



01-Feb-2021

Dear Scientia Professor Helen Christensen,

Project Title	Optimise study: Using Artificial Intelligence to identify the optimal self-care strategies for psychological distress
HC No	HC200466
Re	HC200466 Notification of Ethics Approval
Approval Period	29-Jan-2021 - 28-Jan-2026

Thank you for submitting the above research project to the **HREC Executive** for ethical review. This project was considered by the **HREC Executive** at its meeting on **28-Jan-2021**.

I am pleased to advise you that the **HREC Executive** has granted ethical approval of this research project. The following condition(s) must be met before data collection commences:

Conditions of Approval:
Conditions of Approval

1. Registration of the clinical trial on the Australian New Zealand Clinical Trials Registry must be completed before recruitment, and data collection commences. The registration number must be provided to the human ethics team for record-keeping purposes.
2. Confirmation of sponsor related responsibilities is to be obtained before recruitment and data collection commences.

Conditions of Approval - All Projects:

- The Chief Investigator will immediately report anything that might warrant review of ethical approval of the project.
- The Chief Investigator will seek approval from the **HREC Executive** for any modifications to the protocol or other project documents.
- The Chief Investigator will notify the **HREC Executive** immediately of any protocol deviation or adverse events or safety events related to the project.
- The Chief Investigator will report to the **HREC Executive** annually in the specified format and notify the **HREC Executive** when the project is completed at all sites.

- The Chief Investigator will notify the **HREC Executive** if the project is discontinued before the expected completion date, with reasons provided.
- The Chief Investigator will notify the **HREC Executive** of his or her inability to continue as Coordinating Chief Investigator including the name of and contact information for a replacement.

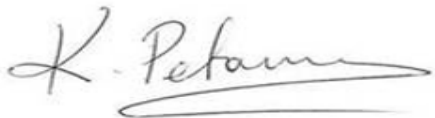
The **HREC Executive** Terms of Reference, Standard Operating Procedures, membership and standard forms are available from <https://research.unsw.edu.au/research-ethics-and-compliance-support-recs>.

If you would like any assistance, or further information, please contact the ethics office on:

P: +61 2 9385 6222, + 61 2 9385 7257 or + 61 2 9385 7007

E: humanethics@unsw.edu.au

Kind Regards,

A handwritten signature in black ink, appearing to read 'K. Petoumenos', with a horizontal line underneath.

Associate Professor Kathy Petoumenos

Human Research Ethics Presiding Member

This HREC is constituted and operates in accordance with the National Health and Medical Research Council's (NHMRC) *National Statement on Ethical Conduct in Human Research (2007)*. The processes used by this HREC to review multi-centre research proposals have been certified by the National Health and Medical Research Council.