

15 October 2025

**Dr Saloschini Pillay (5168)**  
**Dr Zamahlabangane Sisiziwe Mtshali (62523)**  
College Admin Office: Hs  
Westville Campus

Dear Researchers,

**Protocol reference number:** HSSREC/00009497/2025

**Project title:** Levelling up mental health literacy: How first-year college of health sciences students grow with exposure (a pre and post-test evaluation)

**Non-Degree**

### **Approval Notification – Expedited Application**

This letter serves to notify you that your application received on 09 October 2025 in connection with the above, was reviewed by the Humanities and Social Sciences Research Ethics Committee (HSSREC) and the protocol has been granted **FULL APPROVAL**.

**Any alteration/s to the approved research protocol i.e. Questionnaire/Interview Schedule, Informed Consent Form, Title of the Project, Location of the Study, Research Approach and Methods must be reviewed and approved through the amendment/modification prior to its implementation. In case you have further queries, please quote the above reference number.**

**PLEASE NOTE: Research data should be securely stored in the discipline/department for a period of 5 years.**

**Incidents of adverse events and serious adverse events (AEs and SAEs) should be reported in writing to HSSREC, the study sponsors, and any regulatory authority (where appropriate), within 7 working days of the occurrence for local sites and 14 days for all other South African sites.**

This approval is valid until 15 October 2026.

To ensure uninterrupted approval of this study beyond the approval expiry date, a progress report must be submitted to the Research Office on the appropriate form 2 - 3 months before the expiry date. A close-out report to be submitted when study is finished.

HSSREC is registered with the South African National Health Research Ethics Council (REC-040414-040).

Yours sincerely,



Doctor Shamila Naidoo (Interim Chair) /nng

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#### **Humanities and Social Sciences Research Ethics Committee**

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Founding Campuses:  Edgewood  Howard College  Medical School  Pietermaritzburg  Westville