

Loneliness Approach STudents (LAST)



*Am I seriously the only one who feels this way sometimes?
I had imagined student life differently.*

Would you like some support in discussing and reducing feelings of loneliness? Then read on!

Introduction

Would you like to have more or better contact with others? Do you sometimes feel alone or lonely and would you like to do something about it?

Don't worry, you are not the only student who has these feelings. Loneliness among students is now a well-known and acknowledged phenomenon, and feelings of loneliness have increased since the corona pandemic. In the group of young people and students, this increase is the strongest of all age groups.

If, as a student, you feel the need for more social contact or experience loneliness, this can reduce your (mental) health and hinder your studies. To help students reduce feelings of loneliness, Hanze UAS has developed the LAST project. LAST stands for: Loneliness Approach for Students.

What does the approach look like?

EAST consists of a number of individual, confidential sessions lasting approximately one hour. The final number of sessions depends on your needs, but will be around five sessions. The sessions help you gain more insight into your feelings of loneliness. You will start working on an approach to reduce your feelings of loneliness that suits you. The conversations are held with a professional from Hanze University of Applied Sciences who is trained in LAST. The sessions take place at school and are free of charge.

The research

Besides offering this approach, we also conduct research. With the help of this research we want to find out what the experiences of the participating students are with the approach. What did you gain from it? What are you satisfied with and what not? For this we ask for your cooperation. At least 25 students from Hanze University of Applied Sciences will take part in this study.

For the study, we ask you to complete two questionnaires and participate in a final interview. You will fill in a questionnaire before the first interview with the professional and after the last interview.

In the questionnaire, questions will be asked about your experiences with loneliness and social contacts. Filling in the questionnaire takes about 20 minutes each time. At the end of the study there will be a final interview in which we will ask you about your experiences with the approach. For filling in the questionnaires and participating in the interview you will receive a compensation of twice a gift voucher of € 12.50, in total € 25.00. If you participate, we will ask you to sign a consent form.

How are the research data recorded?

All answers you give in the questionnaires or in the final interview will be stored anonymously and will be coded with a unique participant number. Therefore, the results of the study cannot be linked to your name or other personal data. Only the researchers (Willem Vos, Jisca Kuiper and Lies Korevaar) and the professional with whom you will be interviewed can view your data.

Interested in participating?

You are eligible to participate if you:

- Are a student at Hanze University Groningen
- Experience feelings of loneliness that negatively affect your study performance
- You need support to reduce your feelings of loneliness
- You want to participate in the accompanying research

How do I sign up?

Please let the relevant professional (from whom you received this brochure) know that you want to participate in LAST.

What if I don't want to participate anymore?

Your participation is entirely voluntary. If you no longer wish to participate, you can stop the project at any time. You do not have to give a reason for doing so. Of course, stopping the project has no consequences for your studies.

Do you have any questions?

Do you still have questions about the LAST project or the research after reading this brochure? Please contact the researchers Willem Vos and Jisca Kuiper at eastproject@org.hanze.nl.