

## **Abstract**

### **The effect of *Camellia sinensis* tea on a decreased risk of anxiety for medical students at Universitas Lambung Mangkurat Indonesia**

**Objectives:** *The purpose of this study was to determine the effect of Camellia sinensis (C. sinensis) tea consumption on anxiety level in medical students.*

**Method:** *This was an analytic observational study with cross-sectional approach within 332 undergraduate students at Medical Faculty ULM in December 2021. They were selected using simple random sampling technique. Data were collected online via Google form. A questionnaire and The Zung Self-rating Anxiety Scale were applied to figure out characteristics of respondents including tea consumption status, and to determine the anxiety status, respectively. Data were then analyzed using a multinomial logistic regression test.*

**Results:** *This study demonstrated that consuming tea occasionally ( $\geq 1$  glass per week) showed a lower risk of mild-moderate anxiety by 9% (adj. OR 0.91, 95%CI: 0.47-1.77) and of marked-severe anxiety by 46% (adj. OR 0.55, 95%CI: 0.12-2.43) compared to non-tea drinkers. Meanwhile, consuming 1 glass and 2-3 glasses of tea per day showed a 20% (adj. OR 0.80, 95%CI: 0.36-1.79) and a 54% (adj. OR 0.46, 95%CI: 0.15-1.37) lower risk of mild-moderate anxiety, respectively compared to non-tea drinkers. However, this association was not statistically significant ( $p > 0.05$ ).*

**Conclusions:** *These results indicate that there is a tendency of a decreased risk of anxiety for the increased consumption of C. sinensis tea.*

**Keywords:** *Anxiety, Camellia sinensis, tea, students, medical faculty, Indonesia*