

Notification of Expedited Approval

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To Chief Investigator or Project Supervisor:	<b>Associate Professor Lisa Lampe</b>
Cc Co-investigators / Research Students:	<b>Associate Professor Christopher Gordon Dr Deep Bhangoo Doctor Murielle Kluge Professor Rohan Walker Mr Zachary Studniberg Mrs Rita Vieira Mota De Campos Hitching Miss Lin Zhuo</b>
Re Protocol:	<b>Feasibility of a VR-based mindfulness intervention for insomnia and related symptoms in a community sample.</b>
Date:	<b>22-May-2024</b>
Reference No:	<b>H-2023-0313</b>

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Thank you for your **Variation (v3)** submission to the Human Research Ethics Committee (HREC) seeking approval in relation to a variation to the above protocol.

Variation to:

1. Alter content being presented to participants in the control group.
  2. Alter access to the online platform hosting the mindfulness content. Participants will no login with details linked to a study account created by the research team.
- PIS [at home trial] (v2, dated 21.5.24)
  - New video content samples (version submitted 17.4.24)
  - HREA (v1, dated 5.8.23)
  - Project Description (version dated 21.5.24)

Your submission was considered under **Expedited** review by the Chair/Deputy Chair.

We are pleased to advise that the decision on your submission is **Approved** effective **22-May-2024**.

The full Committee will be asked to ratify this decision at its next scheduled meeting. A formal *Certificate of Approval* will be available upon request.

**Human Research Ethics Committee**

*For communications and enquiries:*

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**Linked University of Newcastle administered funding:**

Funding body	Funding project title	First named investigator	Grant Ref
University of Newcastle/Pilot Funding Scheme(**)	Measuring the effect of a four-week VR-based mindfulness intervention on insomnia and related symptoms in a community sample with self-identified insomnia	Lampe, Lisa	G2300463