

12 January 2022

Dear Mrs Piumika Sooriyaarachchi,

We are pleased to advise that your application has been reviewed and approved by the University Human Research Ethics Committee (UHREC) as meeting the requirements of the National Statement on Ethical Conduct in Human Research (2007, updated 2018).

Project title: Investigating the efficacy of a low calorie meal replacement dinner compared to traditional dinner meal on metabolic parameters of shift workers with obesity
Approval number: 4878
Approval date: 12/01/2022
Expiry date: 12/01/2026 *
**subject to receipt of satisfactory progress or conditional reports*

Documents approved:

Document Type	File Name	Date	Version
Other project related documentation	Leaflets	10/10/2021	version 1
Other project related documentation	Compliance_assessing_sheet	10/10/2021	version 1
Other project related documentation	Product Label	10/10/2021	version 1
Protocol	Research Protocol version 2	03/01/2022	version 2
Invitation to participant	01_C_ETH_Email-Recruit_V2	03/01/2022	version 2
Advertising material	01_D_ETH_Flyer-Recruit_V1	03/01/2022	version 1
Questionnaire	Basic screening questionnaire_V2	03/01/2022	version 2
Questionnaire	Final assesment Questionnaire Booklet-_V2	03/01/2022	version 2
Participant information and consent form	01_G_ETH_Consent-Form_V2	03/01/2022	version 2
Participant information and consent form	01_L_ETH_Withdraw-Consent_V2	03/01/2022	version 2
Other project related documentation	Dietary advice leaflet	03/01/2022	version 1
Investigator brochure	covid risk management plan_V1	03/01/2022	version 1
Letters of support	Lab_letter ensuring confidentiality	03/01/2022	version 1
Participant information and consent form	01_F_ETH Project_Information-Sheet_V2	03/01/2022	version 2
Other project related documentation	Telephone_monitoring_script_V1	11/01/2022	version 1

Research team approved:

Mrs Piumika Sooriyaarachchi

Professor Neil King

A/Professor Toby Pavey

Professor Ranil Jayawardena

This approval is subject to the following [standard conditions of approval](#) as well as any additional conditions of approval indicated by the UHREC.

Additional conditions of approval:

- The approval number is added to participant documentation prior to dissemination.

QUT's UHREC is constituted and operates in accordance with the National Health and Medical Research Council's (NHMRC) *National Statement on Ethical Conduct in Human Research (2007, updated 2018)*, NHMRC and Universities Australia *Australian Code for the Responsible Conduct of Research (2018)*.

QUT Human Research Ethics Advisory Team | humanethics@qut.edu.au | +61 (0)7 3138 5123