

## Institutional Review Board Approval Letter For Research Involving Human Subjects

Principal Investigator : Tay Kay Chai  
Project Title : Effectiveness of binaural beats in Chinese instrumental music in promoting psychological and physical well-being among older adults  
Project Number : RECAS-0003 - IRB Full/ Expedited Review Application  
Action : APPROVED  
Approval Date : 9 June 2023  
Expiry Date : 31 May 2024

Dear Tay Kay Chai,

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 as stated in the "SIT Circular #56/23 Workplace Measures from 13 February 2023":

1. Staff are encouraged to continue exercising personal and social responsibility.
2. Those with mild Acute Respiratory Infection (ARI) symptoms should stay at home until symptoms resolve or visit a doctor if the symptoms are severe.
3. Staff who are symptomatic, or if asymptomatic but tested positive for COVID-19, should wear masks, avoid crowded places and minimise social interactions if there is a need to go out.
4. Staff are encouraged to participate in the COVID-19 vaccination regime. They should achieve at least Minimum Protection - that is, three doses of mRNA or Novavax vaccine, or four doses of Sinovac vaccine.
5. The Ministry of Health recommends that all who are at higher risk of severe disease from COVID-19, that is, persons aged 60 years and above or medically vulnerable persons, should take the booster around one year after the last booster dose. All other staff are encouraged to take the booster to enhance their protection when it is offered about one year after the last booster dose.

Associate Professor Benjamin Soon  
Chairman of the Singapore Institute of Technology-Institutional Review Board (SIT-IRB)

Date: 9 June 2023

### Appendix 1: Researchers' Log

1. 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).
2. 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 language (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.