

A complex systems approach towards REsilient and CONNECTED vulnerable European communities in times of change: Finnish trial

Submission date 24/02/2026	Recruitment status Recruiting	☒ Prospectively registered
		☐ Protocol
Registration date 25/02/2026	Overall study status Ongoing	☐ Statistical analysis plan
		☐ Results
Last Edited 24/02/2026	Condition category Mental and Behavioural Disorders	☐ Individual participant data
		☒ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

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Study information

Scientific Title

A complex systems approach towards REsilient and CONNECTED vulnerable European communities in times of change: Finnish trial

Acronym

Reconnected Finland

Study objectives

1. To examine if personalised micro-interventions and social prescribing add to the effects on wellbeing compared to mental health literacy alone.
2. To evaluate whether integrating a machine learning algorithm into personalised micro-interventions improves the effectiveness of these personalised micro-interventions compared to the standard version.
3. To conduct a process evaluation to assess the feasibility of the digital support system, including usability, perceived usefulness, overall satisfaction, potential unintended negative effects, and engagement.

Ethics approval required

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Ethics approval(s)

Submitted 24/02/2026, Ethics Committee for Human Sciences at the University of Turku (Turun yliopisto, Turku, 20014, Finland; +358 (0)29 450 5000; eettinen@utu.fi), ref: TY/2005/2025

Primary study design

Interventional

Allocation

Randomized controlled trial

Masking

Open (masking not used)

Control

Active

Assignment

Factorial

Purpose

Supportive care

Study type(s)

Health condition(s) or problem(s) studied

Mental wellbeing

Interventions

A digital support system that addresses both individual and social factors (i.e., mental health literacy, social participation, and psychological resilience)

Treatment duration is 6 weeks. All participants will be randomised to receive access to the digital support system, which includes the mental health literacy intervention, with no or a maximum of two additional components (i.e., personalised micro-interventions and social prescribing). The full factorial design allows us to assess the additional effect of each component, both individually and in interaction. Additionally, within the conditions that include micro-interventions (conditions 3 and 4), participants are further randomized: half receive the standard micro-intervention (MI; conditions 3a and 4a), while the other half receive micro-

interventions accompanied by a machine learning algorithm (MI+ML; conditions 3b and 4b). All assessments will be conducted online at four timepoints: baseline (t0), 6 weeks (t1), 3 months (t2), and 6 months (t3) follow-up.

Intervention Type

Behavioural

Primary outcome(s)

1. Mental wellbeing measured using Mental Health Continuum-Short Form (MHC-SF) at post-intervention, 6 weeks, 3 months, 6 months

Key secondary outcome(s)

Completion date

31/12/2027

Eligibility

Key inclusion criteria

1. Mental wellbeing status (languishing or moderately healthy) measured using the Mental Health Continuum-Short Form (MHC-SF). Include if a person is classified as:
 - 1.1. "Languishing": defined as scoring "never" or "once or twice" on ≥ 7 of the 14 items, including at least one item from the emotional well-being cluster, or
 - 1.2. "Moderately mentally healthy": defined as individuals who do not meet the criteria for either languishing or flourishing. Participants are classified as flourishing if they score "almost every day" or "every day" on ≥ 1 emotional well-being item and ≥ 6 psychological or social well-being items, or if their mean score across all 14 items is ≥ 4.0 .
2. Informed consent: gives (electronic or in-person) consent.
3. 18 years old.

Healthy volunteers allowed

Yes

Age group

Adult

Lower age limit

18 Years

Upper age limit

18 Years

Sex

All

Total final enrolment

0

Key exclusion criteria

1. Severe mental illness
2. Mental health treatment

Date of first enrolment

01/04/2026

Date of final enrolment

01/04/2027

Locations

Countries of recruitment

Finland

Sponsor information

Organisation

HORIZON EUROPE Framework Programme

Funder(s)

Funder type**Funder Name**

HORIZON EUROPE Framework Programme

Alternative Name(s)

Horizon Europe, Horizon Europe Programme, Framework Programme, Horizon Europe, EU Framework Programme, Horizon, Horizonte Europa

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available