



# **Understanding Caffeine: A Biobehavioral Analysis (Behavioral Medicine and Health Psychology)**

*Jack E. James*

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Caffeine is the most popular psychoactive substance in history, and one of the most widely-traded and profitable of commodities in the form of coffee, tea, and sodas. But is its consumption safe for physical and mental health?

This book traces how caffeine consumption evolved as well as how caffeine is absorbed, distributed, and metabolized in the human body, before proceeding to an examination of the effects of caffeine on psychomotor and cognitive performance; psychological well-being; blood pressure and cardiovascular health; carcinogenic potential; pregnancy and perinatal health; athletic performance; and diagnostic and therapeutic applications. The book progresses to an examination of whether caffeine may be considered a drug of abuse. Taking account of key indicators of health, including cardiovascular health, pregnancy outcomes, and psychological well-being, the book concludes that current scientific evidence indicates there is no safe level of regular use.



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