

TABLE 3.

The associations of age, gender, family affluence, and adherence to the age-specific sleep duration recommendation with energy drink consumption in 2014, 2018, and 2022: explanatory power (R²) of logistic mixed models, regression estimates with their 95% confidence intervals, and *p*-values, HBSC Study

	No consumption						More than once a week					
	Model 1A			Model 2A			Model 1B			Model 2B		
	2014	2018	2022	2014	2018 ¹	2022	2014	2018	2022	2014	2018 ¹	2022
R ² (margin.)	0,185	0,162	0,158	0,218	0,106	0,208	0,171	0,205	0,191	0,208	0,175	0,249
R ² (condit.)	0,253	0,187	0,210	0,287	0,142	0,252	0,279	0,224	0,235	0,320	0,203	0,281
Age												
13-year-olds	-1,21* (-1,39... -1,03)	-1,25* (-1,46... -1,04)	-1,17* (-1,40... -0,93)	-1,07* (-1,26... -0,89)		-1,02* (-1,26... -0,79)	1,17* (0,86-1,48)	1,49* (1,09-1,89)	1,31* (1,00-1,61)	1,00* (0,67-1,32)		1,11* (0,81-1,42)
15-year-olds	-1,51* (-1,68... -1,33)	-1,81* (-2,02... -1,59)	-1,88* (-2,13... -1,63)	-1,50* (-1,68... -1,32)	-0,68* (-0,87... -0,49)	-1,88* (-2,13... -1,63)	1,34* (1,04-1,64)	1,93* (1,54-2,32)	2,06* (1,75-2,36)	1,28* (0,97-1,59)	0,64* (0,39-0,89)	2,04* (1,73-2,34)
Gender	-1,22* (-1,33... -1,11)	-0,71* (-0,86... -0,55)	-0,37* (-0,52... -0,23)	-1,30* (-1,41... -1,18)	-0,77* (-0,94... -0,59)	-0,49* (-0,64... -0,34)	1,28* (1,08-1,48)	0,98* (0,75-1,21)	0,39* (0,21-0,57)	1,34* (1,13-1,55)	1,01* (0,76-1,26)	0,49* (0,31-0,68)
Family affluence	0,02 (-0,03-0,08)	0,01 (-0,07-0,09)	-0,14* (-0,22... -0,07)	0,02 (-0,04-0,08)	-0,01 (-0,10-0,08)	-0,14* (-0,22... -0,06)	-0,03 (-0,13-0,06)	-0,02 (-0,13-0,09)	0,23* (0,13-0,32)	-0,03 (-0,13-0,06)	-0,03 (-0,15-0,09)	0,24* (0,14-0,34)
Adherence to age-specific sleep duration recommendation				-0,76* (-0,87... -0,64)	-0,85* (-1,03... -0,67)	-0,94* (-1,09... -0,79)				0,93* (0,73-1,12)	1,29* (1,03-1,55)	1,07* (0,88-1,26)

¹Model includes 13- and 15-year-olds.

R² (marginal) = Model's explanatory power (marginal); R² (conditional) = Model's explanatory power (conditional); Age (Higher number = Older age); Gender (Girls = 0, Boys = 1); Family affluence (Higher number = Higher affluence); Adherence to age-specific duration recommendation (Meets recommendation = 0, Does not meet recommendation = 1).

*Statistical significance is indicated with an asterisk. All statistically significant results had *p* < 0.001.