

## **Ethical approval letter.**

8 April 2015

Dr Sharon Simpson  
CSO/MRC Social and Public Health Sciences Unit  
Institute of Health and Wellbeing  
College of Medical, Veterinary & Life Sciences  
University of Glasgow

Dear Dr Simpson

### **MVLS College Ethics Committee**

***Project Title: 'HelpMeDolt!' a web, app and text based intervention to facilitate social support to achieve and maintain health related change in physical activity and dietary behaviour***

***Project No: 200140108***

The College Ethics Committee has reviewed your application and has agreed that there is no objection on ethical grounds to the proposed study. It is happy therefore to approve the project, subject to the following conditions:

- Project end date: 31 December 2016.
- The data should be held securely for a period of ten years after the completion of the research project, or for longer if specified by the research funder or sponsor, in accordance with the University's Code of Good Practice in Research:

[http://www.gla.ac.uk/media/media\\_227599\\_en.pdf](http://www.gla.ac.uk/media/media_227599_en.pdf)

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- The research should be carried out only on the sites, and/or with the groups defined in the application.
- Any proposed changes in the protocol should be submitted for reassessment, except when it is necessary to change the protocol to eliminate hazard to the subjects or where the change involves only the administrative aspects of the project. The Ethics Committee should be informed of any such changes.
- You should submit a short end of study report to the Ethics Committee within 3 months of completion.

Yours sincerely



Professor William Martin College Ethics Officer Approval200140108.docx