



# FUELED BY CAFFEINE...

## Exploring Habits & Attitudes of Caffeine & Substance Use

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### BACKGROUND

- Caffeine is the most widely used psychoactive substance → socially accepted and largely unregulated
- Young adults who consume caffeine may be at greater risk of using other substances
- Studies link caffeine use to alcohol, nicotine, and illicit drug use
- This study explores these associations through behavioral, neurobiological, and psychosocial lenses



### OBJECTIVE

- To examine the relationship between motivations for caffeine consumption and substance use among young adults ages 18 to 25

### METHODS

- **Design:** Cross-sectional online survey
- **Participants:** 110 young adults (ages 18–25)
- **Recruitment:** Voluntary online participation
- **Data Collected:** Demographics, caffeine/substance use, attitudes
- **Analysis:** Correlation between social acceptability and coffee consumption

### RESULTS

Figure 1: Race/Ethnicity

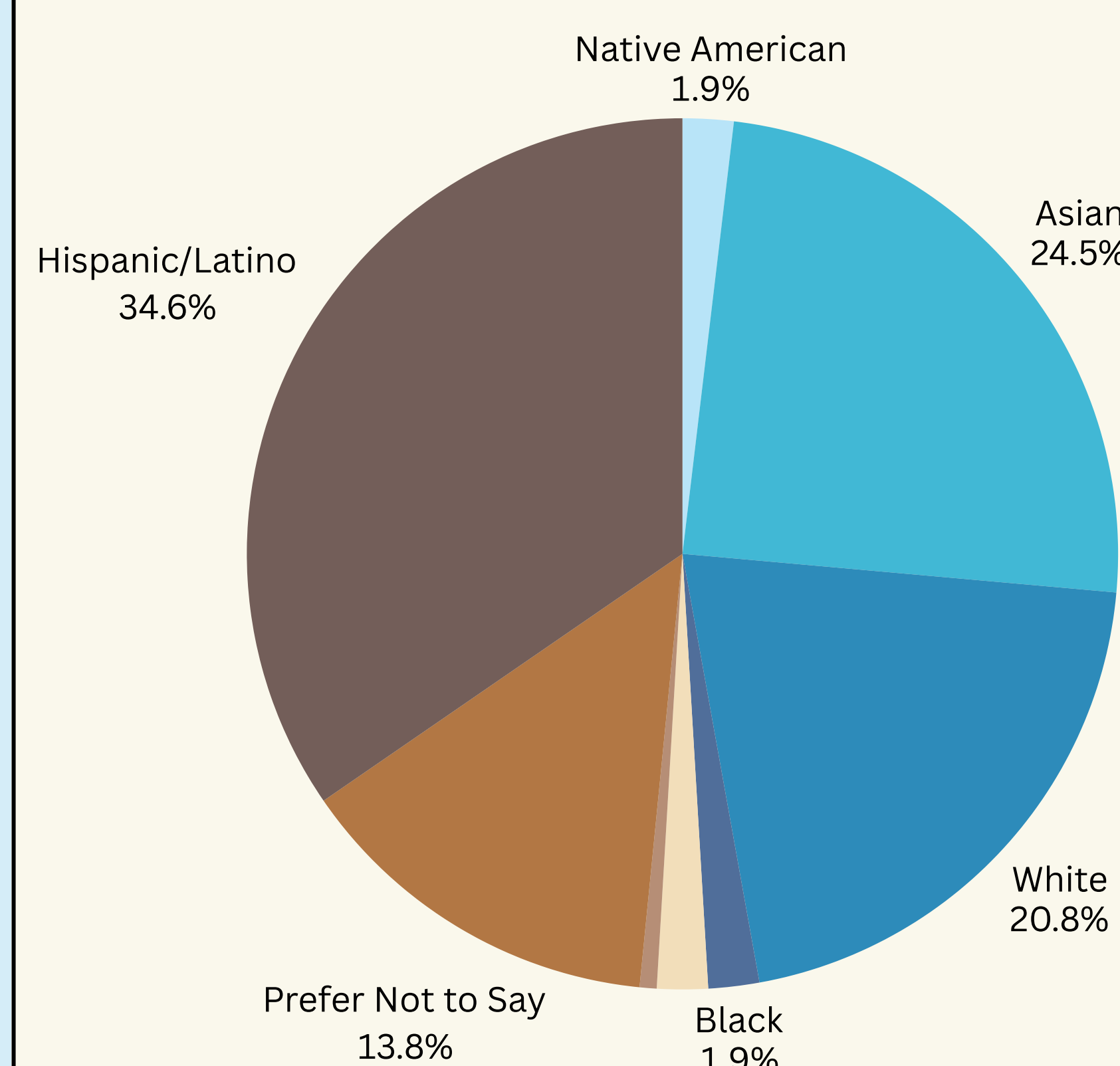


Figure 2: Distribution of Caffeine Sources

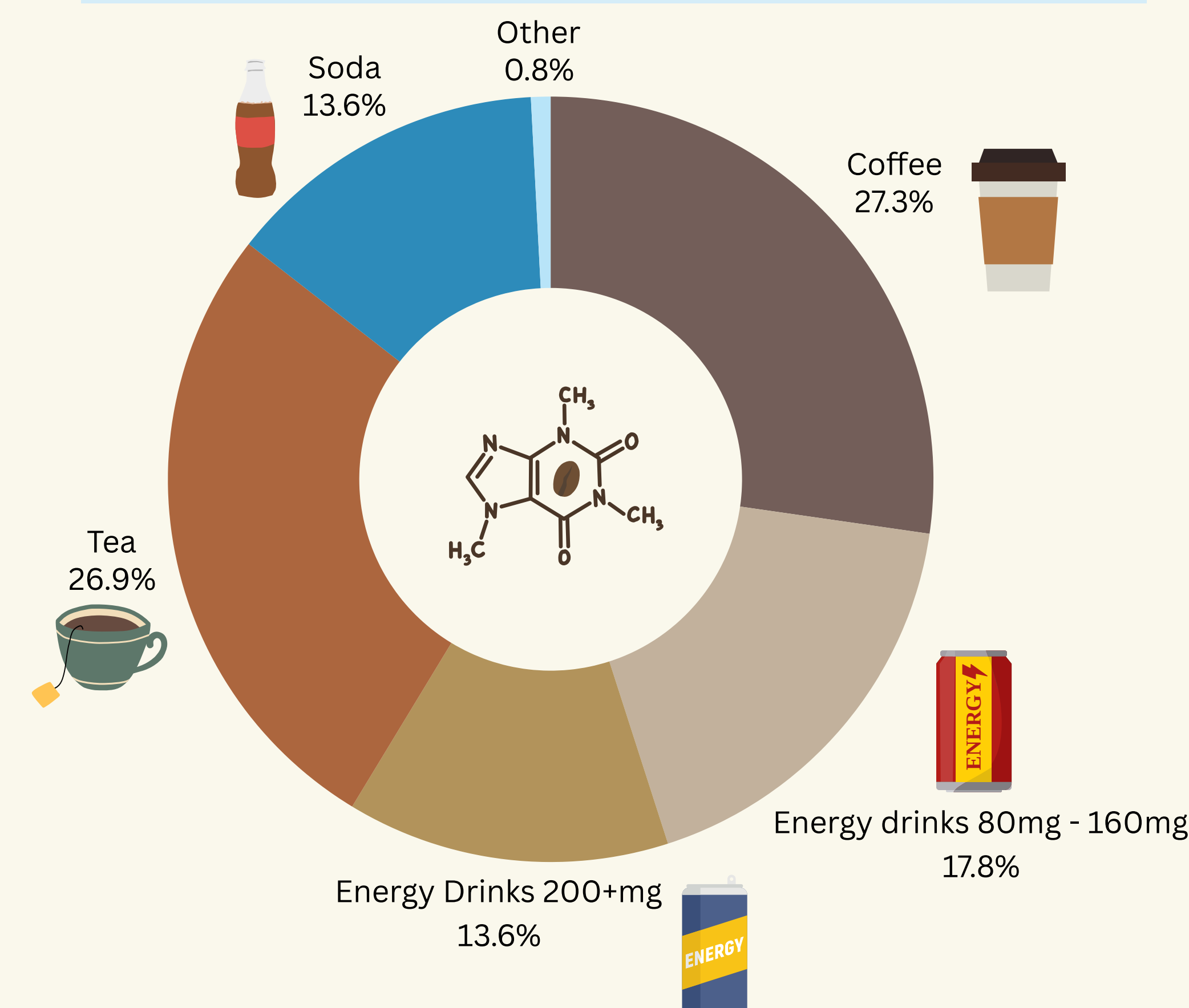


Figure 3: Correlation Between Social Acceptability of Substance Use & Caffeine Consumption

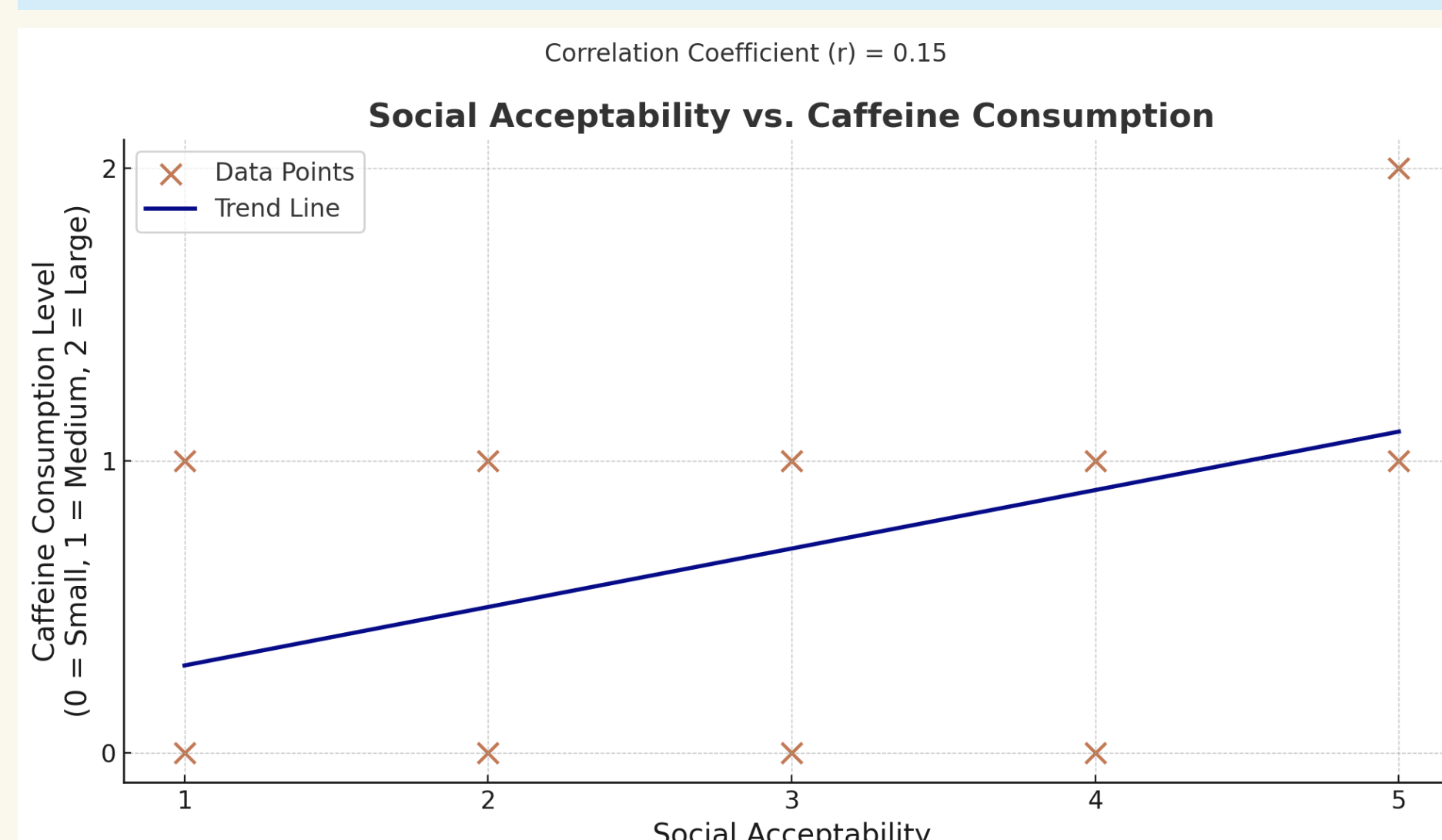


Figure 4: Correlation Between Perceived Likelihood of Substance Use & Caffeine Consumption

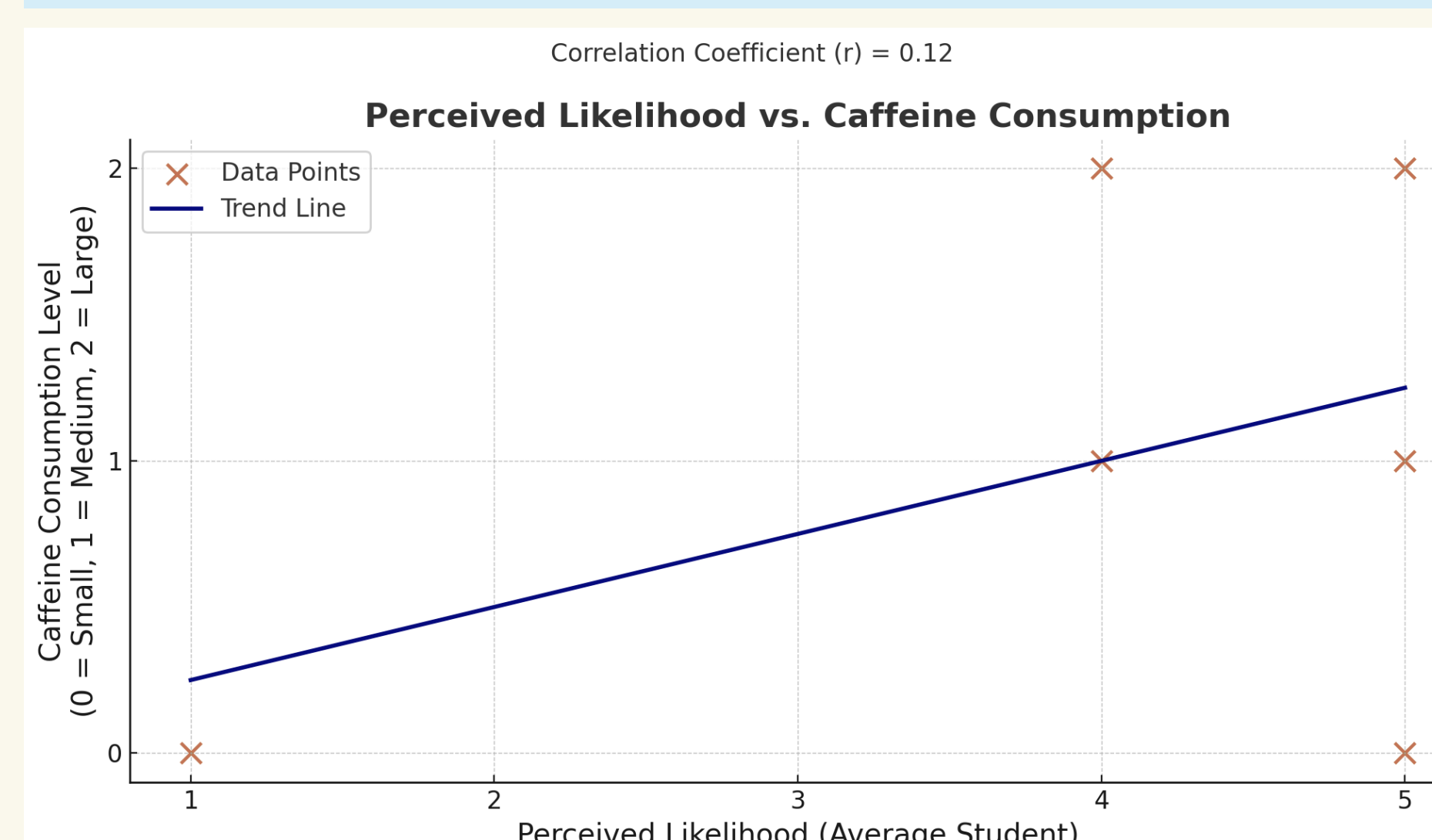
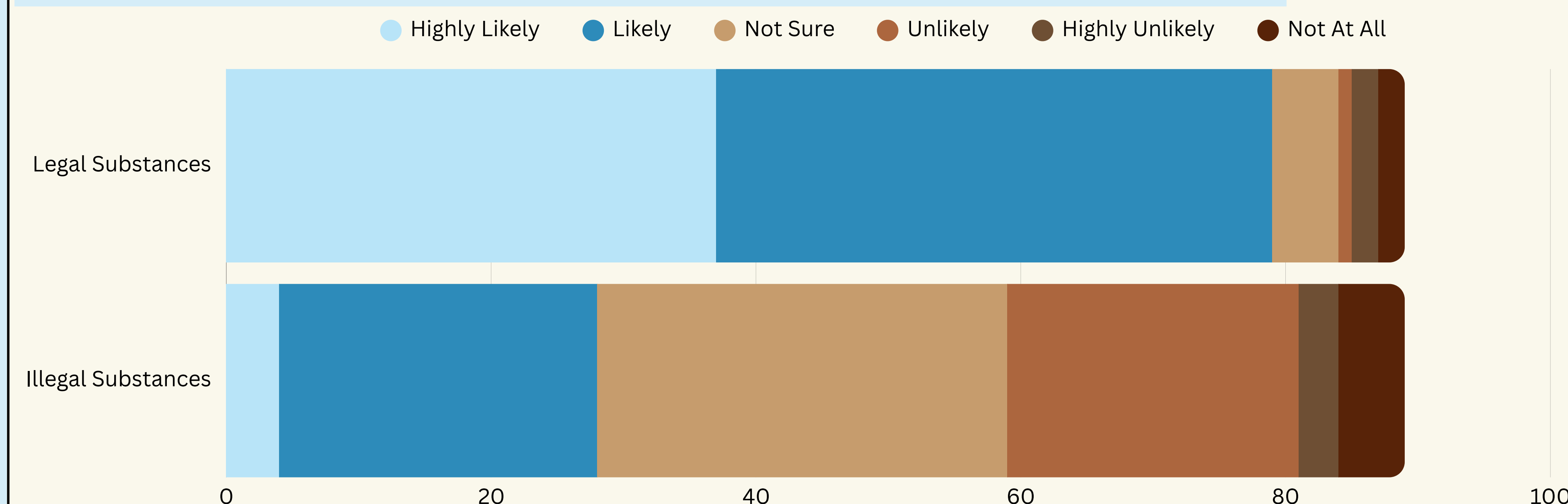


Figure 5: Respondents Likelihood of Using Legal vs Illegal Substances\*



\*Given the sensitivity of the topic, substance use was measured through perceived likelihood among peers. It is assumed that responses were shaped by participants' own experiences, peer observations, and social context.

### DISCUSSION

- **Correlations:**
  - Social acceptability & coffee use:  $r = 0.15$
  - Perceived likelihood & coffee use:  $r = 0.12$
- Social perceptions have limited influence on caffeine intake
- Personal factors (e.g., lifestyle, academics, sleep) may play a larger role
  - Future research should examine these personal influences more closely



### IMPLICATIONS

- Health programs should address caffeine as a part of broader psychoactive use
- Future research should examine if high-caffeine drinks correlate with increased use of specific substances
- Investigate personal drivers of caffeine use to better understand associated behaviors
- Explore co-use patterns between caffeine and substances like alcohol or nicotine to identify potential risk clusters

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