

Remedying transient loneliness in university students

Submission date 29/05/2026	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 29/05/2026	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 29/05/2026	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific, Principal investigator, Public

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Additional identifiers

Study information

Scientific Title
Remedying transient loneliness: pre-post evidence on a university intervention (RECONNECT)

Acronym
RECONNECT

Study objectives

University students frequently experience loneliness and reduced well-being. Scalable, low-cost interventions that promote social inclusion and prevent deterioration of well-being are needed. We developed and evaluated RECONNECT, a cost-effective, institutionally embedded intervention designed to reduce transient loneliness and enhance student well-being through induced self-selection of students experiencing transient loneliness and through a structured social engagement with faculty and among each other.

Ethics approval required

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Ethics approval(s)

approved 20/04/2022, Ethics Assessment Committee Faculty of Law and Nijmegen School of Management (EACLM) (Radboud Universiteit Faculteit der Rechtsgeleerdheid Montessorilaan 10, Nijmegen, 6525 HR, Netherlands; +31 (0)24 361 23 01; eaclm@ru.nl), ref: Nr. 2022-05

Primary study design

Intentional

Allocation

Non-randomized controlled trial

Masking

Open (masking not used)

Control

Uncontrolled

Assignment

Parallel

Purpose

Supportive care

Study type(s)**Health condition(s) or problem(s) studied**

Transient loneliness among university students

Interventions

RECONNECT consisted of three plenary meetings featuring university faculty as role models, followed by informal networking sessions and three structured small-group challenges. Alongside the interventions, participants and non-participants completed structured survey questionnaires

Intervention Type

Behavioural

Primary outcome(s)

1. Loneliness measured using the UCLA Loneliness Scale at before the start of the intervention and after the end of the intervention

Key secondary outcome(s)

Completion date

31/08/2025

Eligibility

Key inclusion criteria

1. University students
2. Experiencing (transient) loneliness

Healthy volunteers allowed

Yes

Age group

Mixed

Lower age limit

17 years

Upper age limit

30 years

Sex

All

Total final enrolment

457

Key exclusion criteria

1. Not university students
2. Not experiencing (transient) loneliness

Date of first enrolment

20/04/2022

Date of final enrolment

31/08/2025

Locations

Countries of recruitment

Netherlands

Sponsor information

Organisation

Radboud University Nijmegen

ROR

<https://ror.org/016xsfp80>

Funder(s)**Funder type****Funder Name**

Radboud Universiteit

Alternative Name(s)

Radboud University, Radboud University Nijmegen, Radboud Uni. Nijmegen, RU

Funding Body Type

Government organisation

Funding Body Subtype

Universities (academic only)

Location

Netherlands

Results and Publications**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not expected to be made available