HREC Committee Secretariat:

A/Prof Clement Loy
Medical Graduate – Neurologist

Mrs Patricia Fa
Clinical Trials Pharmacist

HREC Committee Members:

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Ms Joy Bowen
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Professor of Bioethics

Mr John Fisher
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Mr John McLeod
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Dr Geoff Shead
Medical Graduate – Surgeon

Dr Tony Skapetis
Dental Graduate

Dr Howard Smith
Medical Graduate – Endocrinologist

Ms Shane Waterton
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Dr Christine Wearne
Clinical Psychologist

Mrs Christina Whitehead
Research Co-Ordinator - RN

Research Office File No: (5398)
HREC Ref: AU RED HREC/17/WMEAD/495
SSA Ref: AU RED

26 February 2018

Prof Philip Newton
Nursing Research Centre
Westmead Hospital

Dear Prof Newton

LNR Research Project: Implementing meditation in heart disease clinical settings: The MENTOR Study

Thank you for your correspondence addressing the matters raised in the HREC's letter dated 5 December 2017 following single ethical review of the above project at its meeting held on 28 November 2017.

This HREC has been accredited by the NSW Department of Health as a lead HREC to provide the single ethical and scientific review of proposals to conduct research within the NSW public health system. This lead HREC is constituted and operates in accordance with the National Health and Medical Research Council's National Statement on Ethical Conduct in Human Research and the CPMP/ICH Note for Guidance on Good Clinical Practice.

This proposal meets the requirements of the National Statement and I am pleased to advise that the HREC has now granted ethical approval of this Single site research project to be conducted by you at:

- Blacktown Hospital – Principal Investigator Prof Philip Newton

The following documentation has been reviewed and approved by the HREC:

- NEAF submission code AU/1/E951311
- Protocol Version 2 dated 8 January 2018
- Participant Information and Consent Form Version 2 dated 8 January 2018
- UTS Assessment No version and date
- Mentor participant log sheet Version 1 dated 18 October 2017

Please note the following conditions of approval:

- The Chief Investigator will immediately report anything which might warrant review of ethical approval of the project in the specified format, including unforeseen events that might affect continued ethical acceptability of the project.
- For clinical trials of implantable medical devices only – The Chief Investigator will confirm to the HREC that a process has been established for tracking the participant, with consent, for the lifetime of the device and will immediately report any device incidents to the Therapeutic Goods Administration (TGA).

- The Chief Investigator will immediately report any protocol deviation / violation, together with details of the procedure put in place to ensure the deviation / violation does not recur.
- The Chief Investigator will provide to the HREC in the specific format, proposed amendments to the research protocol or conduct of the research which may affect the ethical acceptability of the project, must be provided to the HREC to review in the specific format. Copies of all amendments when approved by the HREC must also be provided to the Research Governance Officer.
- The Chief Investigator must notify the HREC, giving reasons, if the project is discontinued at a site before the expected date of completion.
- The Coordinating Chief Investigator must provide an annual report to the HREC and a final report at completion of the study, in the specified format. HREC approval is granted for a period of 12 months and ongoing approval is contingent upon annual submission. Annual Reports for all studies should be submitted in November, they will be processed and presented to the HREC at their January meeting. A copy of the Annual / Final Research Report Form can be obtained electronically from the Research Office on request.
- The HREC has the discretion to adopt other appropriate mechanisms for monitoring depending on the complexity, design and risk perceived including
    1. Discussion of relevant aspects of the project with investigators, at any time,
    2. Random inspection of research sites, data or consent documentation,
    3. Interview with research participants or other forms of feedback from them, and
    4. Request and review reports from independent agencies such as a Data Safety Monitoring Board.
- If your research project is an interventional trial, please ensure it is registered on one of the clinical trial registries, eg http://www.actr.org.au.
- It should be noted that compliance with the ethical guidelines is entirely the responsibility of the Chief Investigator.

You are reminded that this letter constitutes *ethical approval only*. You must not commence this research project at a site until separate authorisation from the Chief Executive or delegate of that site has been obtained. Copies of this letter, together with any approved documents as enumerated above, must be forwarded to all site investigators for submission to the relevant Research Governance Officer.

Should you have any queries about the HREC's Terms of Reference, Standard Operating Procedures or membership, please contact the Executive Officer through the Research Office on 8890 9007 or emailing wslhd-researchoffice@health.nsw.gov.au.

In all future correspondence concerning this study, please quote Research Office File Number (5352)

The HREC wishes you every success in your research.

Yours sincerely

Mrs Patricia Fa
Secretary
WSLHD Human Research Ethics Committee

cc: Research Governance Officer