

RESEARCH SERVICES

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Our reference 39249

05 September 2024

Dr Timothy John Hedley Lathlean
Medical Specialties

Dear Dr Lathlean

ETHICS APPROVAL No: H-2024-149
PROJECT TITLE: Strength training interventions for older people at risk of osteoporosis

The ethics application for the above project has been reviewed by the University of Adelaide Human Research Ethics Committee and is deemed to meet the requirements of the *National Statement on Ethical Conduct in Human Research 2023*.

You are authorised to commence your research on: 05/09/2024
The ethics expiry date for this project is: 30/09/2029

NAMED INVESTIGATORS:

Chief Investigator: Dr Timothy John Hedley Lathlean
Student - Postgraduate
Doctorate by Research (PhD): Ms Riccarda Albana Quattlaender
Associate Investigator: Associate Professor Paul Rothmore
Not Specified : Professor Mark Hutchinson

CONDITIONS OF APPROVAL: Thank you for your considered responses to the matters raised. The revised application provided on 9/08/24 (with Biospecimen Research Template provided on 29/08/24) has been approved.

Ethics approval is granted for five years and is subject to satisfactory annual reporting. The form titled Annual Report on Project Status is to be used when reporting annual progress and project completion and can be downloaded at <http://www.adelaide.edu.au/research-services/oreci/human/reporting/>. Prior to expiry, ethics approval may be extended for a further period.

Participants in the study are to be given a copy of the information sheet and the signed consent form to retain. It is also a condition of approval that you immediately report anything which might warrant review of ethical approval including:

- serious or unexpected adverse effects on participants,

- previously unforeseen events which might affect continued ethical acceptability of the project,
- proposed changes to the protocol or project investigators; and
- the project is discontinued before the expected date of completion.

Yours sincerely,

Dr Tiffany Gill
Acting Chair

The University of Adelaide