Cafeína eleva o humor e diminui a ansiedade

Improvements in cognitive functioning capabilities are accompanied by improved mood, self-image, and overall “happiness” and less anxiety. In a double-blind, placebo-controlled, randomized trial, the consumption of 75 mg of caffeine improved energetic mood [1]. In another double-blind, placebo-controlled, randomized trial, the consumption of 100 mg of caffeine decreased anxiety 30 min later in a group of healthy adults [2].

The results of another double-blind, placebo controlled, randomized trial demonstrated that the consumption of 64 mg of caffeine produced significant improvements in vigor, feelings of inertia, despondency, hostility, imagination, and contentment 30 to 180 min after consumption [3]. In addition to these effects, the consumption of 128mg of caffeine by these same subjects produced significant improvements in clear headedness, listlessness, and efficiency of thought processes(3).

The cognitive and emotional benefits of caffeine consumption increase in magnitude as the amount of acutely consumed caffeine increases, persist for at least 6 h after consumption, and may be more pronounced in individuals who habitually consume more than one 8-oz cup, can, or bottle of caffeine-containing beverages daily.

