

REVIEWER'S REPORT

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Title: TRENDS OF ENERGY DRINKS PREVAILING AMONG PATIENTS ATTENDING MEDICAL OPD, ALLIED HOSPITAL, FAISALABAD"

Recommendation:

Accept as it isYES.....

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 Aamina

Reviewer's Comment for Publication.

Abstract and Scope:

The abstract clearly outlines the background, objectives, methods, results, and conclusions of the study. It situates the research within the global rise in energy drink consumption and emphasizes the associated public health concerns. The stated objectives—to determine prevalence, identify associated factors, and document adverse effects—are well aligned with the findings presented. The results highlight notable patterns, particularly demographic trends and health outcomes.

Introduction and Contextualization:

The introduction provides historical context on the evolution and global spread of energy drinks, tracing their commercial success and widespread use. It distinguishes energy drinks from other caffeinated beverages based on formulation and marketing. The discussion of rising prevalence among adolescents and young adults situates the study within broader international consumption patterns. The framing underscores the growing relevance of energy drink use as a public health issue.

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Methods:

The study adopts a **cross-sectional design** conducted at the Medical OPD of Allied Hospital, Faisalabad. A total of 254 participants were recruited using non-probability convenience sampling. Data were collected through a structured, self-administered questionnaire and analyzed using SPSS v.26. The methodology is clearly outlined and appropriate for examining consumption trends, associated factors, and reported health effects within the sampled population.

Results:

The findings indicate that **50.4%** of participants reported consuming energy drinks. Consumption was significantly higher among males compared to females, and highest among teenagers (77.4%) and young adults (62.2%). The most consumed brand was *Sting* (41.7%). Reported motivations for consumption included refreshment/taste (24.4%) and psychological satisfaction (8.7%). Importantly, more than half of regular consumers (54.7%) reported adverse effects such as palpitations, insomnia, headache, and fatigue. These results underscore the dual dimensions of high prevalence and associated negative health outcomes.

Discussion and Interpretation:

The results emphasize that energy drink consumption is common among young populations, consistent with international data highlighting adolescents and young adults as the most frequent users. The identification of specific adverse effects adds valuable insights into the local context of health risks associated with such beverages. By linking prevalence with both demographic and symptomatic outcomes, the study contributes to the understanding of health behaviors in this population.

Conclusion:

The study concludes that energy drink use is widespread among patients presenting at the OPD, particularly among adolescents and young adults, with significant proportions reporting adverse health effects. The findings underscore the need for attention to consumption patterns in vulnerable groups.

Contribution to the Field:

This research adds empirical evidence on the prevalence and effects of energy drink consumption in a Pakistani clinical setting. It highlights not only consumption rates but also

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demographic determinants and health impacts, making it relevant for clinicians, policymakers, and public health practitioners.

Overall Assessment:

The manuscript presents a well-structured and contextually relevant examination of energy drink use in a hospital-based population. The combination of prevalence data, brand preferences, motivational factors, and reported adverse effects provides a comprehensive overview of consumption trends and associated health implications.
