Tuesday, 21 September 2021

Dr Isabella Choi
School of Medical Sciences: Brain and Mind Centre; Faculty of Medicine and Health
Email: isabella.choi@sydney.edu.au

Dear Isabella,

The University of Sydney Human Research Ethics Committee (HREC) has considered your application.

After consideration of your response to the comments raised your project has been approved.

If your research project is a clinical trial and is being sponsored by the University or is to be conducted on a University of Sydney site, you must comply with additional University governance requirements prior to commencing your Clinical Trial.

Protocol Number:	**2021/678**
Protocol Title:	**MindYourHead web-app: Randomised controlled trial**
Sites Approved:	**web-based application built by the Techlab team at the University of Sydney.**
Authorised Persons:	**Choi Isabella; Glozier Nicholas; Wang Beibei;**
Approval Period:	**21/09/2021 to 21/09/2025**
First Annual Report Due:	**21/09/2022**

Documents Approved:

Date Uploaded	Version Number	Document Name
13/09/2021	Version 2	CF v2
13/09/2021	Version 2	Follow up emails v2
13/09/2021	Version 2	PIS v2
13/09/2021	Version 2	Recruitment notice v2
19/07/2021	Version 1	In-app mental health measures v1
19/07/2021	Version 1	Study measures v1
19/07/2021	Version 1	App screenshots v1
28/07/2021	Version 1	MYH RCT clinical-trials-protocol v1

Special Condition/s of Approval

It will be a condition of approval that certified translations of the public documents (e.g. Participant Information Statement, Participant Consent Form, Survey) are provided once these have been approved in English. https://intranet.sydney.edu.au/research-support/ethics-integrity/human-ethics/guidelines.html#translated-documents

University students will be recruited through email/canvas communications via Faculty of Arts and Social Science and through University of Sydney Marketing and Communications team's WeChat. Please ensure that approvals are obtained and kept on file. You do not need to submit these to the Ethics Office.

Special Conditions of Approval for Clinical Trials

- Clinical Trials must be registered on a clinical trials registry that complies with the International Committee of Medical Journal Editors (ICMJE). For trials conducted in Australia or New Zealand

registration should be on the Australian New Zealand Clinical Trial Registry before recruitment of the first subject (http://www.anzctr.org.au/).

• This letter constitutes ethical approval only. This project cannot proceed at any site until the necessary research governance authorisation is obtained. If your study is sponsored by the University or is to be conducted on a University of Sydney site you may need to comply with additional University governance requirements prior to commencing. Please contact the Clinical Trials Governance Office at clinical-trials.research@sydney.edu.au.

Special Conditions of Approval for Clinical Trials

- **This letter constitutes ethical approval only.** This project cannot proceed at any site until the necessary research governance authorisation is obtained. If your study is sponsored by the University or is to be conducted on a University of Sydney site you may need to comply with additional University governance requirements prior to commencing. Please contact the Clinical Trials Governance Office at clinical-trials.research@sydney.edu.au
- Clinical Trials must be registered on a clinical trials registry that complies with the International Committee of Medical Journal Editors (ICMJE). For trials conducted in Australia or New Zealand registration should be on the Australian New Zealand Clinical Trial Registry before recruitment of the first subject (http://www.anzctr.org.au/).

Condition/s of Approval

- Research must be conducted according to the approved proposal.
- An annual progress report must be submitted to the Ethics Office on or before the anniversary of approval and on completion of the project.
- You must report as soon as practicable anything that might warrant review of ethical approval of the project including:
  - Serious or unexpected adverse events (which should be reported within 72 hours).
  - Unforeseen events that might affect continued ethical acceptability of the project.
- Any changes to the proposal must be approved prior to their implementation (except where an amendment is undertaken to eliminate *immediate* risk to participants).
- Personnel working on this project must be sufficiently qualified by education, training and experience for their role, or adequately supervised. Changes to personnel must be reported and approved.
- Personnel must disclose any actual or potential conflicts of interest, including any financial or other interest or affiliation, as relevant to this project.
- Data and primary materials must be retained and stored in accordance with the relevant legislation and University guidelines.
- Ethics approval is dependent upon ongoing compliance of the research with the *National Statement on Ethical Conduct in Human Research*, the *Australian Code for the Responsible Conduct of Research*, applicable legal requirements, and with University policies, procedures and governance requirements.
- The Ethics Office may conduct audits on approved projects.
- The Chief Investigator has ultimate responsibility for the conduct of the research and is responsible for ensuring all others involved will conduct the research in accordance with the above.

Please contact the Ethics Office should you require further information or clarification.

Sincerely,

Associate Professor Helen Mitchell
Chair
Human Research Ethics Committee (HREC 1)

The University of Sydney HRECs are constituted and operate in accordance with the National Health and Medical Research Council's (NHMRC) National Statement on Ethical Conduct in Human Research (2018) and the NHMRC's Australian Code for the Responsible Conduct of Research (2018).