The relationship between frequency and preference of coffee type consumption on adults depression level

Khusnul Khotimah 1, Budiyanti Wiboworini 2, Adi Magna Patriadi Nuhriawangsa 3

1 Departement of Postgraduate, Master Program of Nutrition Science, Sebelas Maret University, Surakarta, Indonesia
3 Departement Animal Husbandrity, Faculty of Agriculture, Sebelas Maret University, Surakarta, Indonesia
2 Departement of Medicine, Faculty of Medicine, Sebelas Maret University, Surakarta, Indonesia

Background

The development of coffee shops and coffee consumption among Indonesians has increased. Coffee contains many chemical components, including caffeine, chlorogenic acid, trigonelline, carbohydrates, fats, amino acids, organic acids, volatile aromas, and minerals. Caffeine and chlorogenic acid have a fairly high amount of coffee [1]. Caffeine and chlorogenic acid have a mechanism in reducing metabolic syndrome. Chlorogenic acid influences AMPK phosphorylation, as an anti-inflammatory and antioxidant that influences depression level [2]. However, the frequency and preference of coffee type consumed to influence depression levels still need to be investigated.

Methods

A cross-sectional study was conducted involving 110 adults aged 20-29 years old. The study was approved by the Health Research Ethics Committee of Medicine Faculty, Sebelas Maret University. Depression level was assessed using BDI-II questionnaire. Coffee consumption was assessed using a questionnaire. The data were then analyzed by using multiple regression.

Results

The result showed that 92 respondents were not depressed (normal), 15 respondents had mild depression, and 3 respondents had moderate depression. Most respondents consume a cup of coffee every day. The most consumed type of coffee is a family latte with additional sugar. The frequency of coffee consumption and preference of coffee type has a value of p<0.05. Therefore, frequency and type of coffee preferences influence the level of depression in adults.

<table>
<thead>
<tr>
<th></th>
<th>B</th>
<th>Std. Error</th>
<th>t</th>
<th>p</th>
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<tbody>
<tr>
<td>Constant</td>
<td>3.401</td>
<td>1.256</td>
<td></td>
<td></td>
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<tr>
<td>Frequency coffee consumption</td>
<td>1.746</td>
<td>0.641</td>
<td>2.723</td>
<td>0.008</td>
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<tr>
<td>Preference of coffee type</td>
<td>0.491</td>
<td>0.214</td>
<td>2.298</td>
<td>0.024</td>
</tr>
</tbody>
</table>

Conclusion

The frequency of coffee consumption and preference of coffee types was related to the level of depression in adults. Consumption of coffee once a day is possible to reduce levels of depression. This time, family late coffee or non sachet milk coffee with added sugar is popular.

References


Corresponding Author:
Khusnul Khotimah, S.T.P.
Master Program of Nutrition Science Universitas Sebelas Maret, Surakarta, Indonesia
Kampus UNS, Jl. Ir. Sutami 36 Keningan, Jebres, Surakarta, Jawa Tengah, Indonesia 57126
Email: khusnulhm@student.uns.ac.id