

## DAFTAR PUSTAKA

- Abdel-Salam, D. M., Alnuman, R. W., Alrwuaili, R. M., Alrwuaili, G. A., & Alrwuaili, E. M. (2018). Epidemiological aspects of dysmenorrhea among female students at Jouf University, Saudi Arabia. *Middle East Fertility Society Journal*, 23(4). <https://doi.org/10.1016/j.mefs.2018.08.001>
- Affandi, B., & Hestiantoro, A. (2013). Konsensus Tatalaksana PUA karena ES Kontrasepsi HIFERI. *Himpunan Endokrinologi Reproduksi Dan Fertilitas Indonesia (HIFERI), Perkumpulan Obstetri Dan Ginekologi Indonesia (POGI)*.
- Agyemang-yeboah, F., & Oppong, S. Y. (2013). 3 . Caffeine : The wonder compound , chemistry and properties. *Topical Series in Health Science 1 (TSHS-1)*, 661(2).
- Al-Matouq, S., Al-Mutairi, H., Al-Mutairi, O., Abdulaziz, F., Al-Basri, D., Al-Enzi, M., & Al-Taiar, A. (2019). Dysmenorrhea among high-school students and its associated factors in Kuwait. *BMC Pediatrics*, 19(1). <https://doi.org/10.1186/s12887-019-1442-6>
- Alfawaz, H. A., Khan, N., Yakout, S. M., Khattak, M. N. K., Alsaikhan, A. A., Almousa, A. A., Alsuwailem, T. A., Almjlad, T. M., Alamri, N. A., Alshammari, S. G., & Al-Daghri, N. M. (2020). Prevalence, predictors, and awareness of coffee consumption and its trend among Saudi female students. *International Journal of Environmental Research and Public Health*, 17(19). <https://doi.org/10.3390/ijerph17197020>
- Amgain, K., & Neupane, S. (2019). Effects of Food Habits on Menstrual Cycle among Adolescent Girls. *Europasian Journal of Medical Sciences*, 1(1). <https://doi.org/10.46405/ejms.v1i1.35>
- Bajalan, Z., Alimoradi, Z., & Moafi, F. (2019). Nutrition as a potential factor of primary dysmenorrhea: A systematic review of observational studies. In *Gynecologic and Obstetric Investigation* (Vol. 84, Issue 3). <https://doi.org/10.1159/000495408>
- Barcikowska, Z., Rajkowska-Labon, E., Grzybowska, M. E., Hansdorfer-Korzon, R., & Zorena, K. (2020). Inflammatory markers in dysmenorrhea and therapeutic options. In *International Journal of Environmental Research and Public Health* (Vol. 17, Issue 4). <https://doi.org/10.3390/ijerph17041191>
- Barret, K. E., Barman, S. M., Brooks, H. L., & Yuan, J. (2019). *Ganong's Review of Medical Physiology 26th Edition*. Mc Graw Hill Education.
- Berga, S. L., & Johnston-MacAnanny, E. B. (2015). Physiology of the menstrual cycle. In *Clinical Gynecology*, Second Edition. <https://doi.org/10.1017/CBO9781139628938.065>
- Bin Mahmoud, A. Z., Makhdoom, A. N., Mufti, L. A., Alreheli, R. S., Farghal, R.

- G., & Aljaouni, S. E. (2014). Association between menstrual disturbances and habitual use of caffeine. *Journal of Taibah University Medical Sciences*, 9(4). <https://doi.org/10.1016/j.jtumed.2014.03.012>
- Blesson, C. S., Büttner, E., Masironi, B., & Sahlin, L. (2012). Prostaglandin receptors EP and FP are regulated by estradiol and progesterone in the uterus of ovariectomized rats. *Reproductive Biology and Endocrinology*, 10. <https://doi.org/10.1186/1477-7827-10-3>
- Britta Folmer. (2017). The Craft and Science of Coffee. In *The Craft and Science of Coffee*.
- Caballero, B. (2012). Encyclopedia of Human Nutrition. In *Encyclopedia of Human Nutrition* (Vols. 1–4). <https://doi.org/10.1046/j.1523-5408.2000.00085-2.x>
- Çaltekin, İ., Hamamcı, M., Demir Çaltekin, M., & Onat, T. (2021). Evaluation of sleep disorders, anxiety and depression in women with dysmenorrhea. *Sleep and Biological Rhythms*, 19(1). <https://doi.org/10.1007/s41105-020-00283-9>
- Casanova, R., Chuang, A., Goepfert, A., Hueppchen, N., Weiss, P., Beckmann, C., Ling, F., Herbert, W., Laube, D., & Smith, R. (2014). Beckmann and Ling's Obstetrics and Gynecology. In *American College of Obstetricians and Gynecologists*.
- Chang, Y., & Lee, T. (2021). *The Influential Associating Factors for Primary Dysmenorrhea : A Propensity Score-matched Analysis Method*. 1–11.
- Clemente, S., Vannuccini, S., Capezzuoli, T., Meleca, C. I., Pampaloni, F., & Petraglia, F. (2021). Is primary dysmenorrhea a precursor of future endometriosis development? In *Gynecological Endocrinology* (Vol. 37, Issue 4). <https://doi.org/10.1080/09513590.2021.1878134>
- Colonna-Dashwood, M. (2017). *The Coffee Dictionary An A-Z of Coffee, from Growing Roasting to Brewing Tasting* by Maxwell Colonna-Dashwood. Chronicle Books LLC.
- Costanzo, L. S. (2015). Costanzo Physiology. In *Statewide Agricultural Land Use Baseline 2015* (Vol. 1).
- Dahlan, M. S. (2016). Besar Sampel dalam Penelitian Kedokteran dan Kesehatan. In *Epidemiologi Indonesia*.
- Dahlan, M. S. (2020). Statistik Untuk Kedokteran Dan Kesehatan Deskriptif, Bivariat dan Multivariat. In *Salemba Medika*.
- Eric P. Widmaier, Hershel Raff, K. T. S. &, & Shoeppe, T. C. (2019). Vander's Human Physiology 15th Edition. In *McGraw-Hill Education* (Issue 15th Edition).
- Eroschenko, V. P. (2012). diFiore's Atlas of Histology with Functional Correlation 12th edition. In *Journal of Chemical Information and Modeling*.
- Faramarzi, M., & Salmalian, H. (2014). Association of psychologic and nonpsychologic factors with primary dysmenorrhea. *Iranian Red Crescent*

- Medical Journal*, 16(8). <https://doi.org/10.5812/ircmj.16307>
- Febrina, R. (2021). Gambaran Derajat Dismenore dan Upaya Mengatasinya di Pondok Pesantren Darussalam Al-Hafidz Kota Jambi. *Jurnal Akademika Baiturrahim Jambi*, 10(1). <https://doi.org/10.36565/jab.v10i1.316>
- Fernández-Martínez, E., Onieva-Zafra, M. D., & Parra-Fernández, M. L. (2019). The impact of dysmenorrhea on quality of life among Spanish female university students. *International Journal of Environmental Research and Public Health*, 16(5). <https://doi.org/10.3390/ijerph16050713>
- Ferries-Rowe, E., Corey, E., & Archer, J. S. (2020). Primary Dysmenorrhea: Diagnosis and Therapy. In *Obstetrics and gynecology* (Vol. 136, Issue 5). <https://doi.org/10.1097/AOG.00000000000004096>
- Fikriana, P. A. (2020). *Hubungan Konsumsi Kopi Terhadap Kualitas Tidur Pada Barista di Kecamatan Medan Baru*. <https://library.usu.ac.id>
- Firsty, N. N. (2021). *Korelasi Indeks Massa Tubuh terhadap Derajat Keparahan Dismenore Primer pada Mahasiswi FK USU*.
- Folmer, B. (2017). The Craft and Science of Coffee. In *The Craft and Science of Coffee*.
- Frisks, J. (2016). *Coffee: Everything You Ever Wanted to Know about Coffee* (p. 128). CreateSpace Independent Publishing Platform.
- Grumezescu, A. M., & Holban, A. M. (2019). Caffeinated and cocoa based beverages: Volume 8: The science of beverages. In *Caffeinated and Cocoa Based Beverages: Volume 8. The Science of Beverages*. <https://doi.org/10.1016/C2017-0-02382-0>
- Guest, N. S., VanDusseldorp, T. A., Nelson, M. T., Grgic, J., Schoenfeld, B. J., Jenkins, N. D. M., Arent, S. M., Antonio, J., Stout, J. R., Trexler, E. T., Smith-Ryan, A. E., Goldstein, E. R., Kalman, D. S., & Campbell, B. I. (2021). International society of sports nutrition position stand: caffeine and exercise performance. In *Journal of the International Society of Sports Nutrition* (Vol. 18, Issue 1). <https://doi.org/10.1186/s12970-020-00383-4>
- Guimarães, I., & Póvoa, A. M. (2020). Primary Dysmenorrhea: Assessment and Treatment. In *Revista Brasileira de Ginecologia e Obstetricia* (Vol. 42, Issue 8). <https://doi.org/10.1055/s-0040-1712131>
- Hall, J. E., & Guyton, A. C. (2020). Guyton and Hall: Textbook of Medical Physiology 14th Edition. *Elsevier Inc.*
- Hamzehkani, M., Gandomani, S. J., Tavakol, Z., & Kiani, M. (2019). The relation between sleep quality and primary dysmenorrhea students university of medical sciences Shahroud. *Journal of Advanced Pharmacy Education and Research*, 9(4).
- Harpaz, E., Tamir, S., Weinstein, A., & Weinstein, Y. (2017). The effect of caffeine on energy balance. In *Journal of Basic and Clinical Physiology and Pharmacology* (Vol. 28, Issue 1). <https://doi.org/10.1515/jbcpp-2016-0090>

- Higashi, Y. (2019). Coffee and endothelial function: A coffee paradox? In *Nutrients* (Vol. 11, Issue 9). <https://doi.org/10.3390/nu11092104>
- Hirschmann, R. (2020). *Total coffee consumption in Indonesia from 1990 to 2019*. Statista.
- Hoffmann, J. (2018). The World Atlas of Coffee. *Journal of Chemical Information and Modeling*, 53(9).
- Hu, Z., Tang, L., Chen, L., Kaminga, A. C., & Xu, H. (2020). Prevalence and Risk Factors Associated with Primary Dysmenorrhea among Chinese Female University Students: A Cross-sectional Study. *Journal of Pediatric and Adolescent Gynecology*, 33(1). <https://doi.org/10.1016/j.jpag.2019.09.004>
- Iacovides, S., Avidon, I., & Baker, F. C. (2015). What we know about primary dysmenorrhea today: A critical review. *Human Reproduction Update*, 21(6). <https://doi.org/10.1093/humupd/dmv039>
- Isa, Z. M., Anuar, A. A., Azmi, A. D., Selvan, S. T., Hisham, N. S., & Qing, Y. Z. (2021). Does Caffeine Intake Influence Mental Health Of Medical Students? *Malaysian Journal of Public Health Medicine*, 21(2). <https://doi.org/10.37268/mjphm/vol.21/no.2/art.626>
- Jeon, J. S., Kim, H. T., Jeong, I. H., Hong, S. R., Oh, M. S., Yoon, M. H., Shim, J. H., Jeong, J. H., & Abd El-Aty, A. M. (2019). Contents of chlorogenic acids and caffeine in various coffee-related products. *Journal of Advanced Research*, 17. <https://doi.org/10.1016/j.jare.2019.01.002>
- Joshi, T., Patil, A., Kural, M., Noor, N., & Pandit, D. (2015). Menstrual characteristics and prevalence of dysmenorrhea in college going girls. *Journal of Family Medicine and Primary Care*, 4(3). <https://doi.org/10.4103/2249-4863.161345>
- Ju, H., Jones, M., & Mishra, G. D. (2015). A U-shaped relationship between body mass index and dysmenorrhea: A longitudinal study. *PLoS ONE*, 10(7). <https://doi.org/10.1371/journal.pone.0134187>
- Kiziela, A., Viliūnienė, R., Friberg, O., & Navickas, A. (2019). Distress and resilience associated with workload of medical students. *Journal of Mental Health*, 28(3). <https://doi.org/10.1080/09638237.2018.1521922>
- Kulkarni, A., & Deb, S. (2019). Dysmenorrhoea. In *Obstetrics, Gynaecology and Reproductive Medicine* (Vol. 29, Issue 10). <https://doi.org/10.1016/j.oogr.2019.06.002>
- Kusumaningrum, T., Nastiti, A. A., Dewi, L. C., & Lutfiani, A. (2019). The correlation between physical activity and primary dysmenorrhea in female adolescents. *Indian Journal of Public Health Research and Development*, 10(8). <https://doi.org/10.5958/0976-5506.2019.02252.6>
- Larasati, T. A., A., & Alatas, F. (2016). Dismenore Primer dan Faktor Risiko Dismenore Primer pada Remaja. *Majority*, 5(3).
- Lasmi, K. K. H. (2017). Hubungan Antara Indeks Massa Tubuh (Imt) Kategori Elvina Damayanti, 2022  
**HUBUNGAN ANTARA KONSUMSI KOPI TERHADAP DISMENORE PADA MAHASISWI FAKULTAS KEDOKTERAN UNIVERSITAS PEMBANGUNAN NASIONAL VETERAN JAKARTA**  
UPN Veteran Jakarta, Fakultas Kedokteran  
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Underweight Dengan Tingkat Nyeri Dysmenorrhea Primer Pada Remaja Putri Sekolah Menengah Pertama. *Majalah Ilmiah Fisioterapi Indonesia, Nomor 3, 5.*
- Li, R., Kreher, D. A., Jusko, T. A., Chapman, B. P., Bonham, A. D., & Seplaki, C. L. (2021). Prospective Association between Dysmenorrhea and Chronic Pain Development in Community-Dwelling Women. *Journal of Pain, 22(9),* 1084–1096. <https://doi.org/10.1016/j.jpain.2021.03.139>
- Magnay, J. L., O'Brien, S., Gerlinger, C., & Seitz, C. (2018). A systematic review of methods to measure menstrual blood loss. *BMC Women's Health, 18(1).* <https://doi.org/10.1186/s12905-018-0627-8>
- Martini, F. H., Nath, J. L., & Bartholomew, E. F. (2015). Fundamentals of Anatomy and Physiology 10th edition. In *Pearson Education* (Vol. 53, Issue 9).
- Masturoh, I., & Anggita T, N. (2018). Metodologi Penelitian Kesehatan. In *Jakarta :kemenkes RI.*
- Maulidiyah, F. (2018). Analisis Faktor yang Berkontribusi terhadap Risiko Hipertensi pada Mahasiswa Universitas Airlangga Surabaya. *Perpustakaan Universitas Airlangga, 9(1),* 1–11.
- Mehta, S. R., Pokale, A. B., & Karmarkar, M. D. (2018). Is caffeine consumption amongst students on the rise? Comparison between medical and engineering students: a pilot study. *International Journal Of Community Medicine And Public Health, 5(11).* <https://doi.org/10.18203/2394-6040.ijcmph20184569>
- Mescher, A. L. (2017). Junqueira ' s Basic Histology Text & Atlas. *Mc Graw Hill, January.*
- Munro, M. G., Critchley, H. O. D., Fraser, I. S., Haththotuwa, R., Kriplani, A., Bahamondes, L., Füchtner, C., Tonye, R., Archer, D., Abbott, J., Abdel-Wahed, A., Berbic, M., Brache, V., Breitkopf, D., Brill, A., Broder, M., Brosens, I., Chwalisz, K., Clark, J., ... Warner, P. (2018). The two FIGO systems for normal and abnormal uterine bleeding symptoms and classification of causes of abnormal uterine bleeding in the reproductive years: 2018 revisions. *International Journal of Gynecology and Obstetrics, 143(3).* <https://doi.org/10.1002/ijgo.12666>
- Muqaku, B., Tahir, A., Klepeisz, P., Bileck, A., Kreutz, D., Mayer, R. L., Meier, S. M., Gerner, M., Schmetterer, K., & Gerner, C. (2016). Coffee consumption modulates inflammatory processes in an individual fashion. *Molecular Nutrition and Food Research, 60(12).* <https://doi.org/10.1002/mnfr.201600328>
- Nasrallah, R., Hassouneh, R., & Hébert, R. L. (2016). PGE2, kidney disease, and cardiovascular risk: Beyond hypertension and diabetes. In *Journal of the American Society of Nephrology* (Vol. 27, Issue 3). <https://doi.org/10.1681/ASN.2015050528>
- Nehlig, A. (2018). Interindividual differences in caffeine metabolism and factors driving caffeine consumption. *Pharmacological Reviews, 70(2).*

- <https://doi.org/10.1124/pr.117.014407>
- Nieber, K. (2017). The Impact of Coffee on Health Author Pharmacokinetics and Mode of Action Bioactive Components in Coffee. *Planta Med*, 83(1), 1256–1263.
- Noguchi, K., Matsuzaki, T., Sakanashi, M., Hamadate, N., Uchida, T., Kina-Tanada, M., Kubota, H., Nakasone, J., Sakanashi, M., Ueda, S., Masuzaki, H., Ishiuchi, S., Ohya, Y., & Tsutsui, M. (2015). Effect of caffeine contained in a cup of coffee on microvascular function in healthy subjects. *Journal of Pharmacological Sciences*, 127(2). <https://doi.org/10.1016/j.jphs.2015.01.003>
- Nowaczewska, M., Wiciński, M., & Kaźmierczak, W. (2020). The ambiguous role of caffeine in migraine headache: From trigger to treatment. In *Nutrients* (Vol. 12, Issue 8). <https://doi.org/10.3390/nu12082259>
- Ozder, A., & Salduz, Z. (2020). The prevalence of dysmenorrhea and its effects on female university students' quality of life: what can we do in primary care? *INTERNATIONAL JOURNAL OF CLINICAL AND EXPERIMENTAL MEDICINE*, 13(9).
- Pertanian, K. (2018). Outlook Kopi 2018. *Journal of Chemical Information and Modeling*, 53(9).
- Petraglia, F., Bernardi, M., Lazzeri, L., Perelli, F., & Reis, F. M. (2017). Dysmenorrhea and related disorders. In *F1000Research* (Vol. 6). <https://doi.org/10.12688/f1000research.11682.1>
- Prawirohardjo, S. (2013). Ilmu Kandungan Sarwono. In *Ilmu Kandungan*. PT Bina Pustaka Sarwono Prawirohardjo.
- Reyes, C. M., & Cornelis, M. C. (2018). Caffeine in the diet: Country-level consumption and guidelines. In *Nutrients* (Vol. 10, Issue 11). <https://doi.org/10.3390/nu10111772>
- Ríos, J. L., Betancourt, J., Pagán, I., Fabián, C., Cruz, S. Y., González, A. M., González, M. J., Rivera-Soto, W. T., & Palacios, C. (2013). Caffeinated-beverage consumption and its association with socio-demographic characteristics and selfperceived academic stress in first and second year students at the University of Puerto Rico Medical Sciences Campus (UPR-MSC). *Puerto Rico Health Sciences Journal*, 32(2).
- Rusli, Y., Angelina, Y., & Hadiyanto, H. (2019). Hubungan Tingkat Stres dan Intensitas Dismenore pada Mahasiswi di Sebuah Fakultas Kedokteran di Jakarta. *EJournal Kedokteran Indonesia*, 7(2). <https://doi.org/10.23886/ejki.7.10101>.
- Sa'adah, N. I. (2016). *Hubungan Konsumsi Teh dengan Kejadian Dismenore Primer di Kecamatan Jebres Surakarta*. 53(9), 1689–1699. [www.journal.uta45jakarta.ac.id](http://www.journal.uta45jakarta.ac.id)
- Saadeh, R. (2019). Caffeinated – Beverages consumption habits and use among medical students in North Jordan. In *Jordan Medical Journal* (Vol. 53, Issue

- 1).
- Sampieri, R. H. (2019). Statistik Kopi Indonesia 2019. *Badan Pusat Statistik*.
- Shah, P., Sapkota, A., & Chhetri, A. (2021). Depression, Anxiety, and Stress among First-year Medical Students in a Tertiary Care Hospital: A Descriptive Cross-sectional Study. *Journal of Nepal Medical Association*, 59(236). <https://doi.org/10.31729/jnma.6420>
- Sharadha, S. O., Punithavathi, N., & Renuka Devi, T. K. (2016). Better Predictor of Adverse Pregnancy Outcome: Asian or WHO International Cutoff? A Single-Centre Prospective Study. *Journal of Obstetrics and Gynecology of India*, 66. <https://doi.org/10.1007/s13224-015-0824-4>
- Sherwood, L. (2016). Human physiology from cells to systems Ninth Edition. In *Appetite* (Vol. 20, Issue 3).
- Sihotang, V. A. (2019). *Hubungan Kebiasaan Minum Kopi dengan Peningkatan Tekanan Darah pada Masyarakat di Desa Ponjian Pegagan Julu X Sumbul Kabupaten Dairi*. 37.
- Silaen, R. Ani, L. Putri, W. (2019). Prevalensi Dysmenorrhea dan Karakteristiknya Pada Remaja Putri di Denpasar. *Jurnal Medika Udayana*, 8(11).
- Silverthorn, D. U. (2018). *Human Physiology an Integrated Approach 8th Ed* (8th Ed). Pearson.
- Simion, I., Rus, V., Salcudean, M., Dogar, C. M., Tarcea, M., & Ruta, F. (2018). A Pilot Study Evaluating Preferences for Caffeinated Drinks Consumption Among Mures Medical Students. *Bulletin of University of Agricultural Sciences and Veterinary Medicine Cluj-Napoca. Food Science and Technology*, 75(1). <https://doi.org/10.15835/buasvmcn-fst:0006>
- Sony, M. B. F. (2017). Bahan Ajar Teknologi Laboratorium Medis (TLM) METODOLOGI PENELITIAN DAN STATISTIK. *Kementerian Kesehatan Republik Indonesia*, (5) 2(2).
- Sreedevi, A., Rao, G., Bharath, P., Reddy, K., Parigala, R., Pappu, S., Chowdary, S., & Parem, S. (2016). Study on stress among first-year medical students of Kurnool Medical College, Kurnool. *International Journal of Medical Science and Public Health*, 5(5). <https://doi.org/10.5455/ijmsph.2016.31082015141>
- Sugimoto, Y., Inazumi, T., & Tsuchiya, S. (2015). Roles of prostaglandin receptors in female reproduction. In *Journal of Biochemistry* (Vol. 157, Issue 2). <https://doi.org/10.1093/jb/mvu081>
- Sugiyono, D. (2018). Metode penelitian kuantitatif , kualitatif dan R & D / Sugiyono. In *Bandung: Alfabeta*.
- Sukalingam, K., & Ganeshan, K. (2016). Health-related Quality of Life in Young Adult Girls with Dysmenorrhea among University Medical Students in Shah Alam, Malaysia: A Cross-sectional Study. *Recent Advances in Biology and Medicine*, 02, 121. <https://doi.org/10.18639/rabm.2016.02.343082>

- Surahman, Rachmat, M., & Supardi, S. (2016). Metodologi Penelitian. In *Pusdik SDM Kesehatan*.
- Surur, A. Z., Putri, M., & Multazam, A. F. (2019). Body Mass Index and Dysmenorrhea in Female Teenagers. *Indonesian Contemporary Nursing Journal (ICON Journal)*, 4(1). <https://doi.org/10.20956/icon.v4i1.6705>
- Syed, A., & Rao, S. B. (2020). Prevalence of premenstrual syndrome and dysmenorrhea among medical students and its impact on their college absenteeism. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*, 9(4). <https://doi.org/10.18203/2320-1770.ijrcog20201042>
- Tadese, M., Kassa, A., Muluneh, A. A., & Altaye, G. (2021). Prevalence of dysmenorrhoea, associated risk factors and its relationship with academic performance among graduating female university students in Ethiopia: A cross-sectional study. *BMJ Open*, 11(3). <https://doi.org/10.1136/bmjopen-2020-043814>
- Taylor, H. S., Pal, L., & Seli, E. (2020). *Speroff's Clinical Gynecologic Endocrinology and Infertility 9th Edition* (9th ed.). Wolters Kluwer.
- Teherán, A. A., Piñeros, L. G., Pulido, F., & Mejía Guatibonza, M. C. (2018). WaLIDD score, a new tool to diagnose dysmenorrhea and predict medical leave in University students. *International Journal of Women's Health*, 10, 35–45. <https://doi.org/10.2147/IJWH.S143510>
- Temple, J. L., Bernard, C., Lipshultz, S. E., Czachor, J. D., Westphal, J. A., & Mestre, M. A. (2017). The Safety of Ingested Caffeine: A Comprehensive Review. *Frontiers in Psychiatry*, 8. <https://doi.org/10.3389/fpsyg.2017.00080>
- Thurston, R. W. (2018). *Coffee A Brief Introduction*. The Rowman and Littlefield Publishing Group.
- Tofalo, R., Renda, G., De Caterina, R., & Suzzi, G. (2016). Coffee: Health Effects. In *Encyclopedia of Food and Health*. <https://doi.org/10.1016/B978-0-12-384947-2.00182-3>
- Tortora, G. J., & Derrickson, B. (2014). Principles of Anatomy & Physiology 14th Edition. In Wiley.
- U.S. Food and Drug Administration. (2018). *Spilling the Beans: How Much Caffeine is Too Much?* Food and Drugs Administration.
- Unsal, A., Ayrancı, U., Tozun, M., Arslan, G., & Calik, E. (2010). Prevalence of dysmenorrhea and its effect on quality of life among a group of female university students. *Upsala Journal of Medical Sciences*, 115(2). <https://doi.org/10.3109/03009730903457218>
- van Dam, R. M., Hu, F. B., & Willett, W. C. (2020). Coffee, Caffeine, and Health. *New England Journal of Medicine*, 383(4), 369–378. <https://doi.org/10.1056/nejmra1816604>
- Vilšinskaitė, D. S., Vaidokaitė, G., Mačys, Ž., & Bumbulienė, Ž. (2019). The risk

- factors of dysmenorrhea in young women. In *Wiadomosci lekarskie (Warsaw, Poland : 1960)* (Vol. 72, Issue 6). <https://doi.org/10.36740/wlek201906102>
- Vlachou, E., Owens, D. A., Lavdaniti, M., Kalemikerakis, J., Evangelou, E., Margari, N., Fasoi, G., Evangelidou, E., Govina, O., & Tsartsalis, A. N. (2019). Prevalence, Wellbeing, and Symptoms of Dysmenorrhea among University Nursing Students in Greece. *Diseases*, 7(1). <https://doi.org/10.3390/diseases7010005>
- Wahyuni, W., Nordin, N. A. M., & Mutualazimah, M. (2021). The correlation between pain's level of dysmenorrhea and affected activity: A study of young women in surakarta residency. *Journal of Medicinal and Chemical Sciences*, 4(2). <https://doi.org/10.26655/JMCHEMSCI.2021.2.12>
- Wikoff, D., Welsh, B. T., Henderson, R., Brorby, G. P., Britt, J., Myers, E., Goldberger, J., Lieberman, H. R., O'Brien, C., Peck, J., Tenenbein, M., Weaver, C., Harvey, S., Urban, J., & Doepper, C. (2017). Systematic review of the potential adverse effects of caffeine consumption in healthy adults, pregnant women, adolescents, and children. *Food and Chemical Toxicology*, 109. <https://doi.org/10.1016/j.fct.2017.04.002>
- Yang, H. C. (Shawn), Liang, Z., Yao, J. (Fiona), Shen, X., Frederick, B. de B., & Tong, Y. (2019). Vascular effects of caffeine found in BOLD fMRI. *Journal of Neuroscience Research*, 97(4). <https://doi.org/10.1002/jnr.24360>
- Yesuf, T. A., Eshete, N. A., & Sisay, E. A. (2018). Dysmenorrhea among University Health Science Students, Northern Ethiopia: Impact and Associated Factors. *International Journal of Reproductive Medicine*, 2018. <https://doi.org/10.1155/2018/9730328>
- Zakir, Z., & Hassan, M. (2013). Caffeine ( 1 , 3 , 7-Trimethylxanthine ): the Good and the Bad : a Review and the Bad : a Review. *Journal of Public Health and Biological Sciences*, 2(4).
- Zeru, A. B., & Muluneh, M. A. (2020). <p>Thyme Tea and Primary Dysmenorrhea Among Young Female Students</p>. *Adolescent Health, Medicine and Therapeutics, Volume 11*. <https://doi.org/10.2147/ahmt.s280800>