

Approval certificate

15/12/2021

The ethics application for your project **A Comparison of Goal-Oriented Guided Mental Imagery versus Goal Setting Interventions for Increasing Physical Activity Levels in Young, Inactive Men with Overweight or Obesity: a randomised trial** has been approved.

Chief Investigator: Sharon Grant

Ref: 20215672-8999

Approved Duration: 15/12/2021 to 15/12/2024

I refer to the ethical review of the above project protocol by Swinburne's Human Research Ethics Committee (SUHREC) or its sub-committees.

I am pleased to advise that, as submitted to date, the project may proceed in line with standard on-going ethics clearance conditions outlined below.

- The approved duration is as shown above unless an extension request is subsequently approved.
- All human research activity undertaken under Swinburne auspices must conform to Swinburne and external regulatory standards, including the *National Statement on Ethical Conduct in Human Research (2018)* and with respect to secure data use, retention and disposal.
- The named Swinburne Chief Investigator/Supervisor remains responsible for any personnel appointed to or associated with the project being made aware of ethics clearance conditions, including research and consent procedures or instruments approved. Any change in Chief Investigator/Supervisor, and addition or removal of other personnel/students from the project, requires timely notification and SUHREC endorsement.
- The above project has been approved as submitted for ethical review by or on behalf of SUHREC. Amendments to approved procedures or instruments ordinarily require prior ethical appraisal/clearance from SUHREC for approval. SUHREC must be notified immediately or as soon as possible thereafter of (a) any serious or unexpected adverse effects on participants and any redress measures; (b) proposed changes in protocols; and (c) unforeseen events which might affect continued ethical acceptability of the project.
- At a minimum, an annual report on the progress of the project is required as well as at the conclusion (or abandonment) of the project.
- A duly authorised external or internal audit of the project may be undertaken at any time.
- Please forward this approval certificate to relevant members of the project team.

This research project was approved during COVID-19 restrictions. The conduct of the research during this period should reflect any changes in relation to university and government COVID-19 mandates in the relevant jurisdictions. To ensure you have accommodated these mandates please refer to the Swinburne Ethics COVID-19 website [here](#).

The following investigators have been approved to work on the project:

Chief Investigator

Sharon Grant

Associate Investigators

Harry Banyard

Student Investigators

Tharushini Ananadam

Please contact the Swinburne [Research Ethics Office](#) if you have any queries.

Regards,

Dr Astrid Nordmann

on behalf of

Research Ethics Office

Swinburne University of Technology

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