

REVIEWER'S REPORT

Manuscript No.: IJAR-53364

Date: 16/08/2025

Title: "Trends of Energy Drinks Prevailing Among Patients Attending Medical OPD, Allied Hospital, Faisalabad"

Recommendation:

- ✓ Accept as it is
- Accept after minor revision.....
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	✓			
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr. S. K. Nath

Date: 16/08/2025

Reviewer's Comment for Publication:

The study concludes that energy drink consumption is prevalent among adolescents and young adults attending the OPD, with more than half reporting adverse effects such as palpitations and insomnia. Given these findings, there is a strong need for targeted public health education and policy interventions to mitigate health risks associated with frequent energy drink consumption, particularly among vulnerable youth populations.

Reviewer's Comment / Report

Strengths

- **High Response Rate:** Achieved a 100% participation rate, strengthening the reliability of data.
- **Clear Focus:** Specifically targets the prevalence and adverse effects in a defined patient population (OPD attendees).
- **Use of Structured Questionnaire:** Developed based on literature review, ensuring systematic data collection.
- **Gender and Age Analysis:** Provides insight into demographic patterns, highlighting higher consumption among males and youth.
- **Relevant Findings:** Highlights significant health concerns with over half of consumers experiencing adverse effects, aligning with existing literature on energy drinks and health risks.

Weaknesses

- **Sampling Method:** Use of non-probability convenience sampling limits the generalizability of results to broader populations.
- **Cross-Sectional Design:** Cannot establish causality between energy drink consumption and adverse health effects.
- **Self-Reported Data:** Susceptible to recall bias and reporting inaccuracies, especially regarding subjective adverse effects.
- **Limited Detail on Quantity & Frequency:** Although some data on consumption patterns are provided, detailed quantification of intake (e.g., number of cans per day/week) is lacking.
- **Potential Socioeconomic Bias:** No detailed socio-economic or health background, which could influence consumption patterns and reported effects.
- **Single-Center Study:** Results may not be representative of other regions or hospital settings.