RISK OF METABOLIC SYNDROME LINKED TO TOBACCO SMOKING AND CAFFEIN CONSUMPTION AMONG PALESTINIAN UNIVERSITY STUDENTS

Ahmad Farhoud[1], Ibrahim Mahamid[1], Mohab Najjar[1], Anas Owda[1], Omar Safarini[1], Majdeddin MohammedAli[1], Ammar Thabaleh[1], Ahmed Mousa[2], Abdulraziq Zarour[2], Yazan Alhabil[1], Lubna Suadi[3], Zaher Nazzal[3], Basma Damiri[4]

Supplementary material describes the pattern and frequency of cognitive enhancers/psychostimulants use among students. Cigarettes were the most commonly consumed substance daily – 54.4% (67.2% of males vs. 20.0% of females). In addition, 17.8% (20.3% of males vs. 15.6% of females) of waterpipe smokers smoked it daily, 14.1% of male smokers and 22.2% of female smokers smoked it several times weekly. Moreover, 7.1% of energy drink consumers (11.9% of males vs. 1.8% of females) consumed it daily, 38.1% of male consumers and 28.1% of female consumers consumed energy drinks several times weekly. Finally, coffee was consumed daily by 43.1% of coffee consumers. The daily tea consumption pattern was the most common frequency in both genders (44.8% of males vs. 42.4% of females).

S Table 1. Pattern and frequency of cognitive enhancers/psychostimulants use among students

	Substance type	Daily n (%)	Several times weekly n (%)	Several times monthly n (%)	Several times yearly/rarely n (%)	Ex-user n (%)
Males	Cigarettes	41 (67.2)	2 (3.3)	10 (16.4)	5 (8.2)	3 (4.9)
	Waterpipe	13 (20.3)	9 (14.1)	27 (42.2)	7 (10.9)	8 (12.5)
	E-cigarettes	2 (12.5)	1 (6.3)	3 (18.8)	6 (37.5)	4 (25.0)
	Energy drinks	10 (11.9)	32 (38.1)	25 (29.8)	13 (15.4)	4 (4.8)
	Coffee	83 (55.0)	43 (28.5)	21 (13.9)	4 (2.6)	0 (0.0)
	Black tea	65 (44.8)	52 (35.9)	21 (14.5)	5 (3.4)	2 (1.4)
Females	Cigarettes	2 (20.0)	0 (0.0)	2 (20.0)	6 (60.0)	0 (0.0)
	Waterpipe	7 (15.6)	10 (22.2)	8 (17.8)	19 (42.2)	1 (2.2)
	E-cigarette	1 (20.0)	0 (0.0)	0 (0.0)	3 (60.0)	1 (20.0)
	Energy drinks	1 (1.8)	12 (21.8)	22 (40.0)	18 (32.8)	2 (3.6)
	Coffee	59 (34.1)	62 (35.8)	37 (21.4)	12 (7.0)	3 (1.7)
	Black tea	73 (42.4)	63 (36.6)	24 (14.0)	10 (5.8)	2 (1.2)