

## BACKGROUND

- There is little research on consumer caffeine intake and no known studies measuring intake quantities in Australia.
- The relationship between personality and recreational drug use is well established although, to date, the research has not yet extended to other substances.
- This study aimed to determine Australians' use of caffeine (including knowledge about caffeine levels in various sources), alcohol, drugs and cognitive enhancers and determine any personality traits associated with their use.

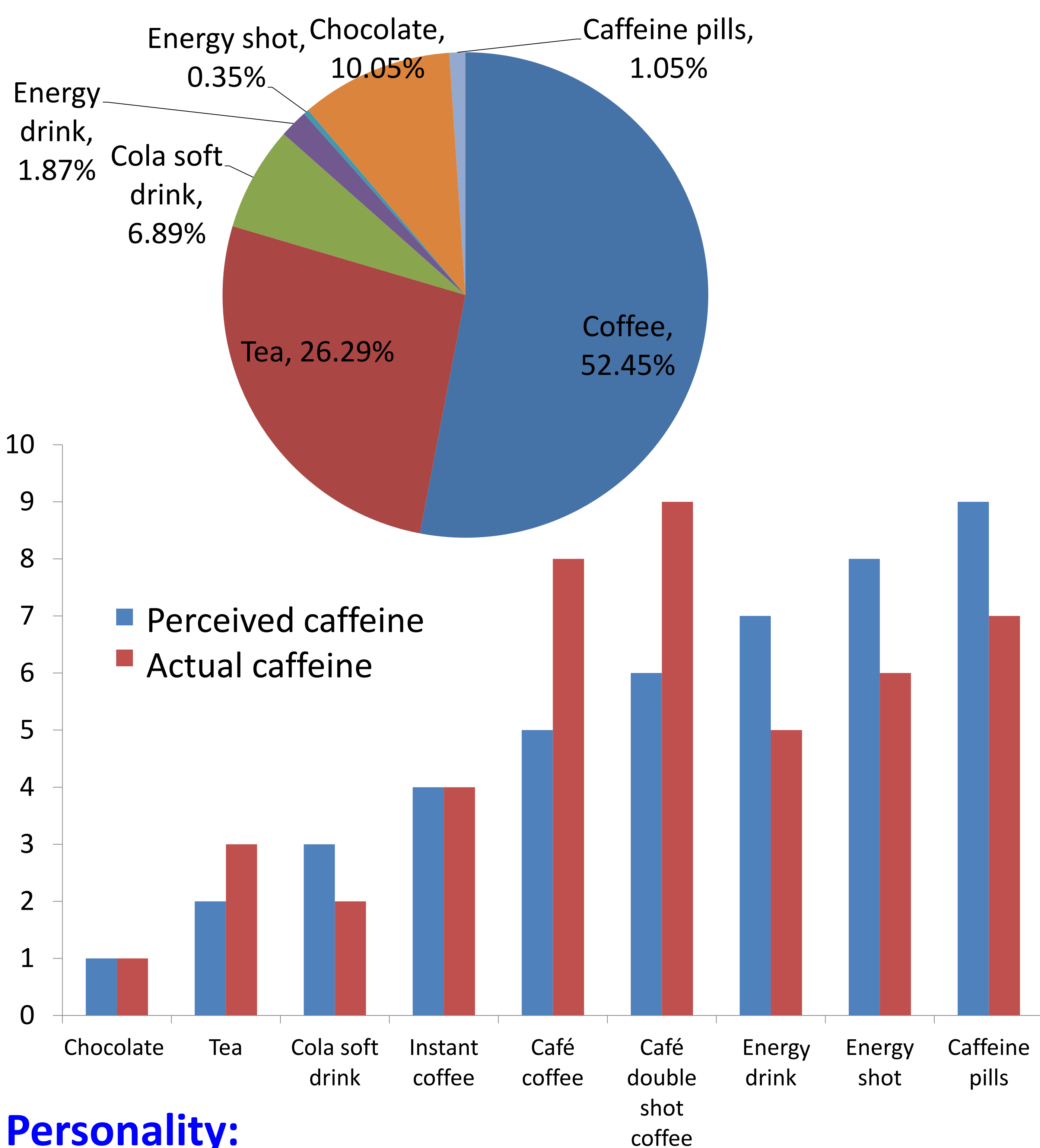
## METHODS

- After cleaning the data, 550 Australians aged 18+ (mean age of 40 years) completed an online survey that asked questions regarding use of caffeine, alcohol, drugs and cognitive enhancers.
- Frequency of use for different types of drug and cognitive enhancers was also established.
- Participants completed the Alcohol Use Identification Test and personality traits were measured using the NEO Personality Inventory.

## RESULTS

### Caffeine:

- An estimated average of 245 mg caffeine was consumed daily, this is safe according to the recommended 400 mg daily maximum.
- 27% of participants consumed energy drinks, with over half using monthly or less



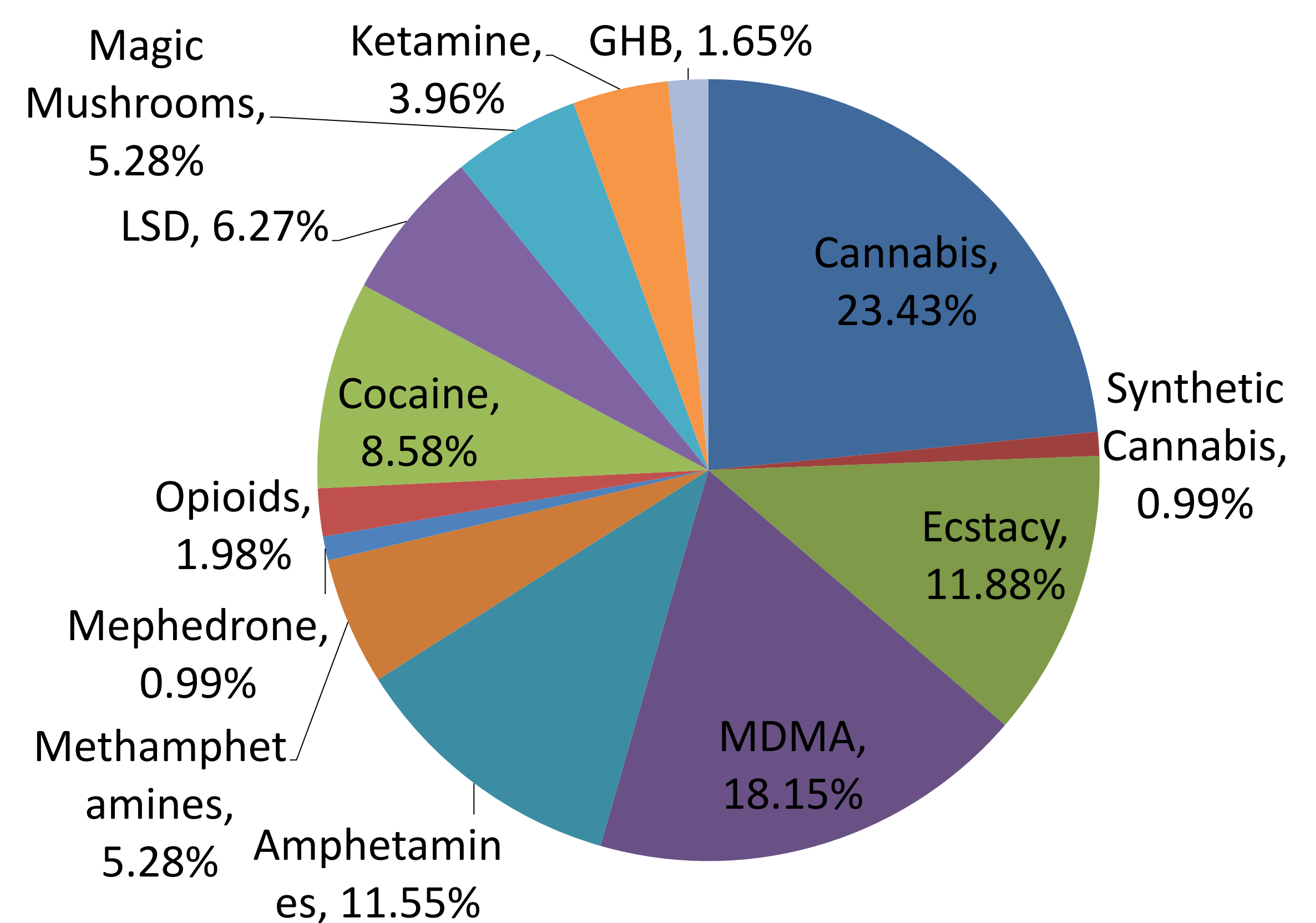
### Alcohol:

- 85% of participants had used alcohol
- Alcohol intake was high with 28.23% consuming 5+ drinks per typical drinking occasion

	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6+ standard drinks on one occasion	41.18%	30.82%	14.35%	11.53%	2.12%
Not able to stop drinking once started	74.82%	13.88%	6.35%	3.53%	1.41%
Failed to do what is normally expected due to drinking	73.88%	19.53%	4.24%	1.88%	0.47%
Needed a drink in the morning	93.65%	2.82%	2.60%	0.71%	0.24%
Feelings of guilt or remorse after drinking	66.12%	23.76%	6.35%	2.82%	0.94%
Unable to remember what happened	70.82%	20.71%	5.65%	2.59%	0.24%

### Drug and Cognitive Enhancer Use:

- 23% of participants had used illicit drugs



### Personality:

- Daily caffeine consumption and natural cognitive enhancer use did not correlate with any FFM factors
- Prescription cognitive enhancer users had high levels of conscientiousness ( $p < .001$ ) and openness ( $p = .027$ )
- There was a trend for alcohol mixed with energy drink users to score higher in Agreeableness ( $p = .052$ )
- Illicit drug users had lower levels of conscientiousness ( $p = .003$ ) while legal high users had higher levels of neuroticism ( $p = .034$ )

## SUMMARY AND CONCLUSION

- Australians are consuming caffeine within safe daily limits, with coffee being the main contributor to caffeine consumption.
- Participants are generally unaware of the caffeine content within products.
- Almost 30% of participants binge drink on an average drinking occasion.
- Almost one quarter of participants had used illicit drugs, most commonly Cannabis, MDMA and ecstasy.
- Caffeine use, unlike other substance use, does not seem to be associated with personality traits.
- Future research should further examine the relationship of personality and substance choice using a larger n.