



Academic Services  
Manager, Academic Committees and Services, Mr Gary Witte

8 July 2022

Dr C Rapsey  
Department of Psychological Medicine  
Dunedin School of Medicine  
University of Otago Medical School

Dear Dr Rapsey,

I am again writing to you concerning your proposal entitled “**A randomised controlled trial of online group CBT, guided eCBT, and unguided eCBT for symptoms of depression and anxiety among tertiary students in Aotearoa, New Zealand**”, Ethics Committee reference number **H22/079**.

Thank you for your email of 7th July 2022 with response attached addressing the issues raised by the Committee.

On the basis of this response, I am pleased to confirm that the proposal now has full ethical approval to proceed.

The standard conditions of approval for all human research projects reviewed and approved by the Committee are the following:

Conduct the research project strictly in accordance with the research proposal submitted and granted ethics approval, including any amendments required to be made to the proposal by the Human Research Ethics Committee.

**Conditions of approval:** Upon approval, it is expected that all members of the research team are made aware of what the standard conditions of ethical approval covers. This includes the date ethical approval expires, as well as the process regarding applying for amendments to the research.

**Approval period:** Approval is for up to three years from the date of this letter. If this project has not been completed within three years from the date of this letter, re-approval or an extension of approval must be requested. If the nature, consent, location, procedures or personnel of your approved application change, please advise me in writing.

**Final report:** A Final Report is required by the Committee upon completion of the study. The Final Report template can be found on the Human Ethics Web Page

<https://www.otago.ac.nz/council/committees/committees/HumanEthicsCommittees.html>

**Adverse or unforeseen events:** Inform the Human Research Ethics Committee immediately of anything which may warrant review of ethics approval of the research project, including: serious or unexpected adverse effects on participants; unforeseen events that might affect continued ethical acceptability of the project; and a written report about these matters must be submitted to the Academic Committees Office by no later than the next working day after recognition of an adverse occurrence/event. Please note that in cases of adverse events an incident report should also be made to the Health and Safety Office:

<http://www.otago.ac.nz/healthandsafety/index.html>

**Privacy breach:** A privacy breach occurs when there is unauthorised or accidental access to someone's personal information or disclosure, alteration, loss or destruction of personal information. Any breach of privacy needs to be reported to the University of Otago Privacy Officer immediately. This can be done via an online form <https://www.otago.ac.nz/administration/privacy-information/#breach>, or emailed to the [registrar@otago.ac.nz](mailto:registrar@otago.ac.nz) or [policycompliance@otago.ac.nz](mailto:policycompliance@otago.ac.nz). In the case where a report has been submitted, please also inform the Academic Committees and Services Office.

**Discontinuation:** Advise the Committee in writing as soon as practicable if the research project is discontinued.

**Amendments:** Make no change to the project as approved in its entirety by the Committee, including any wording in any document approved as part of the project, without prior written approval of the Committee for any change. If you are applying for an amendment to your approved research, please email your request to the Academic Committees Office:

[gary.witte@otago.ac.nz](mailto:gary.witte@otago.ac.nz)

[jo.farronediaz@otago.ac.nz](mailto:jo.farronediaz@otago.ac.nz)

**Locality authorisation:** Studies requiring locality authorisation, i.e. permission from the organisations at which the study is taking place or from which participants are being accessed, must be confirmed before the study commences.

Yours sincerely,



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c.c. Dr T Patterson Head of Department Department of Psychological Medicine