ADDRESS FOR ALL CORRESPONDENCE
RESEARCH ETHICS AND GOVERNANCE OFFICE
ROYAL PRINCE ALFRED HOSPITAL
CAMPERDOWN NSW 2050
TELEPHONE: (02) 9515 7035

EMAIL: SLHD-RPAEthics@health.nsw.gov.au
REFERENCE: X20-0463 & 2020/ETH02622
10.4/DEC20

9 December 2020

This letter constitutes ethical approval only. You must NOT commence this research project at ANY site until you have submitted a Site Specific Assessment Form to the Research Governance Officer and received separate authorisation from the Chief Executive or delegate of that site.

Dear Dr Ribeiro,

Re: Protocol no. X20-0463 & 2020/ETH02622 – "Do supplementation with branched chain amino acids on its own or combined with tryptophan or methionine improve short-term health outcomes in individuals aged 65-80 years?"

The Executive of the Ethics Review Committee, at its meeting of 9 December 2020 considered your correspondence of 30 November 2020. In accordance with the decision made by the Ethics Review Committee, at its meeting of 11 November 2020, ethical approval is granted.

The research project meets the requirements of the National Statement on Ethical Conduct in Human Research.

This approval includes the following:

- HREA (Version 2, 12 November 2020)
- Protocol (Version 2, 13 November 2020)
- Participant Information Sheet (Version 2, 7 December 2020)
- Participant Consent Form (Version 2, 24 November 2020)
- Screening Interview Form (Version 2, 19 November 2020)
- Advertisement (Version 2, 27 November 2020)
- Research Diary App Information (Version 1, 18 February 2020)
- BodPod Instructions (Version 1, 23 September 2020)
- Study Food Menu (no version)
- Fitbit User Manual (Version 2.0)
- 7-day Food instruction (no version)
- 7-day Food Diary (Version 1, 23 September 2020)

- Appetite Questionnaire (Version 1, 30 September 2020)
- Stool Specimen Collection (Version 1, 23 September 2020)
- 12-hr Urine Collection (Version 1, 23 September 2020)
- Baseline Self-Completed Questionnaire (Version 1, 29 September 2020)
- Baseline Clinical Assessment Form (Version 2, 19 November 2020)
- Final Clinical Assessment Form (Version 2, 19 November 2020)
- Final Self-Completed Questionnaire (Version 1, 30 September 2020)
- Extra food Allowances (no version)
- Palatability Questionnaire (Version 1, 29 September 2020)
- SAGIC Short Version Questionnaire (Version 2, 19 November 2020)
- Study Food Record – BCAA group (Version 2, 19 November 2020)
- Study Food Record – BCAA Met Group (Version 2, 19 November 2020)
- Study Food Record – BCAA Trp Group (Version 2, 19 November 2020)
- Study Food Record – Control group (Version 2, 19 November 2020)
- Research Data Management Plan (Version 1, 23 August 2020)

You are asked to note the following:

On the basis of this ethics approval, authorisation may be sought to conduct this study within any NSW/QLD/VIC/SA/WA/ACT public health organisation and/or within any private organisation which has entered into an appropriate memorandum of understanding with the Sydney Local Health District, Sydney Local Health Network or the Sydney South West Area Health Service.

The Committee noted that authorisation will be sought to conduct the study at the following site:

- Royal Prince Alfred Hospital

It is a requirement of ethics approval that, before its commencement, this clinical trial is registered on a publicly accessible register, such as the Australian New Zealand Clinical Trials Registry or another appropriate international register. The Committee therefore sought details of the Register in which the study has been included and its registration number.

- This approval is valid for five years, and the Committee requires that you furnish it with annual reports on the study's progress beginning in **December 2021.** If recruitment is ongoing at the conclusion of the four year approval period, a full re-submission will be required. Ethics approval will continue during the re-approval process.

- This human research ethics committee (HREC) has been accredited by the NSW Department of Health as a lead HREC under the model for single ethical and scientific review and is constituted and operates in accordance with the National Health and Medical Research Council's *National Statement on Ethical Conduct in Human Research* and the *CPMP/ICH Note for Guidance on Good Clinical Practice*.

- You must immediately report anything which might warrant review of ethical approval of the project in the specified format, including unforeseen events that might affect continued ethical acceptability of the project.

- You must notify the HREC of proposed changes to the research protocol or conduct of the research in the specified format.

- You must notify the HREC and other participating sites, giving reasons, if the project is discontinued at a site before the expected date of completion.

- If you or any of your co-investigators are University of Sydney employees or have a conjoint appointment, you are responsible for informing the University's Risk Management Office of this approval, so that you can be appropriately indemnified.

- Where appropriate, the Committee recommends that you consult with your Medical Defence Union to ensure that you are adequately covered for the purposes of conducting this study.

Should you have any queries about the Committee's consideration of your project, please contact me. The Committee's Terms of Reference, Standard Operating Procedures, membership and standard forms are available from the Sydney Local Health District website.

The Ethics Review Committee wishes you every success in your research.

Regards,

Patricia Plenge
Executive Officer
Ethics Review Committee (RPAH Zone)

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