Health and Disability Ethics Committees
Ministry of Health
133 Molesworth Street
PO Box 5013
Wellington
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hdecs@moh.govt.nz

24 March 2017

Dr. Troy Merry
Department of Molecular Medicine and Pathology
The University of Auckland
Private Bag 92019
Auckland 1142

Dear Dr. Merry

Re:	**Ethics ref:**	**17/STH/42**
	Study title:	The effect of high intensity exercise training on gut microbial diversity in humans

I am pleased to advise that this application has been *approved* by the Southern Health and Disability Ethics Committee. This decision was made through the HDEC-Expedited Review pathway.

Conditions of HDEC approval

HDEC approval for this study is subject to the following conditions being met prior to the commencement of the study in New Zealand. It is your responsibility, and that of the study's sponsor, to ensure that these conditions are met. No further review by the Southern Health and Disability Ethics Committee is required.

Standard conditions:

1. Before the study commences at *any* locality in New Zealand, all relevant regulatory approvals must be obtained.

2. Before the study commences at *any* locality in New Zealand, it must be registered in a clinical trials registry. This should be a WHO-approved (such as the Australia New Zealand Clinical Trials Registry, www.anzctr.org.au). However https://clinicaltrials.gov/ is acceptable provided registration occurs prior to the study commencing at *any* locality in New Zealand.

3. Before the study commences at *a given* locality in New Zealand, it must be authorised by that locality in Online Forms. Locality authorisation confirms that the locality is suitable for the safe and effective conduct of the study, and that local research governance issues have been addressed.

Non-standard conditions:

- Remove the following phrase from the ICF "who will decide what information to feed back (if any)" - add the paragraph as suggested by the researcher in the response letter.

Non-standard conditions must be completed before commencing your study. Non-standard conditions do not need to be submitted to or reviewed by HDEC before commencing your study.

If you would like an acknowledgement of completion of your non-standard conditions letter you may submit a post approval form amendment. Please clearly identify in the amendment that the changes relate to non-standard conditions and ensure that supporting documents (if requested) are tracked/highlighted with changes.

For information on non-standard conditions please see section 128 and 129 of the Standard Operating Procedures at http://ethics.health.govt.nz/home.

After HDEC review

Please refer to the *Standard Operating Procedures for Health and Disability Ethics Committees* (available on www.ethics.health.govt.nz) for HDEC requirements relating to amendments and other post-approval processes.

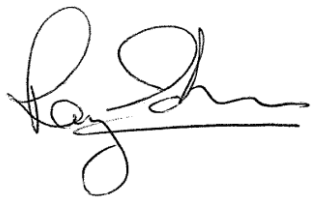
Your next progress report is due by 24 March 2018.

Participant access to ACC

The Southern Health and Disability Ethics Committee is satisfied that your study is not a clinical trial that is to be conducted principally for the benefit of the manufacturer or distributor of the medicine or item being trialled. Participants injured as a result of treatment received as part of your study may therefore be eligible for publicly-funded compensation through the Accident Compensation Corporation (ACC).

Please don't hesitate to contact the HDEC secretariat for further information. We wish you all the best for your study.

Yours sincerely,



Ms Raewyn Idoine
Chairperson
Southern Health and Disability Ethics Committee

Encl: appendix A: documents submitted
appendix B: statement of compliance and list of members

Appendix A
Documents submitted

Document	*Version*	*Date*
Covering Letter: Cover letter	1	08 March 2017
CV for CI: CV for C	1	07 March 2017
Evidence of scientific review	1	08 March 2017
Evidence of sponsor insurance	1	08 March 2017
Protocol	1	08 March 2017
HOD support	1	08 March 2017
Survey/questionnaire: Health questionnaire	1	07 March 2017
Survey/questionnaire: Food frequency questionnaire	1	08 March 2017
PIS/CF	1	08 March 2017
News Paper Advert	1	08 March 2017
Poster advert	1	08 March 2017
Email advert	1	08 March 2017
Application	1	-
PIS/CF	2	21 March 2017
Response to committee	1	21 March 2017
PIS/CF	2	21 March 2017
Response to Request for Further Information	1	-

Appendix B
Statement of compliance and list of members

Statement of compliance

The Southern Health and Disability Ethics Committee:

- is constituted in accordance with its Terms of Reference
- operates in accordance with the *Standard Operating Procedures for Health and Disability Ethics Committees*, and with the principles of international good clinical practice (GCP)
- is approved by the Health Research Council of New Zealand's Ethics Committee for the purposes of section 25(1)(c) of the Health Research Council Act 1990
- is registered (number 00008713) with the US Department of Health and Human Services' Office for Human Research Protection (OHRP).

List of members

Name	*Category*	*Appointed*	*Term Expires*
Ms Raewyn Idoine	Lay (consumer/community perspectives)	27/10/2015	27/10/2018
Dr Devonie Eglinton	Non-lay (intervention studies)	13/05/2016	13/05/2019
Mrs Angelika Frank-Alexander	Lay (consumer/community perspectives)	27/10/2015	27/10/2018
Dr Sarah Gunningham	Non-lay (intervention studies)	27/10/2015	27/10/2018
Assc Prof Mira Harrison-Woolrych	Non-lay (intervention studies)	27/10/2015	27/10/2018
Dr Fiona McCrimmon	Lay (the law)	27/10/2015	27/10/2018
Dr Nicola Swain	Non-lay (observational studies)	27/10/2015	27/10/2018
Dr Mathew Zacharias	Non-lay (health/disability service provision)	27/10/2015	27/10/2018

Unless members resign, vacate or are removed from their office, every member of HDEC shall continue in office until their successor comes into office (HDEC Terms of Reference)

http://www.ethics.health.govt.nz