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The impact of different kava intake levels in the Vanuatu region on sleep quality and anxiety levels

Submission date
21/08/2026

Recruitment status
Recruiting

Registration date
25/08/2026

Overall study status
Ongoing

Last Edited
24/08/2026

Condition category
Nervous System Diseases

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol
Background and study aims
Kava is a traditional drink made from the root of a South Pacific plant and is widely consumed in Vanuatu. Many people use kava to help them relax, reduce stress, and improve sleep. However, there is limited evidence about how different amounts and frequencies of kava consumption affect sleep quality and anxiety. This study compares sleep quality and anxiety levels among people with different kava intake patterns.

Who can participate?
Adults aged 18 years and over living in Vanuatu who do not have a severe physical or mental illness, are able to complete the study questionnaire, and provide written informed consent.

What does the study involve?
Participants complete a survey about their kava consumption. Researchers assess sleep quality using a Sleep Quality Index (PSQI) and anxiety levels using standard anxiety questionnaires.

What are the possible benefits and risks of participating?
There may be no direct benefit to participants. The findings may improve understanding of the relationship between kava consumption, sleep quality, and anxiety. Risks are minimal and mainly relate to the time needed to complete the survey and the possibility of feeling uncomfortable when answering personal questions.

Where is the study run from?
National Hospital of Vanuatu, Port Vila, Vanuatu.

When is the study starting and how long is it expected to run for?
September 2026 to September 2027.

Who is funding the study?
Beijing Jishuitan Hospital, Capital Medical University, China.

Who is the main contact?
Ms Long Cheng, chenglongele@126.com

Contact information

Type(s)
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Additional identifiers

Study information

Scientific Title
Evaluation on the impact of different Kava intake amounts and frequencies on sleep quality and anxiety levels in the region of vanuatu

Study objectives

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 10/07/2026, Vanuatu Health Research Ethics Committee (Republic of Vanuatu Ministry of Health, Port Vila, 9009, Vanuatu; +678 22512; pstapo@vanuatu.gov.vu), ref: -

Primary study design
Observational

Secondary study design
Cross sectional study

Study type(s)

Health condition(s) or problem(s) studied
Sleep disorders and anxiety

Interventions
This study will adopt a cross-sectional observational study design to investigate the effects of different Kava intake levels on sleep quality and anxiety levels. The research data will come from a clinical epidemiological survey to be conducted in the Port Vila region of Vanuatu. All participants will provide informed consent before enrollment. Data collection will strictly adhere to ethical principles to ensure the privacy and rights of the subjects are not violated. The primary and secondary outcomes will be clearly defined to evaluate the impact of Kava intake on sleep and anxiety.

Intervention Type
Not Specified

Primary outcome(s)
1. Sleep quality measured using the global score of the Pittsburgh Sleep Quality Index (PSQI) at one time point when filling out the questionnaire

2. Anxiety level measured using the total score of the Hamilton Anxiety Rating Scale (HAMA) or the State-Trait Anxiety Inventory (STAI) at one time point when filling out the questionnaire

Key secondary outcome(s)

Completion date
01/09/2027

Eligibility

Key inclusion criteria
1. Aged 18 years or older
2. No obvious severe physical or mental illness
3. Capable of completing the questionnaire and examinations (cognitive and language abilities)
4. Providing written informed consent

Healthy volunteers allowed
Yes

Age group
Mixed

Lower age limit
18 Years

Upper age limit
99 Years

Sex
All

Total final enrolment
0

Key exclusion criteria
1. Severe cognitive impairment preventing cooperation with the survey
2. Current use of prescription sleeping pills or anti-anxiety medications (to eliminate pharmacological interference with sleep and anxiety scores)
3. Unwillingness to provide informed consent

Date of first enrolment
01/09/2026

Date of final enrolment
31/07/2027

Locations

Countries of recruitment
Vanuatu

Study participating centre
National Hospital of Vanuatu
Vanuatu

Sponsor information

Organisation
Beijing Jishuitan Hospital, Capital Medical University

ROR
https://ror.org/035t17984

Funder(s)

Funder type

Funder Name
Beijing Jishuitan Hospital, Capital Medical University

Alternative Name(s)
, , Beijing Second Medical College, CCMU

Funding Body Type
Government organisation

Funding Body Subtype
Universities (academic only)

Location
China

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet			24/08/2026	No	Yes