



Institutional Review Board Approval Letter For Research Involving Human Subjects

Principal Investigator:	Assistant Professor Peter Tay
Project Title:	Effectiveness of binaural beats in Chinese music in relieving stress in Singapore university students: A randomised controlled trial ("Project")
Project Number:	2021054
Action:	APPROVED
Approval Date:	26 March 2021
Expiry Date:	30 June 2022

Dear Assistant Professor Peter Tay

Based on the materials submitted, this Project has been reviewed and approved by the SIT-IRB by Exempted Review. If there are modifications to any of the materials, you are required to re-submit them for approval. Likewise, if this Project cannot be completed before the expiry date above, you are required to seek approval from the SIT-IRB to continue with it. Please be reminded that it is your duty to ensure that the SIT-IRB's approval covers the entire duration of this Project, and you maintain the records of the study as detailed in Appendix 1.

In addition, please note the following due to the current COVID-19 pandemic:

1. Where possible, interviews with participants shall be conducted via telephone, tele-conferencing or video-conferencing and visit only regular close contacts if required;
2. Meeting research participants must be at public venues and Safe Management Measures (SMM) must be adhered to.
3. If door-to-door visit of research participants is required, researchers are advised to adhere to the current safe distancing measures, and to keep up to a maximum of 8 people during visitations.
4. PIs, students and research participants who are unwell, or who have household members on Home Quarantine Order/Stay Home Notice or have adult household members with flu-like symptoms such as fever and cough, are required not to engage in research activities;

SIT, Institutional Review Board

Professor Ponnampalam Gopalakrishnakone, Chairman of Singapore Institute of Technology –
Institutional Review Board

Date: _____ 26 March 2021 _____

Signature: _____  _____

Appendix 1: Researchers' Log

- A. The Principal Investigator is responsible to ensure that all study-related documents are kept safely and securely and in accordance with the Personal Data Protection Act (PDPA).
- B. The documents listed below must be kept in a hardcopy file from the start of the project. The file must be made available to the SIT-IRB upon request for audit and/ or review purposes.

Documents in the Researchers' Log

1. IRB approved application documents;
2. Training records and certificates e.g. CITI Certificate, PDPA e-learning module completion email, etc;
3. Description of each study team members' roles and responsibilities;
4. Participant Information Sheet and Consent Forms (PIS-CF) which have been translated to other languages*.
5. Translated copies of assessment tools or forms filled in a non-English languages (if applicable)**;
6. Participant screening, enrolment and visit logs;
7. Copy of voucher acknowledgment receipt/ sheet signed by the participants;
8. Progress reports to note events e.g. participant withdrawal or dropout;

Note:

*Participants who are not English literate must be given a PIS-CF in the language of communication e.g. Mandarin, Malay, Tamil, etc. Otherwise, the participant may not be recruited for the study.

**If an assessment tool or form is recorded in a non-English language (e.g. Mandarin, Malay, Tamil, etc.) to suit the medium of communication of the participant.