



Ethics Reference: H14738
Expiry Date: 1 February 2023

HUMAN RESEARCH ETHICS COMMITTEE

7 April 2022

Doctor Angelo Sabag
NICM Health Research Institute

Dear Angelo,

RE: Amendment Request to H14738

I wish to formally advise you that the Human Research Ethics Committee has approved your request to amend your approved research protocol H14738 "The Effect of High-Intensity Functional Training on Physical Fitness and Cardiometabolic Health in Women with Polycystic Ovary Syndrome: A Randomised Controlled Trial".

The approved amendments are:

Add external doctoral student to the project team: Laura Smith.

Extend the intervention length from 8 to 12 weeks and reduce HIFT training commitment from 4 to 3 sessions per week. Update information sheet and protocol. Add new flyer.

Approved documents:

FORM Amendment Request 1096995

Cover letter HREC

HIFTPCOS Promotional Text v2_clean

HIFTPCOS PIS V2_clean

HIFTPCOS V3_clean

University of Wollongong acknowledgement

Project specific approval conditions:

Please quote the registration number and title as indicated above in the subject line on all future correspondence related to this project. All correspondence should be sent to humanethics@westernsydney.edu.au as this email address is closely monitored.

Regards

Associate Professor Gabrielle Weidemann
Presiding Member,
Western Sydney University Human Research Ethics Committee

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