

30/09/2021

Dear Associate Professor Simon Boag,

Reference No:52021992432221

Title: 9924 Psychological Benefits of Taking Food Supplement: An experimental study

Thank you for submitting the above application for ethical and scientific review. Macquarie University Human Research Ethics Committee HREC Medical Sciences Committee considered your application.

I am pleased to advise that ethical and scientific approval has been granted for this project to be conducted by Associate Professor Simon Boag and other personnel: Miss Catie Lai Associate Professor Simon Boag .

Approval Date: 15/07/2021

This research meets the requirements set out in the *National Statement on Ethical Conduct in Human Research* (2007, updated July 2018) (the *National Statement*).

Standard Conditions of Approval:

1. Continuing compliance with the requirements of the *National Statement*, which is available at the following website:
<http://www.nhmrc.gov.au/book/national-statement-ethical-conduct-human-research>
2. This approval is valid for five (5) years, subject to the submission of annual reports. Please submit your reports on the anniversary of the approval for this protocol.
3. All significant safety issues, that adversely affect the safety of participants or materially impact on the continued ethical and scientific acceptability of the project, must be reported to the HREC within 72 hours.
4. Proposed changes to the protocol and associated documents must be submitted to the Committee for approval before implementation.

It is the responsibility of the Chief investigator to retain a copy of all documentation related to this project and to forward a copy of this approval letter to all personnel listed on the project.

Should you have any queries regarding your project, please contact the Ethics Secretariat on 9850 4194 or by email ethics.secretariat@mq.edu.au

The HREC Medical Sciences Committee Terms of Reference and Standard Operating Procedures are available from the Research Office website at: <https://www.mq.edu.au/research/ethics-integrity-and-policies/ethics/human-ethics>

The HREC Medical Sciences Committee wishes you every success in your research.

Yours sincerely,



Professor Anthony Eyers
Chair, HREC Medical Sciences Committee

