## Questionnaire on Consumption of Energy Drinks in the Adult Population

1) Date of birth (month/year) __/__  
2) Year of study________  
3) Sex  
   - Male □  
   - Female □  
4) Do you usually smoke? YES □ NO □  
   5) Please, specify how many cigarettes you smoke per day: __  
6) Do you usually drink coffee? YES □ NO □  
   7) Please, specify how many coffee you drink per day:__  
8) Do you usually drink alcoholic beverages? YES □ NO □  
9) If your answer is YES, please specify how often you drink alcoholic beverages  
   - a) Every day □  
   - b) Some days per week □  
   - c) During weekend □  
10) Do you know what an Energy Drink is?  
    - YES □  
    - NO □  
11) Which of these substances do you think are contained in Energy Drinks? (more than one option is available).  
   - a) Caffeine □  
   - b) Taurin □  
   - c) B vitamins □  
   - d) Sugars □  
   - e) Glucuronolactone □  
   - f) Edulcorants □  
   - g) Aspartame □  
   - h) Guaranà □  
   - i) Carnitine □  
12) Which effects do you think Energy Drinks have? (more than one option is available)  
   - Increase physical resistance □  
   - Increase study/work concentration □  
   - Keep awake □  
   - Drive a long time □  
   - Stimulate metabolism □  
   - Avoid hangover effects □  
   - I don’t know □  
   - Other Please, specify □  
13) Currently you drink energy drinks regularly? YES □ NO □  
   (If your answer is NO, please go to question number 21)  
14) Do you usually prefer  
   - Sugared EDs □  
   - Sugar-free EDs □  
15) On what occasions do you use energy drinks? (more than one option is available)  
   - No need for special occasions □  
   - Doing sports □  
   - Studing/before exams □  
   - At parties □  
   - Other, please specify □  
16) How often do you drink Energy Drinks?  
   - 3-5 days per week □  
   - 1-2 times a week □  
   - 2-4 times a month □  
   - ≤1 time a month □
17) How many cans do you usually drink (per month)?

- 4-6 cans a week
- 1-3 cans a week
- Less 1 can a week

18) Do you usually mix Energy Drinks with alcoholic beverages?

- I usually mix them together
- I usually drink them in different moments
- No

19) Have you ever had any side effects after Energy Drinks’ consumption?  

- Yes
- No

20) Which side effects did you have? *Please, specify one answer for each side effect.*

<table>
<thead>
<tr>
<th>Side Effect</th>
<th>Often /Sometimes</th>
<th>Never</th>
<th>Insomnia</th>
<th>Often /Sometimes</th>
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<tbody>
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<td>Headache</td>
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21) Why don’t you usually drink Energy Drinks?

- I had side effects after drinking them
- I know that Energy Drinks’ assumption may cause side effects
- I don’t like them
- I don’t know
- Other, please specify

22) If you had side effects, which of them did you have? *Please, specify one answer for each side effect.*

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23) Even if you don’t usually drink Energy Drinks, did it occasionally happen to drink them (e.g. at a party, before an exam, etc.)?  

- YES
- NO