



Human Research Ethics Amendment Approval

Project Reference Number: 2024/HE000126

Project Title: ALMOND ProFIT-PM

Version: 5.01

Principal Investigator: Dr David Hamilton
School of Exer & Nutr Sciences

Co-Investigator(s): Research Assistant
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Ethical Risk Level:

Higher Risk

Approving Committee:

Deakin University Human Research Ethics Committee

Date of Approval:

Friday, 13 June, 2025

Approval End Date:

08 Jul 2028

Deakin University Human Research Ethics Committee confirms that this amendment meets the requirements of the National Statement on Ethical Conduct in Human Research (2023) and has granted approval for Dr David Hamilton, School of Exer & Nutr Sciences, to undertake this amendment from Friday, 13 June, 2025 to 08 Jul 2028.

Approved Documents

| Document Type | File Name | Application Version | Document Version/date | Last Modified |
|------------------------|---|---------------------|-----------------------|-----------------------|
| Change Tracking | 2024_HE000126 v4_02 - v5_01 Changes.docx | 5.01 | 1 | 26/05/2025 4:53:47 PM |
| Application Attachment | Clarifications request 2024_HE000126_ZHedits.docx | 2.02 | 1 | 26/05/2025 4:53:42 PM |
| Application Attachment | Appendix1_DataManagementPlan.pdf | 0.03 | 1 | 26/05/2025 4:53:41 PM |
| Application Attachment | AppetiteLog_ABCStudy_V1.pdf | 0.01 | 1 | 26/05/2025 4:53:41 PM |
| Application Attachment | Clarifications request 2024HE000126_ZH.docx.docx | 3.02 | 1 | 26/05/2025 4:53:43 PM |
| Application Attachment | ABC study _ REDCap_data collection.pdf | 0.04 | 2 | 26/05/2025 4:53:42 PM |



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|--------------------------------|--|------|----|-----------------------|
| Application Attachment | Email templates for ALMONDFIT study.docx | 3.01 | 1 | 26/05/2025 4:53:43 PM |
| Application Attachment | Organisational_AlmondFITstudy_V1_Signed.pdf | 0.03 | 2 | 26/05/2025 4:53:41 PM |
| Application | Output Form.pdf | 5.01 | 13 | 26/05/2025 4:53:40 PM |
| Application Attachment | PARQPlus2025Fillable.pdf | 2.02 | 1 | 26/05/2025 4:53:42 PM |
| Application Attachment | DemographicData_ABCStudy (3).pdf | 0.04 | 2 | 26/05/2025 4:53:42 PM |
| Third Party Evaluation Outcome | PHYS03 2024 Fully Executed.pdf | 0.03 | 1 | 26/05/2025 4:53:43 PM |
| Application Attachment | Pre-review completed HE000126.docx | 0.03 | 1 | 26/05/2025 4:53:42 PM |
| Project Protocol | ProjectDescriptionProtocol-May2025_v8.docx | 5.01 | 11 | 26/05/2025 4:53:41 PM |
| Application Attachment | Medical Phys report_ Radiation supplement form.pdf | 0.02 | 1 | 26/05/2025 4:53:41 PM |
| Application Attachment | 2024HE000126 Revisions request.docx | 0.04 | 1 | 26/05/2025 4:53:42 PM |
| Application Attachment | Updated study poster_Mar 25_V6.docx | 3.01 | 1 | 26/05/2025 4:53:43 PM |
| Application Attachment | SupplementAcceptability_ABCStu_V1 (1).pdf | 0.01 | 1 | 26/05/2025 4:53:41 PM |



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|------------------------|--|------|---|-----------------------|
| Application Attachment | ABC study _ REDCap_Screening.pdf | 2.02 | 3 | 26/05/2025 4:53:42 PM |
| Application Attachment | PLS and CONSENT _V8.docx | 5.01 | 1 | 26/05/2025 4:53:43 PM |
| Application Attachment | Almond ProFit Study Flyer (Update).jpeg | 4.02 | 1 | 26/05/2025 4:53:43 PM |
| Application Attachment | wsa-biological_hazard_updated 1_10_V2.docx | 0.04 | 1 | 26/05/2025 4:53:42 PM |

It is the Principal Investigators responsibility to ensure that all researchers associated with this project are aware of the conditions of approval and the documents as approved.

The Principal Investigator is responsible for notifying the Research Ethics team promptly via Research Point submission of any of the following;

- Significant changes to the project and the reason for that change, including an indication of ethical implications (if any); changes must be approved before they are implemented.
- Serious or unexpected adverse effects on participants and the actions taken to address them;
- Other unforeseen events or unexpected developments that merit notification;
- The inability of the Principal Researcher to continue in their role, or any other change in research personnel involved in the project;
- A delay of more than 12 months in the commencement of the project;
- Amendments requested by external Human Research Ethics Committees;
- Complaints received from participants, researchers, external HREC or external complaints contacts for overseas research.

All research subject to committee review must be conducted in accordance with the National Statement on Ethical Conduct in Human Research (2023).

This ethics approval covers the project as described in the application.

Ethics Approval is conditional upon Principal Investigator ongoing appointment with Deakin University.

In addition, a progress report is required annually and a final report at the conclusion of the project. Ethical approval is suspended if there is a failure to report as required.

Deakin University Human Research Ethics Committee may conduct an audit of this project at any time, as part of the requirements for monitoring set out in the National Statement on Ethical Conduct in Human Research (2023).

On behalf of AsPr Anna Kilderry Chair, best wishes for your project.



Yours Sincerely,

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