

5 March 2013

Dr J Mortimer
Psychology

Dear Dr Mortimer

PROJECT NO: H-2013-001

The effect of a Hatha Yoga practice on factors related to chronic stress

I write to advise you that the Human Research Ethics Committee has approved the above project. Please refer to the enclosed endorsement sheet for further details and conditions that may be applicable to this approval. Ethics approval is granted for a period of three years subject to satisfactory annual progress reporting. Ethics approval may be extended subject to submission of a satisfactory ethics renewal report prior to expiry.

The ethics expiry date for this project is: 29 February 2016

Where possible, participants taking part in the study should be given a copy of the Information Sheet and the signed Consent Form to retain.

Please note that any changes to the project which might affect its continued ethical acceptability will invalidate the project's approval. In such cases an amended protocol must be submitted to the Committee for further approval. It is a condition of approval that you immediately report anything which might warrant review of ethical approval including (a) serious or unexpected adverse effects on participants (b) proposed changes in the protocol; and (c) unforeseen events that might affect continued ethical acceptability of the project. It is also a condition of approval that you inform the Committee, giving reasons, if the project is discontinued before the expected date of completion.

A reporting form for the annual progress report, project completion and ethics renewal report is available from the website at <http://www.adelaide.edu.au/ethics/human/guidelines/reporting/>

Yours sincerely



per Dr John Semmler
Convenor

Human Research Ethics Committee

Applicant: Dr J Mortimer

School: Psychology

Project Title: *The effect of a Hatha Yoga practice on factors related to chronic stress*

THE UNIVERSITY OF ADELAIDE HUMAN RESEARCH ETHICS COMMITTEE

Project No:


H-2013-001

RM No: 0000015688

APPROVED for the period until: **29 February 2016**

It is noted that this project will involve Kaitlin Harkess, PhD/Masters candidate.

Refer also to the accompanying letter setting out requirements applying to approval.



Dr John Semmler

Convenor

Human Research Ethics Committee

Date: 27.2.13