Empowering Student Flourishing:
A Six-Week, Multi-Institution Randomized Controlled Trial with the Flourish App

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Flourish

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Introduction

In Fall '24, Flourish partnered with psychology faculty at **three institutions** (two 4-year universities and one 2-year community college) to conduct a 6-week longitudinal study. Using scientifically validated survey measures across four waves of data collection, this study **assessed the impact of the evidence-based, AI-powered Flourish app on student well-being**.

486 students were randomly assigned to use the Flourish app twice a week ("Flourish") or receive no additional resources beyond what their schools currently offered ("Control").

Method

PARTICIPANTS

Age: Mean = 20.34; SD = 4.03.

Gender: 79% female, 21% male.

Race and ethnicity: 44% White, 10% Hispanic, 4% Black, 18% East/South Asian, 18% mixed race, 2% Middle Eastern, and 4% as other races.

MEASURES

- **Positive emotions** (Subcomponents of Affect Scale; Jenkins et al., 2023)
- **Belonging** (Perceived Cohesion Scale; Bollen & Hoyle, 1990)
- **Emotional resilience** (Brief Resilience Scale; Smith et al., 2008)
- **Mindfulness** (Mindful Attention Awareness Scale; Brown & Ryan, 2003)
- **Loneliness** (UCLA Loneliness Scale; Russell et al., 1980)
- **Well-being** (Flourishing Scale; Diener et al., 2009)

Results

Over the course of 6 weeks, using the Flourish app led students to experience...

- ✨ more **positive emotions** (see Figure 1)
- ✨ greater sense of **belonging** (see Figure 2)
- ✨ greater **emotional resilience**
- ✨ more **mindfulness**
- ✨ less **loneliness**
- ✨ greater **well-being**

Figure 1
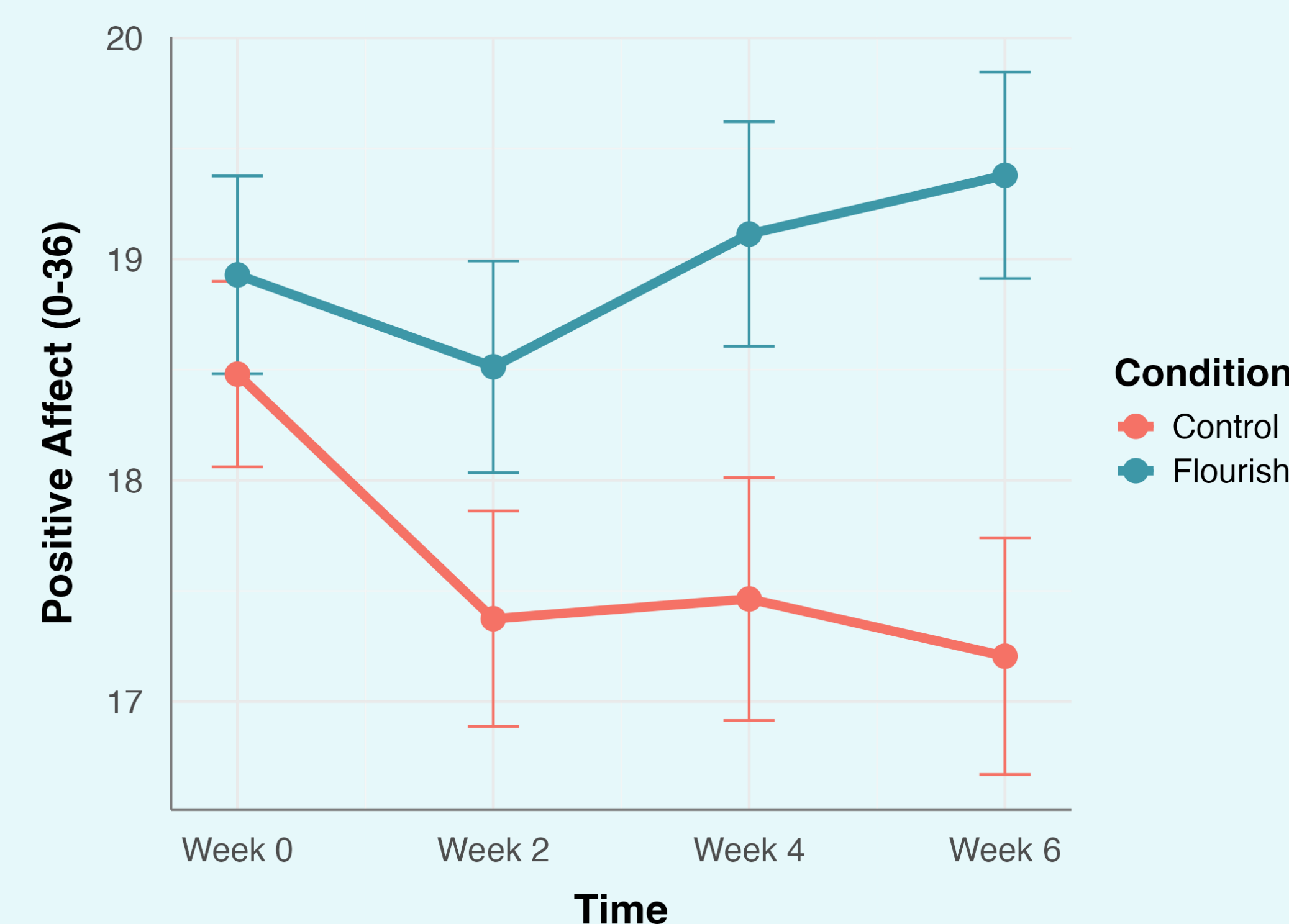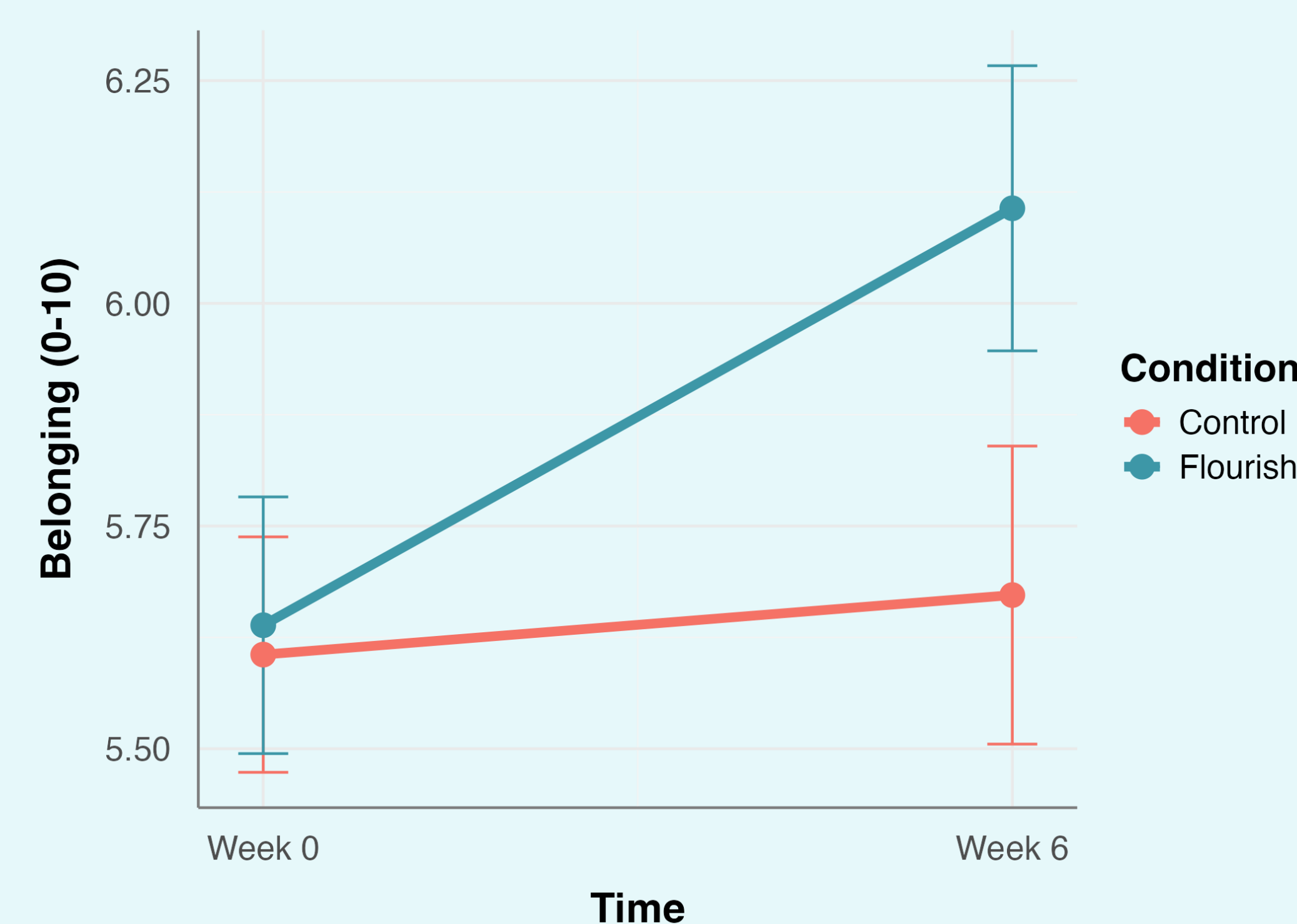### Flourish Increased Positive Emotions

Figure 2
Flourish Increased Belonging

Discussion & Conclusion

- **First multi-site field RCT** testing a science-based AI companion for promoting well-being in higher-education settings.
- Findings support Flourish as **a proactive, scalable, and personalized mental health promotion tool** for college campuses.
- Integrating Flourish into **course structures and offering incentives (e.g., extra credit)** could boost student engagement with proactive well-being practices.

Build a Flourishing Campus

Promote a Culture of Well-Being on Your Campus with Flourish!

Looking for **evidence-based ways** to promote student mental health and well-being on campus? Scan the QR code to get a **free pilot** with the Flourish app! And explore ways to **customize** the app for your **school community**.

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