



Queensland
Government

Metro North
Hospital and Health Service

Royal Brisbane & Women's Hospital
Human Research Ethics Committee

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File Ref: HREC/17/QRBW/302
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Dr Justin Chapman
Research Officer
Mental Health and Complex Disorders
QIMR Berghofer Medical Research Institute
300 Herston Road
Herston Qld 4006

Dear Dr Chapman,

Re: Ref N^o: HREC/17/QRBW/302: Trialling the feasibility and acceptability of physical activity self-monitoring and supervised exercise interventions for adults with mental illness

Thank you for submitting the above research project for single ethical review. This project was considered by the Royal Brisbane & Women's Hospital Human Research Ethics Committee (RBWH HREC) (**EC00172**) at its meeting held on 12 June 2017. The research project meets the requirements of the National Health and Medical Research Council's (NHMRC) *National Statement on Ethical Conduct in Human Research (2007)*.

I am pleased to advise that the RBWH Human Research Ethics Committee has granted ethical approval of this research project.

The nominated participating site for this project is:

- Royal Brisbane & Women's Hospital

This letter constitutes ethical approval only. This project cannot proceed until separate research governance authorisation has been obtained from the CEO or Delegate of the Royal Brisbane & Women's Hospital under whose auspices the research will be conducted.

The approved documents include:

<i>Document</i>	<i>Version</i>	<i>Date</i>
Covering Letter		28 May 2017
Application: NEAF (<i>Submission Code: AU/1/AD3E218</i>)	2.2 (2014)	28 May 2017
Letter of Support from Queensland Police-Citizens Youth Welfare Association (QPCYWA)		
Exercise Diary		
Activity Diary		
Physical Activity Diary		
Physical Health + 6 Minute Walk Test Questionnaire		
Demographics Questionnaire		
Kessler-6 Scale Questionnaire		
Simple Physical Activity Questionnaire (SIMPAQ) Instruction Manual and Scoring	4.0	October 2016
Simple Physical Activity Questionnaire (SIMPAQ)	4.0	
Sleep Quality Assessment (PSQI)		
Ease / Difficulty of Questionnaires		
Clinician Referral Form		
GP's clearance request		
COM-B behaviour change model		
Adult Pre-Exercise Screening Tool	1 (2011)	
Ease / Difficulty of 6 Minute Walk Test + Measurement Ranking		
Code of Conduct		
'Heart Mind Body' Motivational Intervention Manual		
Recruitment Poster		
Eligibility Transcript		
Curriculum Vitae of Justin James Chapman		
Curriculum Vitae of Jacqui Byrne		
Response to Request for Further Information		26 June 2017
Response to Request for Further Information		26 June 2017
Adverse Event Reporting Form		
Research Article: <i>'Adverse events among high-risk participants in a home-based walking study: a descriptive study'</i>		
Response to Request for Further Information		09 July 2017
Protocol 001	3	06 July 2017
Participant Information Sheet & Consent Form	3	06 July 2017

Approval of this project from the RBWH HREC is valid from **25.07.2017** to **25.07.2020** subject to the following conditions being met:

- The Coordinating Principal Investigator will immediately report anything that might warrant review of ethical approval of the project.
- The Coordinating Principal Investigator will notify the RBWH HREC of any event that requires a modification to the protocol or other project documents and submit any required amendments in accordance with the instructions provided by the HREC. These instructions can be found at <https://www.health.qld.gov.au/metronorth/research/ethics-governance/hrec-approval/default.asp>.
- The Coordinating Principal Investigator will submit any necessary reports related to the safety of research participants in accordance with the RBWH HREC policy and procedures. These instructions can be found at <https://www.health.qld.gov.au/metronorth/research/ethics-governance/post-approval-reporting/default.asp>.
- In accordance with Section 3.3.22 (b) of the National Statement the Coordinating Principal Investigator will report to the RBWH HREC annually in the specified format, the first report being due on **25.07.2018** and a final report is to be submitted on completion of the study. These instructions can be found at <https://www.health.qld.gov.au/metronorth/research/ethics-governance/post-approval-reporting/default.asp>.
- The Coordinating Principal Investigator will notify the RBWH HREC if the project is discontinued before the expected completion date, with reasons provided.
- The Coordinating Principal Investigator will notify the RBWH HREC of any plan to extend the duration of the project past the approval period listed above and will submit any associated required documentation. Instructions for obtaining an extension of approval can be found at <https://www.health.qld.gov.au/metronorth/research/ethics-governance/hrec-approval/default.asp>.
- The Coordinating Principal Investigator will notify the RBWH HREC of his or her inability to continue as Coordinating Principal Investigator including the name of and contact information for a replacement.
- A copy of this ethical approval letter together with completed Site Specific Assessment (SSA) and any other requirements must be submitted by the Coordinating Principal Investigator to the Research Governance Office at the Royal Brisbane & Women's Hospital in a timely manner to enable the institution to authorise the commencement of the project at its site.
- Should you have any queries about the RBWH HREC's consideration of your project please contact the HREC Coordinator on 07 3646 5490. The RBWH HREC's Terms of Reference, Standard Operating Procedures, membership and standard forms are available from <https://www.health.qld.gov.au/metronorth/research/ethics-governance/hrec-approval/membership/default.asp>.

The RBWH HREC wishes you every success in your research.

Yours sincerely,



Dr Allison Sutherland

A/Chairperson RBWH Human Research Ethics Committee

Metro North Hospital and Health Service

25.07.2017

This HREC is constituted and operates in accordance with the National Health and Medical Research Council's (NHMRC) *National Statement on Ethical Conduct in Human Research (2007)*. The processes used by this HREC to review research proposals have been certified by the National Health and Medical Research Council.