



Conjoint Health Research Ethics Board
Research Services Office
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CERTIFICATION OF INSTITUTIONAL ETHICS APPROVAL

The Conjoint Health Research Ethics Board (CHREB), University of Calgary has reviewed and approved the following research protocol:

Ethics ID: REB24-0324
Principal Investigator: Saied Jalal Aboodarda
Co-Investigator(s):
Student Co-Investigator(s):
Study Title: A Global Study Investigating Athletes Training, Nutrition, and Mental Health During Ramadan Intermittent Fasting

Sponsor:

Effective: 15-Apr-2024

Expires: 15-Apr-2025

The following documents have been approved for use:

- Poster, 1, March 5, 2024
- Consent form (Clean), 2, April 12, 2024
- Survey (Non-muslim), 1, March 5, 2024
- Survey (muslim), 1, March 5, 2024
- Proposal, 1, March 5, 2024
- Budget summary, 1, March 16, 2024

The CHREB is constituted and operates in accordance with the current version of the *Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans* (TCPS); International Conference on Harmonization E6: Good Clinical Practice Guidelines (ICH-GCP); Part C, Division 5 of the Food and Drug regulations, Part 4 of the Natural Health Product Regulations and the Medical Device Regulations of Health Canada; Alberta's Health Information Act, RSA 2000 cH-5; and US Federal Regulations 45 CFR part 46, 21 CFR part 50 and 56.

You and your co-investigators are not members of the CHREB and did not participate in review or voting on this study.

Restrictions:

This Certification is subject to the following conditions:

1. Approval is granted only for the research and purposes described in the application.
2. Any modification to the approved research must be submitted to the CHREB for approval.
3. Reportable events (SAE's, new safety information, protocol deviations, audit findings, privacy breaches, and participant complaints) are to be submitted in accordance with the Board's reporting requirements.
4. An annual application for renewal of ethics certification must be submitted and approved by the above expiry date.
5. A closure request must be sent to the CHREB when the research is complete or terminated.

Approval by the REB does not necessarily constitute authorization to initiate the conduct of this research. The Principal Investigator is responsible for ensuring required approvals from other involved organizations (e.g., Alberta Health Services, community organizations, school boards) are obtained.

Approved By:

Stacey A. Page, PhD, Chair, CHREB

Date:

15-Apr-2024 9:15 AM

Note: This correspondence includes an electronic signature (validation and approval via an online system).