

Prevalence of energy boosting and wakefulness promoting substance consumption by college students during examinations.

Greetings!

Thank you so much for taking time out to be a part of our study.

Kindly note that participation in our study is completely voluntary. If you do choose to participate, your identity and data will remain completely anonymous.

Participants can also provide their initials if they prefer not to provide their full name in the study. Participants can withdraw at any point within the study. Completing the questionnaire should not take you more than 5 minutes.

NOTE: You may feel that the answer to certain questions in the study has already been given by you in a previous question, but even so, we request you to repeat information wherever appropriate/necessary.

In case of any queries, you can reach out to us at -

aryandwivedi284@yahoo.com (e-mail) 



* Indicates required question

1. Do you willingly give consent to be a part of our study? *

Mark only one oval.

☐ Yes

☐ No

Demographic Details:

2. State your name/initials: (Not compulsory)

3. State your age in years *

4. Gender: *

Mark only one oval.

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

5. Select one of the following applicable to you. *

Mark only one oval.

- ☐ Undergraduate student
- ☐ Postgraduate student

6. Which course are you pursuing currently? *

Mark only one oval.

- ☐ Engineering
- ☐ Medical
- ☐ Paramedical
- ☐ Law
- ☐ Humanities
- ☐ Other:

7. Year of the course *

Mark only one oval.☐ 1st☐ 2nd☐ 3rd☐ 4th☐ Other:

8. Please mention the name of the state in which your institute is located. *

Mark only one oval.☐ Maharashtra☐ Tamil Nadu☐ Delhi-NCR☐ Punjab☐ Kerala☐ Karnataka☐ Other:
_____**Wakefulness Promoting Agents**

PLEASE READ: For this study, a wakefulness promoting substance is anything that you perceive to enhance your wakefulness during exams;

9. Which of the following substance(s) have you TRIED while trying to stay awake DURING exam season? (Choose all that apply) *

Check all that apply.

- ☐ Modafinil (Mod/Mod-Alert/ModaTec/Modapro/Modfil)
☐ Coffee
☐ Tea
☐ Caffeine Based Energy Drinks
☐ Caffeine Based Tablets
☐ Armodafinil
☐ Adderall
☐ No Substance Tried
☐ Other: _____

10. Do you use any of the above mentioned substances REGULARLY during this time? (For example, you might have TRIED modafinil ONCE without relying on it, but you might have BOTH TRIED and RELIED on coffee during exam study sessions) If RELIANT on any, please specify the substance. If not, state NA. *

11. Since when have you relied on this substance for improved exam performance? *

Mark only one oval.

- ☐ No reliance
☐ <6 months
☐ 6 months to 1 year
☐ >1 year to 3 years
☐ >3 years

12. What amount of substance(s) that you're RELIANT on (if any), do you consume per day during exams? [Example: 3 cups of coffee per day during exams; 1 tablet of ModAlert 200mg the night before an exam.] If not, state NA. *
-

13. Have you ever experienced side effects owing to consumption of any substances mentioned throughout this section that you have TRIED or RELIED upon? Please select the appropriate option(s) below. *

Check all that apply.

- ☐ Modafinil
- ☐ Coffee
- ☐ Tea
- ☐ Caffeine based energy drinks
- ☐ Caffeine Based Tablets
- ☐ Armodafinil
- ☐ Adderall
- ☐ No side effects experienced
- ☐ Not Applicable
- ☐ Other: _____

14. If you picked a substance(s) in the question above, please select side effects induced. *

Check all that apply.

- ☐ Dehydration
- ☐ Restlessness
- ☐ Anxiety
- ☐ Frequent urination
- ☐ Muscle twitches
- ☐ Nausea
- ☐ Vomiting
- ☐ Stomach-ache
- ☐ Sweating
- ☐ Tinnitus (Ringing in your ears)
- ☐ Insomnia (inability to sleep)
- ☐ Lethargy
- ☐ Dizziness
- ☐ No Side Effects Experienced
- ☐ Not Applicable
- ☐ Other: _____

15. Did you suffer these side effects (if any) from the substance on single use or over a prolonged period of time? *

Mark only one oval.

- ☐ Single use
- ☐ Prolonged use
- ☐ No Side Effects Experiences
- ☐ Not Applicable

16. Did these side effects (if any) lead to you requiring emergency medical attention? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Not Applicable

Energy Boosting Substances (Caffeine-Based)

PLEASE READ: For this study, an energy boosting substance is anything that you perceive to boost your energy/attention/concentration during exams, most likely caffeine based but also others if applicable.

17. Which of the following substance(s) have you tried to boost concentration/enhance performance DURING exam season? *

Check all that apply.

- ☐ Coffee
- ☐ Tea
- ☐ Caffeine Based Energy Drinks
- ☐ Caffeine Based Tablets or Powders
- ☐ No Substance Tried
- ☐ Other: _____

18. Do you use any of the above mentioned substances REGULARLY during exams season? *
(Example: You might have TRIED energy drinks once during exams WITHOUT RELYING on them, but you might have both tried and started relying on coffee during exams)
If RELIANT on any, please specify the substance(s). If not, state 'NA'.

19. Since when have you relied on the substance(s) picked in the above question? *

Mark only one oval.

- ☐ No reliance
- ☐ <6 months
- ☐ 6 months to 1 year
- ☐ >1 year to 3 years
- ☐ > 3 years

20. What amount of substance(s) that you're RELIANT on (if any), do you consume *
per day during exams? {Example: 3 cups of coffee per day during exams; 4
cans of redbull per day during exams.} If not, state 'NA'.

21. Have you ever experienced side effects owing to consumption of any substances mentioned throughout this section that you have TRIED or RELIED upon? Please select the appropriate option(s) below. *

Check all that apply.

- ☐ Coffee
- ☐ Tea
- ☐ Caffeine Based Energy Drinks
- ☐ Caffeine Based Tablets or Powders
- ☐ No Side Effects Experienced
- ☐ Not Applicable
- ☐ Other: _____

22. If you picked a substance(s) in the question above, please select side effects induced.

Check all that apply.

- ☐ Dehydration
- ☐ Restlessness
- ☐ Anxiety
- ☐ Frequent urination
- ☐ Muscle twitches
- ☐ Nausea
- ☐ Vomiting
- ☐ Stomach-ache
- ☐ Sweating
- ☐ Tinnitus (Ringing in your ears)
- ☐ Insomnia (inability to sleep)
- ☐ Lethargy
- ☐ Dizziness
- ☐ No Side Effects Experienced
- ☐ Not Applicable
- ☐ Other: _____

23. Did you suffer from these side effects (if any) from the substance on single use or over a period of time? *

Mark only one oval.

- ☐ Single Use
- ☐ Prolonged Use
- ☐ No Side Effects Experienced
- ☐ Not Applicable

24. Did these side effects (if any) lead to you requiring emergency medical attention? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ No Side Effects Experienced
- ☐ Not Applicable

Exams and Stress

25. Do you believe that examinations play a role in developing a habit of consuming energy boosting substances? *

Mark only one oval.

- ☐ Yes
- ☐ No

26. What is the reason you were drawn towards coffee/tea/modafinil consumption instead of other means, for combating exam sleepiness/exam stress in the first place? (Example: Quick jog, Playing games, Listening to music etc.) If nothing consumed, state NA.

27. Have you ever been influenced/persuaded to use any energy boosting substances by any of the following? (Select all that apply) *

Check all that apply.

- ☐ Friends/colleagues
☐ Seniors
☐ Commercial advertisements
☐ Family
☐ Never
☐ Other: _____

28. Do you feel that the need to consume energy boosting substances during examinations is affected by the people in your surroundings? *

Mark only one oval.

- ☐ Yes, more so in hostels
☐ Yes, more so at home
☐ Same for both
☐ The people around me don't effect my decisions

29. Do you feel that energy boosting substances can contribute to increased productivity in one's day to day routine? *

Mark only one oval.

- ☐ Yes
☐ No

30. Comments:

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