Wednesday, 3 October 2018

Assoc Prof Chin-Moi Chow
Exercise Health and Performance; Faculty of Health Sciences
Email: chin-moi.chow@sydney.edu.au

Dear Chin-Moi,

The University of Sydney Human Research Ethics Committee (HREC) has considered your application.

I am pleased to inform you that after consideration of your response, your project has been approved.

Details of the approval are as follows:

Project No.:	**2018/715**
Project Title:	**EFFECTS OF ANIMAL AND PLANT ORIGIN DIET ONSLEEP HEALTH IN HEALTHY ADULTS**
Authorised Personnel:	**Chow Chin-Moi; Bones Mitchel; Flood Victoria; Halaki Mark;**
Approval Period:	**03/10/2018** to **03/10/2022**
First Annual Report Due:	**03/10/2019**

Documents Approved:

Date Uploaded	Version Number	Document Name
09/07/2018	Version 1	Sample Nutrient Calculation - OD vs VDA Calculate
09/07/2018	Version 1	Sample Nutrient Calculation- OD vs VDA Calculate
09/07/2018	Version 1	Sample of vegan recipes - Red Lentil-Grilled tofu-peanut But
09/07/2018	Version 1	Sleep Diary
09/07/2018	Version 1	Recommended vegetables to replace animal protein and fat
21/08/2018	Version 1	Advertisement
21/08/2018	Version 1	Participant Screening Questionnaires
21/08/2018	Version 1	Advertisement
21/08/2018	Version 1	Advertisement
22/08/2018	Version 1	3-day food record
22/08/2018	Version 1	Participant Consent Form
24/09/2018	Version 2	PIS V2 CLEAN
24/09/2018	Version 2	Letter to place advertisement V2 CLEAN
24/09/2018	Version 2	Study Protocol V2 CLEAN

Special Conditions of Approval for Clinical Trials

- **This letter constitutes ethical approval only.** This project cannot proceed at any site until the necessary research governance authorisation is obtained. If your study is sponsored by the University or is to be conducted on a University of Sydney site you may need to comply with additional University governance requirements prior to commencing. Please contact the Clinical Trials Governance Office at clinical-trials.research@sydney.edu.au

- Clinical Trials must be registered on a clinical trials registry that complies with the International Committee of Medical Journal Editors (ICMJE). For trials conducted in Australia or New Zealand registration should be on the Australian New Zealand Clinical Trial Registry before recruitment of the first subject (http://www.anzctr.org.au/).

THE UNIVERSITY OF SYDNEY

Condition/s of Approval

- Research must be conducted according to the approved proposal.
- An annual progress report must be submitted to the Ethics Office on or before the anniversary of approval and on completion of the project.
- You must report as soon as practicable anything that might warrant review of ethical approval of the project including:
  - Serious or unexpected adverse events (which should be reported within 72 hours).
  - Unforeseen events that might affect continued ethical acceptability of the project.
- Any changes to the proposal must be approved prior to their implementation (except where an amendment is undertaken to eliminate *immediate* risk to participants).
- Personnel working on this project must be sufficiently qualified by education, training and experience for their role, or adequately supervised. Changes to personnel must be reported and approved.
- Personnel must disclose any actual or potential conflicts of interest, including any financial or other interest or affiliation, as relevant to this project.
- Data and primary materials must be retained and stored in accordance with the relevant legislation and University guidelines.
- Ethics approval is dependent upon ongoing compliance of the research with the *National Statement on Ethical Conduct in Human Research*, the *Australian Code for the Responsible Conduct of Research*, applicable legal requirements, and with University policies, procedures and governance requirements.
- The Ethics Office may conduct audits on approved projects.
- The Chief Investigator has ultimate responsibility for the conduct of the research and is responsible for ensuring all others involved will conduct the research in accordance with the above.

This letter constitutes ethical approval only.

Please contact the Ethics Office should you require further information or clarification.

Sincerely,

R. L. Shackel

Associate Professor Rita Shackel
Chair
Human Research Ethics Committee (HREC 3)

cc. Clinical Trial Governance

The University of Sydney of Sydney HRECs are constituted and operate in accordance with the National Health and Medical Research Council's (NHMRC) National Statement on Ethical Conduct in Human Research (2007) and the NHMRC's Australian Code for the Responsible Conduct of Research (2007)