

## Data Collection Worksheet

**Please Note:** The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

### Supplemental Beverage Questions

	HOW OFTEN DID YOU DRINK THE BEVERAGE? (MARK ONE)									AMOUNT			
	Never or less than once per month	1 - 3 per month	1 per week	2 - 4 per week	5 - 6 per week	1 per day	2 - 3 per day	4 - 5 per day	6+ per day	Medium serving Size	Your Serving Size		
											S	M	L
Decaffeinated coffee (Instant & brewed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 Cup (8 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instant coffee, not decaffeinated (Including flavored types)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 Cup (8 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brewed coffee, not decaffeinated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 Cup (8 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decaffeinated espresso and	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 Shot of	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

espresso drinks (Latte, Mocha, Americano)										espresso			
Espresso and espresso drinks, not decaffeinated (Latte, Mocha, Americano)	0	0	0	0	0	0	0	0	0	1 Shot of espresso	0	0	0
Herbal or decaffeinated tea (Instant, bottled, and brewed)	0	0	0	0	0	0	0	0	0	1 Cup (8 oz)	0	0	0
Green tea (Not decaffeinated-instant, bottled, and brewed)	0	0	0	0	0	0	0	0	0	1 Cup (8 oz)	0	0	0
Black tea such as Lipton®, or Earl Grey (Not decaffeinated-instant, bottled, and brewed)	0	0	0	0	0	0	0	0	0	1 Cup (8 oz)	0	0	0
Jolt®, Surge®, Mountain Dew®, Red Bull® and other highly caffeinated sodas	0	0	0	0	0	0	0	0	0	1 Can (12 oz)	0	0	0
Regular colas and root beer (With caffeine, not diet)	0	0	0	0	0	0	0	0	0	1 Can (12 oz)	0	0	0
Diet colas and diet	0	0	0	0	0	0	0	0	0	1 Can	0	0	0

root beer (With caffeine)										(12 oz)			
Regular colas and root beer (Caffeine free, not diet)	0	0	0	0	0	0	0	0	0	1 Can (12 oz)	0	0	0
Diet colas and diet root beer (Caffeine free)	0	0	0	0	0	0	0	0	0	1 Can (12 oz)	0	0	0

**Scoring Procedure:** The first phase of processing is to calculate the number of annual servings for each Beverage Questionnaire item. This is done by multiplying the reported frequency by the reported portion size. For example, a participant reporting a frequency of 5-6 per week and a portion size of Large for the beverage item "Espresso and espresso drinks, not decaffeinated" would be assigned 414 annual servings of "Espresso and espresso drinks, not decaffeinated." That represents 276 annual servings for 5-6 per week (see Table 1 for beverage frequencies) multiplied by 1.5 for Large (see Table 2 for portion size below).

Table 1. Formats for beverage frequencies

Code	Label	Serving Ratio
1	1 per week	52
2	2 to 4 per week	144
3	5 to 6 per week	276
4	1 per day	365
5	2 to 3 per day	852
6	4 to 5 per day	1,560

7	6+ per day	2,190
---	------------	-------

Table 2. Formats for beverage portion size

Code	Label	Serving Ratio
1	S	0.5
2	M	1.0
3	L	1.5

**Caffeine Database** The second phase of processing involves calculating annual caffeine consumed. For each beverage item the annual servings are multiplied by the single serving caffeine data for that food item, which is found in the caffeine database. Each record in the caffeine database represents the caffeine content of a single serving of a single food item. For example, when calculating annual caffeine consumed for "Espresso and espresso drinks, not decaffeinated," the caffeine value is multiplied by the annual servings for "Espresso and espresso drinks, not decaffeinated" (arrived at in the first phase), and divided by 365, resulting in the average daily intake of caffeine for "Espresso and espresso drinks, not decaffeinated."

Beverage Item	Amount	Caffeine (mg)
Decaffeinated coffee (instant & brewed)	1 cup	2.51
Instant coffee, not decaffeinated (including flavored types)	1 cup	75.41
Brewed coffee, not decaffeinated	1 cup	137.34
Decaffeinated espresso and espresso drinks	1.5 oz or 1 shot of espresso	0.73

Espresso and espresso drinks (Latte, Mocha, Americano)	1.5 oz. or 1 shot of espresso	51.50
Herbal or decaffeinated tea (Instant, bottled, and brewed)	1 cup	0
Green tea (Not decaffeinated-instant, bottled, and brewed)	1 cup	47.36
Black tea such as Lipton®, or Early Grey (Not decaffeinated-instant, bottled, and brewed)	1 cup	37.80
Jolt®, Surge®, Mountain Dew®, Red Bull® and other highly caffeinated sodas	1 can, 12 fl.Oz.	71.68
Regular colas and root beer (With caffeine, not diet)	1 can, 12 fl.Oz.	37.16
Diet colas and diet root beer (With caffeine)	1 can, 12 fl.Oz.	49.73
Regular colas and root beer (Caffeine free, not diet)	1 can, 12 fl.Oz.	0
Diet colas and diet root beer (Caffeine free)	1 can, 12 fl.OZ	0

Lipton® is a registered trademark, Unilever United States, Inc.; Jolt® is a registered trademark, Wet Planet Beverages; Surge® is a registered trademark, The Coca-Cola Company; Mountain Dew® is a registered trademark, PepsiCo, Inc.; Red Bull® is a registered trademark, Red Bull GmbH.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/50301>