

13 November 2023

**Adj/Prof Andrew Crowden**  
**Chair, Human Research Ethics Committee**  
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AProf Zack Shan  
Dr Michelle Kennedy  
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Dear Investigators

**Human research ethics approval for research project: The investigation of effectiveness of mindfulness meditation on sleep quality in patients with myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) (A231955)**

This letter is to confirm that the UniSC Human Research Ethics Committee (HREC) has reviewed and granted ethics approval for this project subject to the standard conditions of approval listed below.

The period of ethics approval is from 13 November 2023 to 13 November 2026. The ethics approval number for the project is A231955. This number should be quoted in your research project information sheet and in any written communication with participants.

Ethics approval indicates that this project meets the requirements of the National Health and Medical Research Council's (NHMRC) *National Statement on Ethical Conduct in Human Research (2007)*. This does not negate the need for other approvals where relevant. It is the investigators' responsibility to ensure that all approvals relevant to this project are obtained.

If you have any queries in relation to this, or if you require further information, please contact us at [humanethics@usc.edu.au](mailto:humanethics@usc.edu.au) or by telephone on +61 7 5430 2823 or 5459 4574.

Yours sincerely



for  
**A/Prof Andrew Crowden**  
**Chair, Human Research Ethics Committee**

## STANDARD CONDITIONS OF ETHICS APPROVAL

The standard conditions of human research ethics approval are as follows:

- 1) Comply with the *National Statement on Ethical Conduct in Human Research (2007)*, and any legislation relevant to the jurisdiction that this project is conducted.
- 2) Conduct the project strictly in accordance with the application which was granted ethics approval, including any specific conditions nominated in the ethics approval correspondence.
- 3) Obtain ethics approval for all amendments to an ethics approved project by submitting an Amendment Request Coversheet and relevant supporting documentation.
- 4) Report adverse events as soon as practicable using the Adverse Event Report form. In cases where it is not practicable to complete the form immediately, every effort must be made to report the event via other means, such as phone or email, until such time the form can be submitted.
- 5) Ensure all licences, permits and other approvals are in place, and, as necessary, provide copies to the Safety and Fieldwork team, Academic Support Unit.
- 6) Provide a written progress report every 12 months from the date of approval and on completion of the project.
- 7) Advise if the project is discontinued.

All human research ethics related correspondence should be sent to [humanethics@usc.edu.au](mailto:humanethics@usc.edu.au).

Compliance with these conditions is a requirement of UniSC's Human Research Ethics – Governing Policy and the *National Statement on Ethical Conduct in Human Research (2007)*.

Go to [Human research ethics](#) for policies, procedures, guidelines, and forms.