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Remedying transient loneliness in university students

Submission date	Recruitment status
29/05/2026	No longer recruiting
Registration date	**Overall study status**
29/05/2026	Completed
Last Edited	**Condition category**
26/08/2026	Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[X] Statistical analysis plan
[X] Results
[ ] Individual participant data

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
Ethics approval required

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
Interventional

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

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Basic results			26/08/2026	No	No
Plain English results			26/08/2026	No	Yes
Statistical Analysis Plan			26/08/2026	No	No