

24<sup>th</sup> May 2017

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JEPeM Code : USM/JEPeM/17030149

Protocol Title : Effect of Combination of Behavioural Intervention and Nutrition Education with Brown Rice (COMBINE-BROWN) Weight Loss Program on Body Composition, Oxidative Stress and Antioxidant Level in Overweight and Obese Adults.

Dear Miss.,

We wish to inform you that your study protocol has been reviewed and is hereby granted approval for implementation by the Jawatankuasa Etika Penyelidikan Manusia Universiti Sains Malaysia (JEPeM-USM). Your study has been assigned study protocol code **USM/JEPeM/17030149**, which should be used for all communication to the JEPeM-USM related to this study. This ethical clearance is valid from **24<sup>th</sup> May 2017** until **23<sup>rd</sup> May 2018**.

Study Site: Health Campus, Universiti Sains Malaysia.

The following researchers also involve in this study:

1. Assoc. Prof. Dr. Rohana Abdul Jalil
2. Prof. Dr. Wan Rosli Wan Ishak
3. Assoc. Prof. Dr. Che Badariah Ab. Aziz
4. Dr. Noor Aman A. Hamid
5. Prof. Frank Hu (Harvard University)
6. Prof. Walter Willet (Harvard University)
7. Dr. Vasanti Malik (Harvard University)

The following documents have been approved for use in the study.

1. Research Proposal

In addition to the abovementioned documents, the following technical document was included in the review on which this approval was based:

1. Participant Information Sheet and Consent Form (English version) – Non-Interventional Study in Phase Two
2. Participant Information Sheet and Consent Form (Malay version) - Non-Interventional Study in Phase Two
3. Participant Information Sheet and Consent Form (English version) – Interventional Study in Phase Three
4. Participant Information Sheet and Consent Form (Malay version) - Interventional Study in Phase Three
5. Data Collection Sheet (Proforma)