

Enquiries to: Metro South
Human Research Ethics Committee
Phone: 07 3443 8049
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HREC Ref: HREC16/QPAH/042
E-mail: Ethicsresearch.pah@health.qld.gov.au

Dr N Korman
Consultant Psychiatrist
Metro South Addiction and Mental
Health Services
6 Baragoola Street
Coorparoo Qld 4151

Dear Dr Korman

HREC Reference number: HREC/16/QPAH/042

Project Title: Evaluating effects of a physical activity intervention implemented in a Continuing Care Unit (CCU)

Thank you for submitting the above research protocol to the Metro South Human Research Ethics Committee for ethical and scientific review. This protocol was first considered by the Human Research Ethics Committee (HREC) at the meeting held on 2 February 2016.

You are reminded that this letter constitutes ethical approval only. You must not commence this research protocol at a site until separate authorisation from the Metro South Chief Executive or Delegate of that site has been obtained.

A copy of this approval must be submitted to the Research Governance Office(r)/Delegate of the relevant institution with a completed Site Specific Assessment (SSA) Form for authorisation from the Chief Executive or Delegate to conduct this research at the Metro South Addiction and Mental Health Services, Coorparoo Continuing Care Unit.

If this study currently receives grant funding, please remember to forward a copy of this approval letter to the relevant Grants Office of the Administering Institution(s) for the grant.

I am pleased to advise that the HREC has granted approval of this research protocol. The documents reviewed and approved include:

Document	Version	Date
Cover letter		12 January 2016
MSF31 Submission Checklist Form		13 January 2015
NEAF		13 January 2015
Protocol	1	13 January 2015
Participant Information Sheet	2.0	22 February 2016
Participant Consent Form	2.0	24 February 2016
Adult Pre-Exercise Screening Tool		
Simple Physical Activity Questionnaire (SIMPAQ)	1	13 January 2015
Brief Psychiatric Rating Scale (BPRS)	1	13 January 2015
Scale for the Assessment of Negative Symptoms	1	13 January 2015
Exercise Regulations Questionnaire (BREQ-2)	1	13 January 2015
AQOL-8D (Data Collection Copy)	1	13 January 2015

Letter in response to HREC comments		Emailed 26 February 2016
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This HREC approval is valid from 1 March 2016 until 1 March 2019.

Please note the following conditions of approval:

1. The Principal Investigator will immediately report anything which might warrant review of ethical approval of the protocol in the specified format, including unforeseen events that might affect continued ethical acceptability of the protocol. Serious Adverse Events must be notified to the HREC as soon as possible. In addition the Investigator must provide a summary of the adverse events, in the specified format, including a comment as to suspected causality and whether changes are required to the Patient Information and Consent Form. In the case of Serious Adverse Events occurring at the local site, a full report is required from the Principal Investigator, including duration of treatment and outcome of the event.
2. Amendments to the research protocol which may affect the ongoing ethical acceptability of a protocol must be submitted to the HREC for review. Amendments should be accompanied by all relevant updated documentation and a cover letter from the principal investigator, providing a brief description of the changes, the rationale for the changes, and their implications for the ongoing conduct of the study. Hard copies of the cover letter and all relevant updated documents, with *tracked changes*, must also be submitted to the HREC office as per standard HREC SOP.
3. Amendments to the research protocol which only affect the ongoing site acceptability of the protocol are not required to be submitted to the HREC for review. These amendment requests should be submitted directly to the Research Governance Office/r.
4. Proposed amendments to the research protocol which may affect both the ethical acceptability and site suitability of the protocol must be submitted firstly to the HREC for review and, once HREC approval has been granted, then submitted to the Research Governance Office/r.
5. Amendments which do not affect either the ethical acceptability or site acceptability of the protocol (e.g. typographical errors) should be submitted electronically (track changes) and in hard copy (final clean copy) to the HREC Coordinator. These should include a cover letter from the Principal Investigator providing a brief description of the changes and the rationale for the changes, and accompanied by all relevant updated documents with tracked changes.
6. The HREC will be notified, giving reasons, if the protocol is discontinued at a site before the expected date of completion.
7. The Principal Investigator will provide at least, an annual report to the HREC on the anniversary of the approval and at completion of the study in the specified format.
8. If you require an extension for your study, please submit a request for an extension in writing outlining the reasons. Note: One of the criteria for granting an extension is the compliance with the approval's conditions including submission of progress reports.
9. Any research study that prospectively assigns human participants or groups of humans to one or more health-related interventions to evaluate the effects on health outcomes ([WHO / ICMJE 2008 definition](#)) should be registered, including early phase and late phase clinical trials (phases I-III) in patients or healthy volunteers ([WHO Recommendation / ICMJE policy](#)). If in doubt, registration is recommended. All studies must be registered prior to the study's inception, i.e. prospectively.
<http://www.anzctr.org.au/>

Should you have any queries about the HREC's consideration of your protocol please contact the Metro South HREC Office on 07 3443 8049.

Please note that the Metro South HREC is constituted and operates in accordance with the National Health and Medical Research Council's (NHMRC) *National Statement on Ethical Conduct in Human Research (2007)*, *NHMRC and Universities Australia Australian Code for the Responsible Conduct of Research (2007)* and the *CPMP/ICH Note for Guidance on Good Clinical Practice*. Attached is the HREC Composition (Attachment I).

Once authorisation to conduct the research has been granted, please complete the Commencement Form (Attached) and return to the Metro South Human Research Ethics Committee.

The Metro South HREC wishes you every success in your research.

Yours sincerely,



A/Prof Richard Roylance
Chair
Metro South Hospital and Health Service
Human Research Ethics Committee (EC00167)
Centres for Health Research
Princess Alexandra Hospital

3,3,2016



