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ASSOCIATION BETWEEN CAFFEINE, ANXIETY AND THE OCCURRENCE OF APHTHOUS STOMATITIS IN THE ARMENIAN ETHNICITY

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ABSTRACT

Introduction: Aphthous stomatitis is a recurring oral ulceration condition that affects a significant proportion of the population. While several factors have been proposed to contribute to its occurrence, the link between caffeine consumption, anxiety levels, and the development of aphthous stomatitis remains unknown. This survey-based study aimed to understand the association between coffee, anxiety, and the development of aphthous stomatitis in this specific demographic, which can provide useful insights for medical management as well as preventive strategies.

Material and methods: A structured online questionnaire was distributed via various social media platforms targeting a sample of the Armenian population. The questionnaire collected information on participants' demographics, coffee use patterns, anxiety levels as measured by perceived stress scales, and the occurrence of aphthous stomatitis. Statistical analyses, including Kendall's tau, were carried out to investigate the relationships.

Results: The results revealed a significant negative association between caffeine consumption and the occurrence of aphthous stomatitis among Armenian individuals Kendall's tau-b (τ_b) correlation - 240* ($p < 0.05$). Participants who reported regular caffeine consumption, such as coffee, tea, and energy drinks, had a lesser prevalence of aphthous stomatitis than non-consumers. Furthermore, Armenians in the survey showed that the majority (83.5%) had a low to moderate stress level.

Conclusion: The data we collected in our research indicate that the prevalence of Recurrent Aphthous Stomatitis in the Armenian ethnicity was infrequent; over half of the participants didn't report Recurrent Aphthous Stomatitis in the past 12 months. Which may correlate to their caffeine consumption habits, which can lead to stress reduction.

KEYWORDS: aphthous stomatitis, caffeine, anxiety, stress, Armenian ethnicity

INTRODUCTION

Recurrent Aphthous Stomatitis (RAS) belongs to the group of chronic inflammatory diseases of the oral cavity, the characteristic feature of the disease is single or multiple shallow round ulcerations usually occurring in non-keratinized areas like the lips, ventral surface of the tongue, floor of the mouth, buccal mucosa and soft palate. The incidence of RAS ranges from 5% to 50% depending on the ethnic or socio-

economic group [Chattopadhyay A, Chatterjee S, 2007; Akintoye S, Greenberg M, 2014].

Despite all the efforts, the exact aetiology of RAS is still ambiguous, and both genetic and environmental factors are thought to be implicated. The precipitating factors include stress, physical or chemical trauma, allergies, infection, drugs or nutritional deficiencies. Stress is believed to be a

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