



Approval Date: 13 August 2015

Joanna Ratcliffe
Centre for Physical Activity in Ageing
HAMPSTEAD REHABILITATION CENTRE

Dear Ms Radcliffe

HREC reference number: **HREC/15/RAH/342**

Project Title: "Does fortnightly telephone based support improve adherence to home exercise programs in obese clients awaiting bariatric surgery?."

RAH Protocol No: 150806

Thank you for submitting the above project for ethical review. This project was considered by the Chairman of the Royal Adelaide Hospital Human Research Ethics Committee. I am pleased to advise that your protocol has been granted full ethics approval and meets the requirements of the *National Statement on Ethical Conduct in Human Research*. The documents reviewed and approved include:

- **Research Protocol and included documents Version 2 dated 12 August 2015;**
 - **Appendix 1 - Medical Clearance**
 - **Appendix 2 - Full Test Protocols**
 - **Appendix 3 - Patient Information Sheet**
 - **Appendix 4 - Participant Consent Form**
 - **Appendix 5 - Safety Precautions and Emergency Procedures**
 - **Appendix 6 - Contraindications to Exercise Testing**

Please quote the **RAH Protocol Number, 150806** and the **HREC number, HREC/15/RAH/342** allocated to your study on all future correspondence.

GENERAL TERMS AND CONDITIONS OF ETHICAL APPROVAL:

- Adequate record-keeping is important. If the project involves signed consent, you should retain the completed consent forms which relate to this project and a list of all those participating in the project, to enable contact with them in the future if necessary. The duration of record retention for all clinical research data is 15 years.
- You must notify the Research Ethics Committee of any events which might warrant review of the approval or which warrant new information being presented to research participants, including:
 - (a) serious or unexpected adverse events which warrant protocol change or notification to research participants,
 - (b) changes to the protocol,
 - (c) premature termination of the study.
- The Committee must be notified within 72 hours of any serious adverse event occurring at this site.
- Approval is valid for **5 years** from the date of this letter, after which an extension must be applied for. Investigators are responsible for providing an annual review to the RAH REC Executive Officer each anniversary of the above approval date, within 10 working days, using the Annual Review Form available at: <http://www.rah.sa.gov.au/rec/index.php>
- The REC must be advised with a report or in writing within 30 days of completion.

Should you have any queries about the HREC's consideration of your project, please contact Ms Heather O'Dea on 08 8222 4139, or rah.ethics@health.sa.gov.au.

You are reminded that this letter constitutes ethical approval only. You must not commence this research project at a SA Health site until separate authorisation from the Chief Executive or delegate of that site has been obtained.

This Committee is constituted in accordance with the NHMRC's *National Statement on the Ethical Conduct of Human Research* (2007).

The HREC wishes you every success in your research.

Yours sincerely,

for

A/Prof A Thornton
CHAIRMAN
RESEARCH ETHICS COMMITTEE