

HUMAN RESEARCH ETHICS APPROVAL

The University of Sydney confirms that this project meets the requirements of the National Statement on Ethical Conduct in Human Research.

Project identifier: 2023/HE000872

Project title: Exercise in Adults with ADHD

Version: 0.01

Chief Investigator: Yorgi Soteris Mavros

Authorised project team: Christopher Hanbury-Brown
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Date of approval: Wednesday, 1 May, 2024

Project end date: 01 May 2028

Provisos *(if applicable)*

Project summary

ExA-ADHD is a two part study. Part A is a cross-sectional study investigating the association of physical activity, aerobic capacity, strength and body composition with ADHD symptoms, mood & anxiety and cognitive function (attention, inhibition, working memory and set-shifting). Testing will be conducted across two sessions one week apart. Part B is a crossover study comparing the acute effects of a bout Resistance Exercise versus Balance & Coordination on attention, inhibition and affect. Sessions will be one week apart and done in the morning.

Documents approved

Filename	Document type	Document version	Application version
ExA-ADHD-Recruitment_Letter_Dx_confirmation_version1 - 2023_11_03.docx	Recruitment or advertising material	v.1	0.01 - Initial Application



Filename	Document type	Document version	Application version
ExA-ADHD- Recruitment_Letter_Dx_confirmation_psychiatrist_version1 - 2024_03_25.docx	Recruitment or advertising material	v.1	0.01 - Initial Application
20231103_Telephone_Screen_Version1_2023_11_03.pdf	Other	v.1	0.01 - Initial Application
20231103_ExA-ADHD- Study Protocol - Version1_.docx	Other	v.1	0.01 - Initial Application
20231103_Recruitment_Practice_Email_Template_.docx	Other		0.01 - Initial Application
20231103_Distress and Suicide Protocol Versio.docx	Other		0.01 - Initial Application
20231103_Recruitment_Letter_to_Practices_vers.docx	Other		0.01 - Initial Application
20231103_Weekly_Status_Checks_Version1_2023_11.pdf	Other	v.1	0.01 - Initial Application
20231103_Pittsburgh Sleep Quality Index.pdf	Other		0.01 - Initial Application
20231103_Morningness-Eveningness Questionnaire.pdf	Other		0.01 - Initial Application
20231103_International Physical Activity Quest.pdf	Other		0.01 - Initial Application
20231103_Patient Health Questionnaire-9.pdf	Other		0.01 - Initial Application
20231103_Generalised Anxiety Disorder 7 (Quest.pdf	Other		0.01 - Initial Application
20231103_General Self-Efficacy Scale.pdf	Other		0.01 - Initial Application



Filename	Document type	Document version	Application version
20231103_Insomnia Severity Index.pdf	Other		0.01 - Initial Application
20231103_Excluded_Contact_Details_Collection_v.pdf	Other		0.01 - Initial Application
20231103_EligibilityScreen_Version1_2023_11_03.pdf	Other		0.01 - Initial Application
20231103_Adult ADHD Quality of Life Questionna.pdf	Other		0.01 - Initial Application
20231103_24 hour food recall_Version1_2023_11.docx	Other		0.01 - Initial Application
20231103_Depression, Anxiety, Stress Scale 21.pdf	Other		0.01 - Initial Application
20231103_PIS Part 2 - Version 1 - 2023_11_03.docx	Other	v.1	0.01 - Initial Application
20231103_PIS Part 1 - Version 1 - 2023_11_03.docx	Other	v.1	0.01 - Initial Application
20231103_PCF part 2 - version 1 - 2023_11_03.docx	Other	v.1	0.01 - Initial Application
20231103_PCF part 1 - version 1 - 2023_11_03.docx	Other	v.1	0.01 - Initial Application
20231103_Participant Take Home Pack_Version1_.docx	Other	v.1	0.01 - Initial Application
20231103_ExA-ADHD-Recruitment_AADPA-Research-.docx	Other		0.01 - Initial Application
20231103_Cognitive_Tests_Summary_Version1_202.docx	Other	v.1	0.01 - Initial Application
20231103_Social Media Post Caption_Version1_2.docx	Other	v.1	0.01 - Initial Application



Filename	Document type	Document version	Application version
20231103_Social Media 1 - Version1_2023_11_03.pdf	Other	v.1	0.01 - Initial Application
20231103_Social Media 2 - Version1_2023_11_03.pdf	Other	v.1	0.01 - Initial Application
20231103_Flyer 1 - Version1_2023_11_03.pdf	Other	v.1	0.01 - Initial Application

Conditions of Approval

- Research must be conducted according to the approved proposal.
- An annual progress report must be submitted on or before the anniversary of approval and a final report 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).
- Researchers working on this project must be sufficiently qualified by education, training, and experience for their role, or adequately supervised. Changes to the project team must be reported and approved.
- Researchers must disclose any actual, potential or perceived conflicts of interest, including any financial or other interest or affiliation, as relevant to this project.
- Research data and primary materials must be retained and stored in accordance with 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.
- If your research project is a clinical trial and is being sponsored by the University or is to be conducted on a University of Sydney site, you must comply with additional University governance requirements prior to commencing your Clinical Trial.
- The University 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.



Ethics Committee Representative

Associate Professor Helen Mitchell
Chair
On behalf of the University of Sydney

The University of Sydney HRECs are constituted and operate in accordance with the National Statement on Ethical Conduct in Human Research and the Australian Code for the Responsible Conduct of Research (NHMRC). All personnel named on the project should be acquainted with these documents.

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