

Bibliometric analysis of studies on coffee/caffeine and sport

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Abstract

This article provides an empirical overview of coffee/caffeine studies in relation to sport worldwide, an incipient but growing relationship that has existed since 1938, although systematized over time since 1999. The extracted articles were examined using a bibliometric approach based on data from 160 records stored in the Web of Science (JCR) between 1938 and August 2021, applying traditional bibliometric laws and using VOSviewer for data and metadata processing. Among the results, these articles highlight an exponential increase in scientific production in the last two decades, with a concentration in only 12 specific journals, the hegemony of the USA among the co-authorship networks of worldwide relevance, and the thematic and temporal segregation of the concepts under study. This article concludes a high fragmentation of the authors with the highest level of scientific production and an evolution of almost 20 years in relevant thematic topics, and a concurrent concentration in three large blocks: (1) coffee consumption and risk factors, (2) health and coffee consumption, and (3) metabolism and sport correlated with the intake of coffee, which are distanced in time, providing evidence of an evolution that gives way to the irruption of alternative visions in the relationship of coffee and caffeine with sport. © 2021 by the authors. Licensee MDPI, Basel, Switzerland.

Author keywords

Bibliometrics; Caffeine effects; Coffee consumption; Drinkable nutrients; Energy drinks; Metabolism; Risk factors; Sports health; Sports performance; Sugar-sweetened beverages