

Tuesday 30<sup>th</sup> April 2019

Dr Sue Channon, Dr Elinor Coulman  
Centre for Trials Research  
Neuadd Meirionydd  
Cardiff University  
Heath Park

Dear Sue and Elinor,

**Re: The Plan-it study: The acceptability and feasibility of a planned pre-pregnancy weight loss intervention**

**SMREC Reference Number: 19/42**

This application was reviewed by the Committee in April 2019.

**Ethical Opinion**

On review, I can confirm ethical approval for this study.

**Conditions of Approval**


The Committee must be notified of any proposed amendments to the methodology and protocols outlined in your submission. Also, any serious or unexpected adverse reactions that may arise during the course of the study must be reported to the Committee. As a condition of this approval, the Committee retains the right to audit and review the study for our own records.

**Documents Considered**

Document Type:	Version:	Date Considered:
Application	-	April 2019
Support Document	No Date or Version	April 2019
Study Protocol	V1.1 03/04/2019	April 2019
Phase 1 Clinician Interview PIS	V1.1 03/04/2019	April 2019
Phase 2 Clinician Interview PIS	V1.1 03/04/2019	April 2019
Phase 1 Interviews with weight loss consultants PIS	V1.1 03/04/2019	April 2019
Phase 2 Interviews with weight loss consultants PIS	V1.1 03/04/2019	April 2019
Phase 2 Participants Interview PIS	V1.1 03/04/2019	April 2019
Interview Consent Form	V1.0 24/03/2019	April 2019
Online Survey PIS	V1.1 03/04/2019	April 2019
Online Consent Form	V1.1 03/04/2019	April 2019

With best wishes for the success of your study.

Yours sincerely,



Dr Jonathan Hewitt  
Chair, School of Medicine Research Ethics Committee

