



HUMAN RESEARCH ETHICS COMMITTEE

1 April 2019
Mrs Jane Chalmers
School of Science and Health

Dear Jane,

Project Title: "Can high intensity exercise reduce period pain? A pilot feasibility study"

HREC Approval Number: H13115

Risk Rating: Low 2 - HREC

I am pleased to advise the above research project meets the requirements of the National Statement on Ethical Conduct in Human Research 2007 (Updated 2018).

Ethical approval for this project has been granted by the Western Sydney University Human Research Ethics Committee. This HREC is constituted and operates in accordance with the National Statement on Ethical Conduct in Human Research 2007 (Updated 2018).

Approval of this project is valid from 1 April 2019 until 1 April 2021.

This protocol covers the following researchers:

Jane Chalmers, Isabella Sierra, Carolyn Ee, Mike Armour, Bobby Cheema

Summary of Conditions of Approval

1. A progress report will be due annually on the anniversary of the approval date.
2. A final report will be due at the expiration of the approval period.
3. Any amendments to the project must be approved by the Human Research Ethics Committee prior to being implemented. Amendments must be requested using the HREC Amendment Request Form.
4. Any serious or unexpected adverse events on participants must be reported to the Human Research Ethics Committee via the Human Ethics Officer as a matter of priority.
5. Any unforeseen events that might affect continued ethical acceptability of the project should also be reported to the Committee as a matter of priority.
6. Consent forms are to be retained within the archives of the School or Research Institute and made available to the Committee upon request.

7. Project specific conditions:

There are no specific conditions applicable.

Please quote the registration number and title as indicated above in the subject line on all future correspondence related to this project. All correspondence should be sent to humanethics@westernsydney.edu.au as this email address is closely monitored.

Yours sincerely

Professor Elizabeth Deane
Presiding Member,
Western Sydney University Human Research Ethics Committee

WESTERN SYDNEY
UNIVERSITY



Western Sydney University

ABN 53 014 069 881 CRICOS Provider No. 00917K

Locked Bag 1797 Penrith NSW 2751 Australia

westernsydney.edu.au