

19 July 2017

Mrs Sarah Rhodes  
School of Physiotherapy  
University of Otago  
PO Box 56  
Dunedin 9054

Dear Mrs Rhodes

Re:	<b>Ethics ref:</b>	<b>17/STH/105</b>
	Study title:	Can physical activity intervention in combination with text messaging improve functional exercise capacity in adults with obstructive sleep apnoea?

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](http://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.

#### After HDEC review

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

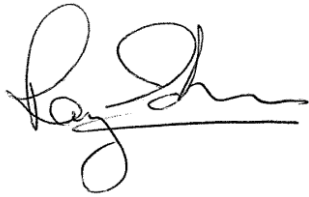
Your next progress report is due by 18 July 2018.

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,

A handwritten signature in black ink, appearing to read 'Raewyn Idoine', with a horizontal line underneath.

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**

<i>Document</i>	<i>Version</i>	<i>Date</i>
CV for CI: CV for CI	1	25 May 2017
Evidence of CI indemnity	1	23 June 2017
Evidence of scientific review: Peer review	1	20 February 2017
Response to peer review letter	1	11 June 2017
GP letter	1	23 June 2017
Letter of invitation for participants	1	05 June 2017
PIS/CF: PIS/CF to meet Flesch reading ease score	1	23 June 2017
Protocol: Study protocol	1	18 June 2017
Survey/questionnaire: Exercise Benefits and Barriers Survey	1	22 February 2017
Survey/questionnaire: Functional Outcomes of Sleep Questionnaire	1	05 April 2017
Survey/questionnaire: General Self-Efficacy Scale	1	28 May 2017
Survey/questionnaire: PAR-Q+ pre-exercise screening questionnaire	1	09 February 2017
Survey/questionnaire: Patient Health Questionnaire	1	27 March 2017
Survey/questionnaire: Short Form 36	1	28 May 2017
Survey/questionnaire: Stages of Change Questionnaire (RM1-FM)	1	28 May 2017
Application		

## 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

<i>Name</i>	<i>Category</i>	<i>Appointed</i>	<i>Term Expires</i>
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
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>