

AUCKLAND HEALTH RESEARCH ETHICS COMMITTEE (AHREC)

06/05/2022

Dr Elizabeth Broadbent
Psychological Medicine

Re: Application for Ethics Approval (Our Ref. AH23988): Approved

The Committee considered your application for ethics approval for the study entitled "**Can a telehealth intervention increase mindfulness and reduce stress?**".

We are pleased to inform you that ethics approval has been granted.

The expiry date for this approval is **06/05/2025**.

***Restrictions to contact with participants in person due to the current COVID-19 protection framework setting may make the approved study methodology impractical. The Committee would like to remind researchers that they should check guidance updates and submit an amendment request if any changes need to be made to the approved ethics application to enable you to continue with your study.

Ministry of Health guidance:

<https://covid19.govt.nz/>

University of Auckland guidance:

<https://www.auckland.ac.nz/en/news/notices/2022/covid-19.html>

<https://www.staff.auckland.ac.nz/en/covid-19/uoa-covid-protection-framework-plan.html>

<https://www.staff.auckland.ac.nz/en/covid-19/researcher-support-and-information/covid-19-research-continuity-guidance.html>

If you have any questions about research continuity not answered by the pages linked above, please contact your Faculty/Institute Research Service Team representative, your Faculty/Institute Business Continuity Lead, or email researchcontinuity@auckland.ac.nz.

Researchers who are not members of the University of Auckland should also contact the DHB Research Office for further advice.

"Locality approval: Before starting your research, ensure that all the required locality approvals have been obtained. If one or more DHBs will be a locality, please contact their Research Office(s) to determine the locality approval requirements of the DHB(s)."

Auckland DHB and CM Health researcher should contact their DHB Research Office for further advice. University staff accessing DHB staff or patients as participants must likewise ensure all guidance from the DHBs are followed.

Locality approval: Before starting your research, ensure that all the required locality approvals have been obtained. If one or more DHBs will be a locality, please contact their Research Office(s) to determine the locality approval requirements of the DHB(s).

Final report: In order that up-to-date records are maintained, you must notify the Committee once your project is completed and submit a final report.

Amendments to the approved project: Should you need to make any changes to the approved project, please follow the steps below:

- Send a request to the AHREC Administrators to unlock the application form (using the Correspondence tab in Ethics RM).
- Make all changes to the relevant sections of the application form and attach revised documents (as appropriate).
- Change the Application Type to "Amendment request" in Section L.
- Add a summary of the changes requested in the text box.
- Submit the amendment request (PI/Supervisors only to submit the form).

If the project changes significantly, you are required to submit a new application.

Funded projects: If you received funding for this project, please provide this approval letter to your local Faculty Research Project

Coordinator (RPC) or Research Project Manager (RPM) so that the approval can be notified via a Service Request to the Research Operations Centre (ROC) for activation of the grant.

The Chair and the members of AHREC would be happy to discuss general matters relating to ethics approvals. If you wish to do so, please contact the AHREC Ethics Administrators at ahrec@auckland.ac.nz in the first instance.

Additional information:

- Do not forget to fill in the 'approval wording' on the PISs, CFs and/or advertisements, using the date of this approval and the reference number, before you use the documents or send them out to your participants.

All communications with the AHREC regarding this application should indicate this reference number: **AH23988**.

AHREC Administrators

Auckland Health Research Ethics Committee