



Teenagers who drink alcohol mixed with energy drinks are likely to develop abusive drinking habits, reveals study.

The study, conducted by researchers at Dartmouth's Norris Cotton Cancer Center, led by James Sargent, investigated the effects of mixing alcohol and energy drinks once consumed by teenagers. Researchers found that teens who drink a mixture of the two are more likely to develop alcohol drinking disorders.

3,342 participants for the US aged between 15-23yrs took part in the study and revealed that 9.7% of 15-17yrs olds had drunk a mixture of alcohol and energy drinks. Teenagers are predisposition to binge drinking which ultimately can lead to an alcohol disorder.

"Abusive [alcohol use](#) among adolescents is a dangerous behaviour that can lead to injury, chronic alcohol use and abuse, and even death," said study author Jennifer Emond in a report from NDTV Food.

Pre-mixed alcoholic energy drinks are also causing concerns, according to a separate report by The National Council on Alcoholism and Drug Dependence (NCADD).

Pre-mixed alcoholic energy drinks were found to contain high levels of alcohol, caffeine and other stimulants. Such drinks can contain 12% more alcohol than a typical 5% found in a can of beer, according to the NCADD.

"Given that this is a sensitive issue, it's possible that clinicians, parents and educators might open dialogues about alcohol use with adolescents by starting the discussion on the topic of energy drinks," concluded Emond.

Source: [International Business Times](#)