

INTRODUCTION

The purpose of this questionnaire is to help our principle find out more about the caffeine drinking habits of the students of my school. Because the target audience is based on students at my school, my questionnaire will include information about age, sex, and the sort of people who are energy drinkers. It will contain information such as why these teenagers are drinking these energy drinks. Studies show that caffeinated drinks are a big cause to childhood obesity, bone growth, concentration in class and that it increases the chances of anxiety in later life which influences students learning habits in class. 1

DESIGN PROCESS

For my first question *'How old are you?'* I gave an option of choosing what age the person is ranging from 13-18 years old. This question will allow me to find out how old the people are that drink energy drinks. By using this type of question, I am allowing people to choose and tick there age rather than having to write the answer, which saves time and makes it easier for other people to answer. For my age options, I decided to make it between 13 and 18 years old since this questionnaire is targeted for teenage students who attend my school. For my second question *'Do you drink energy drinks? 'If you ticked NO, do not continue with the questionnaire.'* I gave an option of either ticking 'Yes' or 'No'. I gave these two options because it would be faster for people to just tick their preferred answer and because there are the only two options available for everyone. I added in *'Of you ticked NO, do not continue with the questionnaire)*' so that if people ticked 'No' they do not need to continue with the questionnaire and it will save them time than having to answer questions that do not apply to them and will not give me any useful information since the questionnaire is intended for people who drink energy drinks. 2

For my third question *'What sort of energy drink do you normally drink? (Tick all that applies to you)'* I gave nine appropriate options. In my options I included popular energy drinks that people were most likely to choose making it easier for them to answer the question. By using *'normally'* it is asking specifically what energy drink they always drink. Whereas by asking *'What sort of 'energy drink do you drink?'* is not being specific therefore someone can just choose an energy drink that they got yesterday. For one of my options I added in *'Other (Please state):'* so that people can state other energy drinks that are not included in the options. I also added *'(Tick all that applies to you)'* to let people know that they can tick more than one option that is applicable.

This question helps me find out what sort of energy drinks students like and which energy drink is the most popular amongst these people.

For my fourth question *'How often did you drink these energy drinks last week?'* I made sure that I used *'last week'* so that it is more specific and so that I can get the most accurate answer possible. I gave only four options that were short and easy to read, so that it is easier for whoever is answering the question, to answer rather than having answers that people have to think about or take too long to answer.

I didn't use a don't know option for this as people should be able to remember or count back to the number of activities they did last week as it wasn't that long ago, and this gives me the most accurate answer possible. I gave the options like *'Once a week'* and *'Most of the week'* because it would be faster and easier for people to answer the question rather than having to try and remember how often you drank energy drinks last week. It would also give me a fair idea of how often they drink energy drinks.

For my fifth question I asked *'When do you usually use energy drinks? (Tick all that applies to you)'* so that I could find out exactly when people need to drink energy drinks. Added in *'(Tick all that applies to you)'* because people might drink energy drinks for more than one occasion. I gave five options that were best appropriate and that would cover all possible options but I added in *'Other (Please state)'* so that people can add in other options in case it is not included in the four options. In the question I also stated *'usually'* because I wanted to be specific and only wanted to know when they regularly drink energy drinks.

For my sixth question I asked *'Why do you drink energy drinks? (Tick all that applies to you)'* because I want to know the reason behind and drinking these energy drinks.

I decided to add five options, four of which are main reasons of why people would drink energy drinks and the other option which is the *'Other (Please state)'* option. I added *'Other (Please state)'* as an option because there might be other reason to why that person might buy energy drinks.

For my seventh question *'How do you usually feel after consuming an energy drink? (Tick all that applies to you)'* I gave six options for people to tick so that it is easier for them to answer since they can choose from a variety of answers. I added in *'Other (Please state)'* as an option because the other options might not be suitable for them therefore they can state their own answer. I also added *'(Tick all that applies to you)'* in the question so that it can be clear to people that they can tick more than one option in case someone might feel *'tired'* and *'anxious'*. This question will give me information on how students regularly feel after drinking an energy drink.

On my eighth question I asked: *'Do you suffer from any symptoms from drinking energy drinks? (Please do not continue if you answered NO)'* which relates to the previous question. I gave two options which is *'Yes'* or *'No'*. I gave these two options because it would be faster for people to just tick their preferred answer and because there are the only two options available for everyone. I added *'(Please do not continue if answered NO)'* to the question because the next question is intended for people who do suffer from symptoms due to drinking energy drinks. This saves peoples time because it is telling them not to continue with the questionnaire. This question will help me see how many people suffer from drinking energy drinks.

For my final question *'What sort of symptoms? (Tick all that applies to you)'* I gave six options which are: *upset stomach, headache, dizziness, fatigue, nausea, and other.* I specifically chose these answers because I thought they were popular symptoms that people usually suffer from. I added in *'Other (Please state)'* because there are other symptoms people can suffer from that is not included in the other five options. I also added *'(Tick all that applies to you)'* to the question because people might suffer from more than one symptom therefore people can tick more than one option. I chose to add this question to my questionnaire because I wanted to know if people's health is being affected while drinking these energy drinks and also how these energy drinks have an affect on people.

I then went on to do a pilot survey. To do this I decided to ask 15 of my fellow students. I recorded the feedback they gave me but ultimately decided to keep to the questionnaire the way it was. The reason for this was that I believe that the questionnaire covered the area of interest that was required and although some wording could have been changed I believe that this would have changed the meaning for the question.

From my results, I have found out that there are actually a few people that do suffer symptoms from drinking energy drinks. Gathering this information will enable our principal to find out the drinking habits of students who drink caffeinated drinks. This questionnaire will also include information of why students drink energy drinks.

I filled out a log book after every class lesson to document the design process that I went through to complete my final questionnaire.

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