



Notice of Approval

Date: 12 August 2024

Project number: 26885

Review reference: 2024-26885-25100

Project title: Effects of Transcendental Meditation (TM) on Mental and Cardiometabolic Health among staff at RMIT University, Australia: A Randomised Controlled Trial

Risk classification: Higher Risk / Other

Principal investigator: Professor Barbora de Courten

Status: **Approved**

Approval period: From: 12/08/2024 To: 12/08/2027

The above application has been approved by the RMIT University Human Research Ethics Committee as it meets the requirements of the *National Statement on Ethical Conduct in Human Research* (NHMRC, 2023).

Terms of approval:

1. Responsibilities of chief investigator

It is the responsibility of the above chief investigator to ensure that all other investigators and staff on a project are aware of the terms of approval and to ensure that the project is conducted as approved by the committee. Approval is valid only whilst the chief investigator holds a position at RMIT University.

2. Amendments

Approval must be sought from the committee to amend any aspect of a project. The amendment process is two stage: the first stage involves submitting an amendment request for review and the second stage involves amending the original application form after the request has been accepted. The amendment process must be submitted via the Research Ethics Platform. Amendments must not be implemented without first gaining approval from the committee.

3. Adverse events

You should notify the committee immediately (within 24 hours) of any serious or unanticipated adverse effects of their research on participants, and unforeseen events that might affect the ethical acceptability of the project. All adverse events should be submitted via the Research Ethics Platform.

4. Annual reports

Continued approval of this project is dependent on the submission of an annual report. Annual reports must be submitted by the anniversary of approval of the project for each full year of the project. If the project is of less than 12 months duration, then a final report only is required. All annual reports should be submitted via the Research Ethics Platform.

5. Final report

A final report must be provided within six months of the end of the project. The committee must be notified if the project is discontinued before the expected date of completion. All final reports should be submitted via the Research Ethics Platform.

6. Monitoring

Projects may be subject to an audit or any other form of monitoring by the committee at any time.

7. Retention and storage of data

The investigator is responsible for the storage and retention of original data according to the requirements of the *Australian Code for the Responsible Conduct of Research* (R22) and relevant RMIT policies.

8. Special conditions of approval

Nil

In any future correspondence please quote the project number and project title above.

Professor Suzie Attiwill

