ETHICS COMMITTEE CERTIFICATE OF APPROVAL

This is to certify that

Project Number: HREC/95584/Alfred-2023 (Local Reference: Project 478/23)

Project Title: Early detection of insulin resistance with a mixed meal challenge - The REFINE Study

Coordinating Principal Investigator: Professor Michelle Keske

*was considered under the National Mutual Acceptance (NMA) scheme by the Ethics Committee on **28-SEPTEMBER-2023**, meets the requirements of the National Statement on Ethical Conduct in Human Research (2007) and was **APPROVED** on **03-OCTOBER-2023**.*

It is the Coordinating Principal Investigator's responsibility to ensure that all researchers associated with this project are aware of the conditions of approval and which documents have been approved.

The Coordinating Principal Investigator is required to notify the Secretary of the Ethics Committee, via amendment or progress report, of

- Any significant change to the project and the reason for that change, including an indication of ethical implications (if any);
- Serious adverse effects on participants and the action taken to address those effects;
- Any other unforeseen events or unexpected developments that merit notification;
- The inability of the Coordinating Principal Investigator to continue in that role, or any other change in research personnel involved in the project;
- Any expiry of the insurance coverage provided with respect to sponsored clinical trials and proof of re-insurance;
- A delay of more than 12 months in the commencement of the project; and,
- Termination or closure of the project.

Additionally, the Coordinating Principal Investigator is required to submit

- A Progress Report on the anniversary of approval and on completion of the project.

The Ethics Committee may conduct an audit at any time.

All research subject to the Alfred Hospital Ethics Committee review must be conducted in accordance with the National Statement on Ethical Conduct in Human Research (2007).

The Alfred Hospital Ethics Committee is a properly constituted Human Research Ethics Committee in accordance with the National Statement on Ethical Conduct in Human Research (2007).

SPECIAL CONDITIONS

1. **All research projects approved by the Alfred Hospital Ethics Committee are subject to, and must be carried out in compliance with, the most recent applicable COVID-19 government and relevant institution's restrictions.**
2. **Australian New Zealand Clinical Trial Registry ID to be provided when available.**
3. **Acknowledgement of the CTN by the TGA to be provided, when available.**

APPROVED DOCUMENTS
Documents reviewed and approved at the meeting were:

Document	*Version*	*Date*
Protocol	2.0	05 September 2023
Master Participant Information Sheet & Consent Form – Main	2.0	05 September 2023
Advertisement	3.0	18 September 2023
General Health Questionnaire	1.0	24 June 2023
International Physical Activity Questionnaire	1.0	24 July 2023
Three Day Food Record	1.0	24 July 2023

ACKNOWLEDGED DOCUMENTS
Documents reviewed and acknowledged at the meeting were:

Document	*Version*	*Date*
Clinical Trial Insurance Certificate	-	12 October 2022
Medical Physics Report – Deakin University	-	24 July 2023
ARTG – Philips Electronics Australia Ltd Ultrasound system, imaging, general-purpose	-	03 April 2003
Instructions for Use for Philips Ultrasound System	-	August 2010
ARTG – Atcor Medical Pty Ltd - Patient monitor module, multifunction	-	24 September 2012
Instructions for Use for SphygmoCor XCEL	9.0	Undated
ARTG – SPAN K potassium chloride 600 mg tablet bottle (new formulation)	-	17 February 2020
Product Information – SPAN K (potassium chloride) modified release tablet	-	18 November 2020
ARTG - ACTRAPID human insulin (rys) 100IU/mL injection multidose vial	-	28 April 2011
Product Information – Insulin	-	18 July 2023
ARTG – DEFINITY perflutren lipid microsphere injection vial	-	30 January 2007
Product Information – DEFINITY Perflutren lipid microsphere injection vial (perflutren) dispersion for intravenous injection	-	14 February 2022

HIGHEST ASSESSED RADIATION RISK CATEGORY:
The Medical Physics/RSO Report with the highest radiation ionising risk category reviewed by the Ethics Committee assessed the Risk Category (as defined in the ARPANSA *Code of Practice for the Exposure of Humans to Ionizing Radiation for Research Purposes*, Radiation Protection Series (RPS) 8 (2005)) as:

- **Category I (minor)** – Represents a minimal risk to participants.

APPROVED SITES
Approval is given for this research project to be conducted at the following sites and campuses:

1. Deakin University (Site PI: Prof Michelle Keske)
2. Baker Heart and Diabetes Institute (Site PI: Prof Thomas Marwick)
3. Victoria University (Site PI: Prof Itamar Levinger)
4. Menzies Institute for Medical Research – University of Tasmania (Site PI: Prof Thomas Marwick)

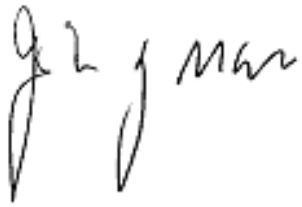
The Alfred Hospital Ethics Committee has approved the study but does not take responsibility for research governance processes at the participating sites. It is the responsibility of each participating site to create and implement research governance practices to adequately authorise, monitor and oversee the conduct of the study at their site.

Site-Specific Assessment (SSA)
SSA authorisation is required at all sites participating in the study. SSA must be authorised at a site before the research project can commence.

The completed Site-Specific Assessment Form and a copy of this ethics approval letter must be submitted to the Research Governance Officer for authorisation by the Chief Executive or delegate. This applies to each site participating in the research.

The HREC wishes you and your colleagues every success in your research.

SIGNED:



Chair, Ethics Committee (or delegate)

Please quote project number and title in all correspondence