



The Pattern of Caffeine consumption among Health Care providers In Kingdom Saudi Arabia, 2019

Fahad A. Al amri(1),Samar A.Amer(2) ,DuaaM.Abdullah(3),AsrarA.Fagehy(3),GhalalM.Shajeri(3)

Consultant Of public Health And community medicine department The clinical Health Education Department ,Assisted Agency Of Primary Health Care ,Ministry Of Health.Saudia Arabia

Caffeine is a psychoactive, mild naturally stimulant and the most commonly regularly ingested by people worldwide. The growing market and use of caffeinated drinks (CDs) has caused concern about excessive caffeine intake and potential adverse effects especially among health care providers in Kingdom Saudi Arabia (KSA). So this study aims to study and promote CDs consumption. **Through the following objectives** among governmental health care providers (HCPs) in the KSA, 2019; to determine the prevalence and sources of caffeine consumption, to study the context caffeine consumption (locations and reasons) and its determinants and to determine the effect of caffeine consumption using DSM (DSM-IV). **Methodology:** analytical cross section study conducted on 600 randomly selected governmental HCPs from all over 20 healthy region in KSA, who fulfil the selection criteria through self-administrated on line pretested and precoded questionnaire composed from four main parts. After king Fahad City IRP approval, and written informed consent the collected data were analyzed by SPSS program version 21, using suitable tests.



Biography: Samar A.Amer, Consultant Of public Health And community medicine department The clinical Health Education Department ,Assisted Agency Of Primary Health Care ,Ministry Of Health.Saudia Arabia

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