THE UNIVERSITY OF SYDNEY

Research Integrity & Ethics Administration
HUMAN RESEARCH ETHICS COMMITTEE

Thursday, 21 December 2023

Prof Anne Tiedemann
School of Public Health: Public Health; Faculty of Medicine and Health
Email: anne.tiedemann@sydney.edu.au

Dear Anne,

The University of Sydney Human Research Ethics Committee (HREC) has considered your application.

After consideration of your response to the comments raised your project has been approved.

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.

Protocol Number:	**2023/803**
Protocol Title:	**Active Women over 50: an effectiveness-implementation randomised controlled trial**
Sites Approved:	
Authorised Persons:	**Tiedemann Anne; O'Rourke Sandra D; Souza De Oliveira Juliana; Wallbank Geraldine; West Courtney;**
Approval Period:	**21/12/2023 to 21/12/2027**
First Annual Report Due:	**21/12/2024**

Documents Approved:

Date Uploaded	Version Number	Document Name
24/11/2023	Version 2	Question Baseline AWo50 Version 2 dated 21.11.23 Clean
24/11/2023	Version 2	Question 6 months AWo50 Version 2 dated 21.11.23 Clean
24/11/2023	Version 2	AWo50 Protocol_Version 2_21.11.23_Clean
24/11/2023	Version 2	AWo50_PIS_Version 2_21.11.23_Clean
22/11/2023	Version 2	AWo50_Screen REDCAP_Participant V2 22.11.23 Clean
09/10/2023	Version 1	Active Women over 50. 6-month follow-up cover letter online
09/10/2023	Version 1	AWo50_6month Follow-up cover letter_paper
09/10/2023	Version 1	Impressions of AWo50_v1_09.10.2023
09/10/2023	Version 1	AWo50 Messages_V1_09.10.2023
09/10/2023	Version 1	Interview guide_AWo50_V1_09.10.2023
09/10/2023	Version 1	AWo50_Program handbook_V1_27.09.2023
09/10/2023	Version 1	Active women over 50 trial recruitment flyers_V1 06.10.23
09/10/2023	Version 1	AWo50 main trial_social media recruitment text_v1_09.10.23
09/10/2023	Version 1	AWo50 GAS Scored at 6 months Version1 dated 09.10.23
09/10/2023	Version 1	AWo50 GAS Baseline Version1. dated 09.10.23
09/10/2023	Version 1	AWo50_Consent form_V1_09.10.23
09/10/2023	Version 1	AWo50 ethics submission cover letter 9.10.23
07/10/2023	Version 1	AWo50 Participant screening form (Office)
07/10/2023	Version 1	Active Women over 50. Actigraph Participant hand out_ Waist
07/10/2023	Version 1	Active Women over 50. Actigraph Participant hand out_ Wrist
07/10/2023	Version 1	AWo50. Monthly health diary

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Special Conditions of Approval for Clinical Trials

- **This letter constitutes ethical approval only.** This project cannot proceed at any site until the necessary research governance authorisation is obtained. If your study is sponsored by the University or is to be conducted on a University of Sydney site you may need to comply with additional University governance requirements prior to commencing. Please contact the Clinical Trials Governance Office at clinical-trials.research@sydney.edu.au

- Clinical Trials must be registered on a clinical trials registry that complies with the International Committee of Medical Journal Editors (ICMJE). For trials conducted in Australia or New Zealand registration should be on the Australian New Zealand Clinical Trial Registry before recruitment of the first subject (http://www.anzctr.org.au/).

Condition/s of Approval

- Research must be conducted according to the approved proposal.
- An annual progress report must be submitted to the Ethics Office on or before the anniversary of approval and 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).
- Personnel working on this project must be sufficiently qualified by education, training and experience for their role, or adequately supervised. Changes to personnel must be reported and approved.
- Personnel must disclose any actual or potential conflicts of interest, including any financial or other interest or affiliation, as relevant to this project.
- Data and primary materials must be retained and stored in accordance with the 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.
- The Ethics Office 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.

Please contact the Ethics Office should you require further information or clarification.

Sincerely,

Associate Professor Helen Mitchell
Chair
Human Research Ethics Committee (HREC 1)

The University of Sydney HRECs are constituted and operate in accordance with the National Health and Medical Research Council's (NHMRC) National Statement on Ethical Conduct in Human Research (2018) and the NHMRC's Australian Code for the Responsible Conduct of Research (2018).