

Dear Sara

The Human Research Ethics Committee has considered your application to conduct research with human subjects for the project "13591 - Evaluate the effectiveness of a chocolate intervention as a strategy for menstrual cycle symptoms management in team sportswomen".

The Committee made the following evaluation: **Approved**

The approval is valid until: 31/12/2024

**Please note:** As a University we have a responsibility to ensure the safety of our researchers, research students and our research participants. Approval of your research is subject to the conditions on its being able to be conducted in accordance with (i.e. without breaching) government policy, public health directives, University policies, and NHMRC guidance associated with COVID 19. This includes policy and directives related to travel, meetings and social distancing.

The following general conditions apply to your approval. These requirements are determined by University policy and the ***National Statement on Ethical Conduct in Human Research*** (National Health and Medical Research Council, 2007 - Updated 2018).

### **Monitoring**

You must assist the Committee to monitor the conduct of approved research by completing project review forms, and in the case of extended research, at least annually during the approval period.

### **Reporting Adverse Events**

You must report any unexpected adverse events or complications that occur anytime during the conduct of the research study or during the follow up period after the research. Please refer these matters promptly to the HREC. Failure to do so may result in the withdrawal of the Ethics approval.

### **Discontinuation of Research**

You must inform the Committee, giving reasons, if the research is not conducted or is discontinued before the expected date of completion.

### **Extension of Approval**

If your project will not be complete by the expiry date stated above, you must apply for extension of approval. This must be done before current approval expires.

### **Retention and Storage of Data**

University policy states that all research data must be stored securely, on University premises, for a minimum of five years. You must ensure that all records are transferred to the University when the project is complete.

### **Contact Details and Notification of Changes**

All email contact should use the UC email address. You should advise the Committee of any change of address during or soon after the approval period including, if appropriate, email address(es).

Please do not hesitate to contact us via email [humanethicscommittee@canberra.edu.au](mailto:humanethicscommittee@canberra.edu.au) if you require any further information.

Kind regards,

Manager, Research Ethics & Integrity

Research and Innovation Services

University of Canberra

19 January 2024