

Professor C Fife-Schaw  
School of Psychology  
FAHS

27 September 2013

Dear Professor Fife-Schaw

**Guildford Hypertension 2000: A randomised trial of exercise interventions to increase levels of physical and sporting activity EC/2013/103/FAHS Fast-Track**

On behalf of the Ethics Committee, I am pleased to confirm a favourable ethical opinion for the above research on the basis described in the submitted protocol and supporting documentation.

Date of confirmation of ethical opinion: 27 September 2013.

The list of documents reviewed and approved by the Committee under its Fast Track procedure is as follows:-

Document
CV
Funding Agreement
Summary of the Project
Detailed Protocol
GP Letter version 4 dated 11 July 13
Participant Information Sheet version 6 dated 13 Sept 13
Consent Form version 4 dated 11 July 13
IRAS forms
Audit: Self-Report Version
Questionnaires/Surveys
Example Screenshots from the web-based tool
IPAQ
Recruitment advert
Confirmation of favourable ethical opinion with conditions from NRES Committee London - Bloomsbury dated 11 Sept 13
Confirmation conditions met and documents approved from NRES Committee London - Bloomsbury dated 19 Sept 13
Risk assessment
Protocol Submission Proforma: Insurance

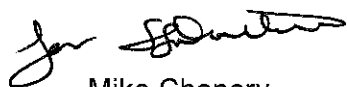
This opinion is given on the understanding that you will comply with the University's Ethical Guidelines for Teaching and Research.

The Committee should be notified of any amendments to the protocol, any adverse reactions suffered by research participants, and if the study is terminated earlier than expected with reasons. Please be advised that the Ethics Committee is able to audit research to ensure that researchers are abiding by the University requirements and guidelines.

You are asked to note that a further submission to the Ethics Committee will be required in the event that the study is not completed within five years of the above date.

On-going favourable ethical opinion from the NHS is subject to supplying Annual Progress Reports and a Declaration of the End of Study to the NHS REC which gave the favourable ethical opinion. A copy should be sent to the University Ethics Committee also. The forms are available to download here <http://www.nres.nhs.uk/applications/after-ethical-review>.

Yours sincerely



Mike Chenery  
Secretary, University Ethics Committee  
Research & Enterprise Support