

**From:** Human Ethics humanethics@latrobe.edu.au  
**Subject:** For your information HEC25542 Ethics Application has been Approved  
**Date:** 9 February 2026 at 11:32pm  
**To:** v.dickson-swift@latrobe.edu.au  
**Cc:** a.kitching@latrobe.edu.au, fiona.dangerfield@latrobe.edu.au, m.graham3@latrobe.edu.au

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## LA TROBE RESEARCH

**To:** Virginia Dickson-Swift

**From:** Low Risk Committee

**Date:** 10/02/2026

**Subject:** Notification of Ethics Review Outcome - Approved

**Ethics Application Number:** [HEC25542](#)

**Ethics Application Title:** Exploring Self-Management Lifestyle Interventions in People Living with Multiple Sclerosis in Rural and Regional Australia

**Approval Period:** 10/02/2026 to 10/02/2031

**Approved Documents:**

Interview Guide\_12.1.3.1\_HEC25542  
Participant Info & Consent\_HEC25542\_V2  
Co-design workshop guide\_HEC25542  
Debriefing Sheet\_HEC25542  
2024-LTU-HRE-Application\_HEC25542\_V2  
Recruitment Flyer\_12.1.2.3\_HEC25542\_V2  
Sample recruitment email to organisations\_HEC25542\_V2

I am pleased to advise you that the Low Risk Committee has granted ethical approval of the project listed above, subject to the following conditions being met:

**Conditions of Approval specific to this project**

N/A

**Conditions of Approval – All projects**

- **The approval of this Application will be ratified by** the full Committee at its next available meeting.
- **Approval is limited** to the research project and associated documents as outlined in this ethics approval letter.
- **Governance:** Approval is contingent on any governance requirements relevant to the project that need to be met prior to the project starting. This may include but is not limited to any legal agreements, IBC/AEC approvals, research permits/licences, TGA and Insurance.
- **The Principal Investigator** will immediately report anything that might warrant review of ethical approval of the project.

- **Modifications to an Approved Project:** Any changes to the project application, project description/protocol and/or other project documents must be submitted for review and approval in accordance with the instructions outlined on the Human Research Ethics website. Modifications can be implemented once written approval has been received.
- **Annual Report:** If your project continues for more than 12 months, you are required to submit an Annual Report by the due date outlined in the annual report reminder. The form is available on the Human Research Ethics website. Failure to submit a Progress Report will mean approval for this project will be suspended and no further research activities can be carried out until the annual report is received.
- **Final Report or Withdrawal of Project:** At the conclusion of your project you must submit a final report within 3 months via the process outlined on the Human Research Ethics website.
- **Safety Reporting:** If a significant safety issue arises from the conduct of the project, it must be reported via the process outlined on the Human Research Ethics website.
- **Monitoring:** All projects are subject to monitoring at any time and will be monitored in accordance with the University's Research Monitoring Policy.

The Human Research Ethics Committee (HREC) Terms of Reference, membership and standard forms are available from <http://www.latrobe.edu.au/researchers/research-office/ethics/human-ethics>.

Should you require any further information, please contact the Human Research Ethics Team on:  
T: +61 3 9479 1443 | E: [humanethics@latrobe.edu.au](mailto:humanethics@latrobe.edu.au).

Kind regards,

Ethics, Integrity & Biosafety on behalf of  
Chair, Low Risk Committee