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## UNIVERSITY OF AUCKLAND HUMAN PARTICIPANTS ETHICS COMMITTEE (UAHPEC)

18-Jun-2019

### MEMORANDUM TO:

Dr Karolina Stasiak  
Psychological Medicine

Re: Application for Ethics Approval (Our Ref. 023234): Approved

The Committee considered the application for ethics approval for your study entitled Headstrong 21 Day Stress Detox: Exploratory study of a chatbot for stress and anxiety in young adults.

We are pleased to inform you that ethics approval has been granted for a period of three years.

The expiry date for this approval is 18-Jun-2022.

Completion of the project: In order that up-to-date records are maintained, you must notify the Committee once your project is completed.

Amendments to the project: Should you need to make any changes to the project, please complete an Amendment Request form in InfoEd, giving full details along with revised documentation. If the project changes significantly, you are required to submit a new application to UAHPEC for approval.

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 UAHPEC would be happy to discuss general matters relating to ethics approvals. If you wish to do so, please contact the Ethics Administrators at [humanethics@auckland.ac.nz](mailto:humanethics@auckland.ac.nz) in the first instance.

### Additional information:

1. Do not forget to complete the 'approval wording' on the PISs, CFs and/or advertisements and emails, giving the dates of approval and the reference number. This needs to be completed before you use the documents or send them out to your participants.

Please quote Protocol number 023234 on all communication with the UAHPEC regarding this application.

*(This is a computer generated letter. No signature required.)*

UAHPEC Administrators  
University of Auckland Human Participants Ethics Committee

c.c. Head of Department / School, Psychological Medicine