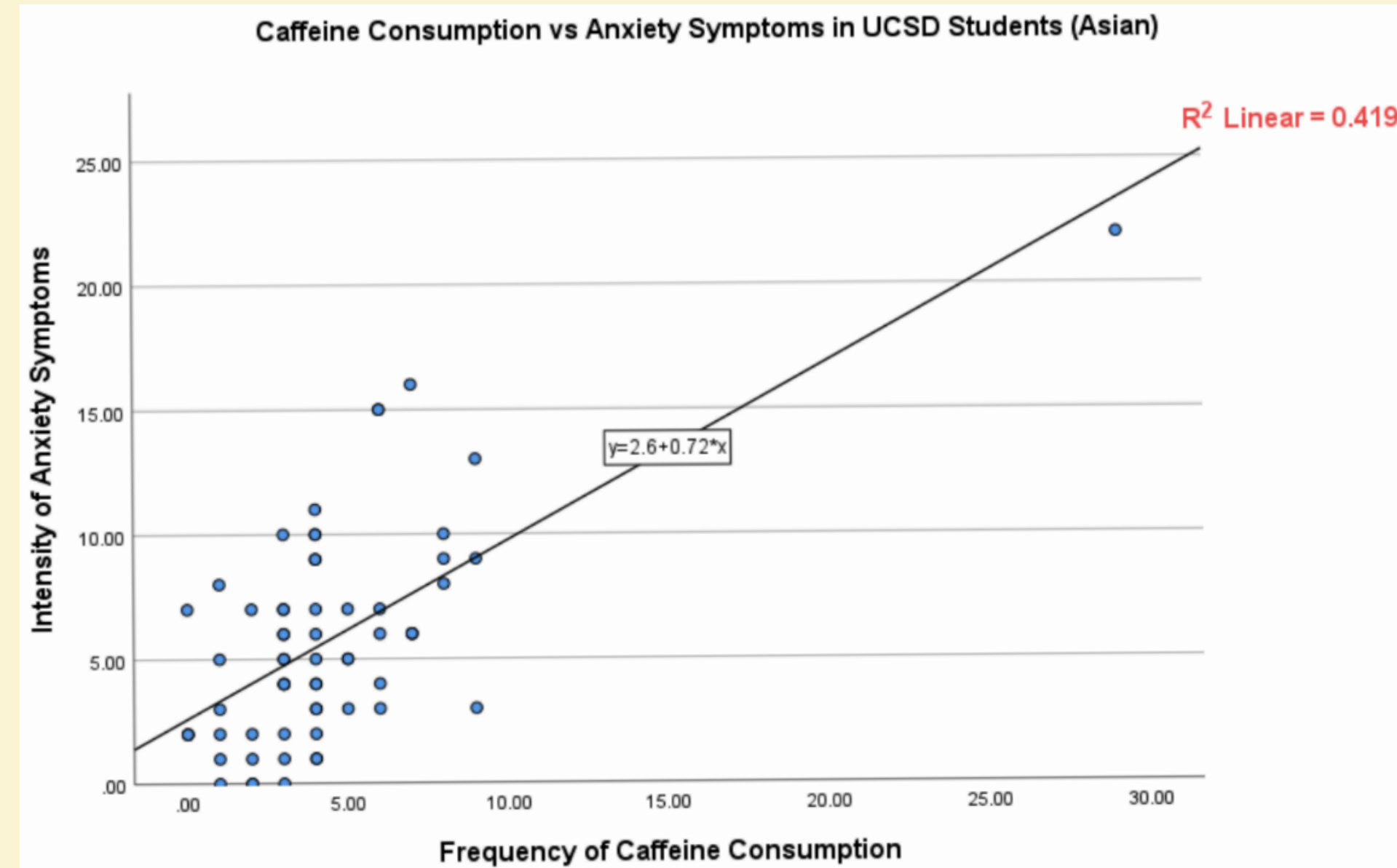
## Objective

Examine the relationship between **caffeine consumption** and **intensity of anxiety symptoms** among **Asian American** undergraduates at UCSD

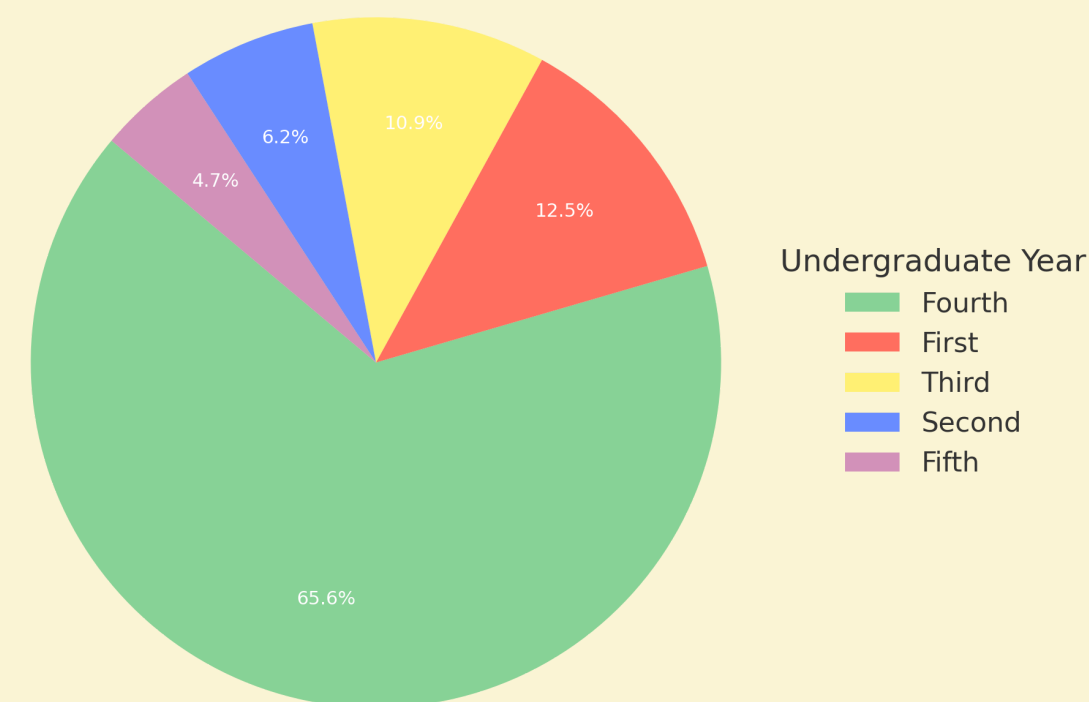
## Methods

- **Design:** Cross-sectional study using an anonymous 15-item Google Survey
- **Recruitment:** Distributed at UCSD via social media (Instagram, Discord), flyers, and Public Health Department emails
- **Exposure Variable:** Self-reported weekly caffeine consumption
- **Outcome Variable:** Anxiety symptoms measured by the Anxiety Symptoms Questionnaire (ASQ) on a 5-point Likert scale
- **Data Analysis:** Performed in SPSS using Pearson Correlation and Linear Regression

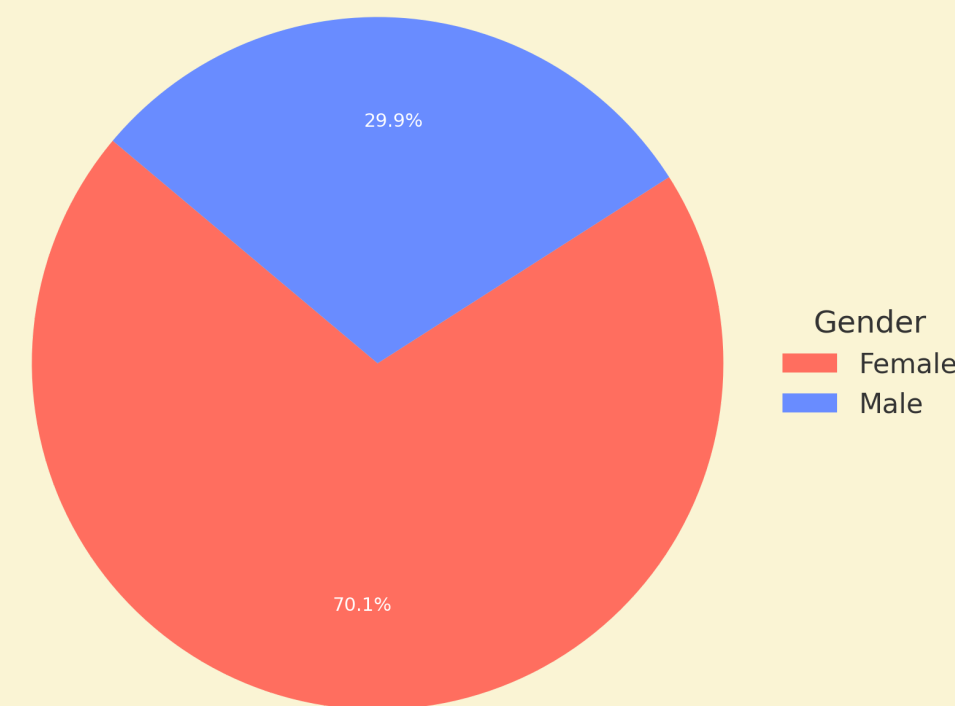
## Results



Distribution of Undergraduate Years



Distribution of Gender



**64** Asian American undergraduate respondents (UCSD)  
**Exposure:** Caffeinated drinks per week (0 = none, 7 = 13+ drinks)  
**Outcome:** Anxiety symptom score (0 = never, 4 = always)  
**P-value** < 0.001 (significant at  $\leq 0.01$ )  
**Pearson Correlation:** 0.648 (SPSS)  
**Best-fit line:**  $y = 2.6 + 0.72x$   
 **$R^2 = 0.419$**  (41.9%)

## Conclusion

Higher weekly intake of caffeinated beverages is associated with **greater intensity** of anxiety symptoms

Results suggest that caffeine intake may be a **significant, modifiable factor influencing mental health** in this population



## Policy Implication

### Suggestions for Future Studies

- Explore links across different races, ethnicities, and age groups.
- Address the gap in research on mental health and anxiety in Asian American populations.
- Study how cultural attitudes influence caffeine habits and psychological outcomes.

### Public Health Implications

- Develop educational campaigns and improve caffeine labeling for college students.
- Recommend stronger guidelines on moderation and highlight the mental health risks of high caffeine intake.

