

20 October 2015

Prof Helen Truby
Nutrition & Dietetics
Monash University
Monash Medical Centre
Block E, Level 5
246 Clayton Road
Clayton Vic 3168

Dear Prof Truby

Study title: Increasing the Effectiveness of Treatment for Obstructive Sleep Apnoea: The Sleeping Well Trial

SERP Ref: HREC/15/MonH/93

Monash Health HREC Ref: 15357A

The Monash Health HREC A reviewed the above application at the meeting held on 13 August 2015. In addition, the HREC is satisfied that the responses to our correspondence of 14 August 2015 have been sufficiently addressed.

The HREC approved the above application on the basis of the information provided in the application form, protocol and supporting documentation.

This reviewing HREC is accredited by the Consultative Council for Clinical Trial Research under the single ethical review system.

Approval

The HREC approval is from 20 October 2015.

Approval is given in accordance with the research conforming to the *National Health and Medical Research Council Act 1992* and the *National Statement on Ethical Conduct in Human Research (2007)*. The HREC has ethically approved this research according to the Memorandum of Understanding between the Consultative Council and the participating organisations conducting the research.

Approval is given for this research project to be conducted at the following sites and campuses:

- Monash Health, Monash Medical Centre, Clayton;
- Eastern Health, Box Hill Hospital;
- Alfred Health, Alfred Hospital

You must comply with the following conditions:

The Chief Principal Investigator is required to notify the Manager, Human Research Ethics Committees, Monash Health of:

1. Any change in protocol and the reason for that change together with an indication of ethical implications (if any)
2. Serious or unexpected adverse effects of project on subjects and steps taken to deal with them
3. Any unforeseen events that might affect continued ethical acceptability of the project
4. Any expiry of the insurance coverage provided in respect of sponsored trials
5. Discontinuation of the project before the expected date of completion, giving reasons

6. Any change in personnel involved in the research project including any study member resigning from Monash Health &/or the study team.

At the conclusion of the project or every twelve months if the project continues, the Principal Investigator is required to complete and forward an annual progress report to the Committee.

Reminders to submit annual progress report forms will be forwarded to the researcher.

The Coordinating Principal Investigator is responsible for notifying Principal Investigators. The Coordinating Principal Investigator and Principal Investigators should forward a copy of this letter to their site's Research Governance Officer.

The radiation procedures involved in this study are in addition to standard clinical care. The Radiation dose **does not** exceed the dose constraints specified in the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) Code of Practice for the Exposure of Humans to Ionizing Radiation for Research Purposes. However, it is a requirement that notification of the study be made to Department of Health and Human Services. This notification is to be made by each site's Radiation Safety Officer or Research Governance Unit on the Research Notification Form, within 14 days of Site Specific Authorisation being granted. A project may commence once Site Specific Authorisation has been granted.

Approved documents

Documents reviewed and approved at the meeting were:

<i>Document</i>	<i>Version</i>	<i>Date</i>
National Ethics Application Form		28/7/2015
Victorian Specific Module	2	19/10/2015
Research Protocol	3	19/10/2013
Master Participant Information and Consent Form	4	19/10/2015
Consent Form	4	19/10/2015
Withdrawal of Participation Form	4	19/10/2015
DXA Scan Consent Form	2	9/10/2015
Recruitment Flowchart		
Intervention and Assessment Schedule		
Beck Depression Inventory		1966
Mood/Depression Assessment Questionnaire		
Epworth Sleepiness Scale		

Site-Specific Assessment (SSA)


SSA authorisation is required at all sites participating in the study. SSA must be authorised at a site before the research project can commence.

The completed Site-Specific Assessment Form and a copy of this ethics approval letter must be submitted to the Research Governance Officer for authorisation by the Chief Executive or delegate. This applies to each site participating in the research.

If you should have any queries about your project please contact Deborah Dell or Julie Gephart by email deborah.dell@monashhealth.org / julie.gephart@monashhealth.org

The HREC wishes you and your colleagues every success in your research.

Yours sincerely



Dr James Doery
Deputy Chair - HREC

Cc: Mr Soori Thuraj, Medical Physicist
Cc: MUHREC
Ms Ladan Chazi, Monash University

Checklist: Post-ethics approval requirements that must be met before a research project can commence at a study site.

Please ensure that as a PI (including the CPI) the following are completed at each study site.

Requirements	Yes/No/NA
Ethics approval notification The PI must send a copy to the RGO at that study site.	N/A
HREC Review Only Indemnity The PI must forward a copy of the signed HREC Review Only Indemnity to the RGO at that study site.	N/A
CTN Acknowledgement for Commercially Sponsored Studies The PI must forward a copy of the CTN Acknowledgement to Research Support Services.	N/A
CTN Lodgement for Collaborative Group/Investigator Driven Studies The PI or nominated delegate is requested to make an appointment with the Monash Health Research Support Services contact for the study deborah.dell@monashhealth.org or michael.kios@monashhealth.org so that the lodgment may be completed by both the investigator and Research Support Services. The banking details for payment to the TGA will need to be brought along to this appointment, in order to finalise notification to the TGA. The fee for lodging a CTN is \$335.	N/A
SSA authorisation notification The PI must forward the SSA form and attached documents (e.g. CTRA) to the RGO so the authority approving the conduct of the trial, at that site, can complete and sign.	Yes
Radiation If applicable, the RGO must contact the Medical Physicist so that the study may be notified to the Radiation Risk Section of the Department of Health and Human Services.	Yes
Other Commonwealth statutory requirements Ensure compliance with the following e.g. Office of the Gene Technology Regulator, NHMRC Licensing Committee, NHMRC Cellular Therapies Advisory Committee.	N/A