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# ****UREC 1 RESEARCH ETHICS REVIEW FOR STUDENT RESEARCH WITH NO HUMAN PARTICIPANTS OR DIRECT COLLECTION OF HUMAN TISSUES, OR BODILY FLUIDS.****

All University research is required to undergoethicalscrutiny to comply with UK law.The UniversityResearchEthicsPolicy ([www.shu.ac.uk/research/excellence/ethics-and-integrity/policies](https://www.shu.ac.uk/research/excellence/ethics-and-integrity/policies)) shouldbeconsultedbeforecompletingthisform. The initial questions are there to check that completion of the UREC1 is appropriate for this study. The supervisor will approve the study, but it may also be reviewedbythe College Teaching ProgramResearch EthicsCommittee (CTPREC) as part of the quality assurance process(additional guidance can be obtained from your College Research Ethics Chair[[1]](#footnote-3)).

The finalresponsibility forensuringthatethicalresearchpracticesare followedrestswiththe supervisor forstudent research.

Notethatstudentsandstaffareresponsibleformakingsuitablearrangements to ensure compliance with the General Data Protection Regulations (GDPR),forkeepingdata secure andifrelevant, forkeepingtheidentity of participants anonymous. Theyare also responsiblefor followingSHU guidelinesabout dataencryption and research data management.Guidance can be found on the SHU Ethics Website [www.shu.ac.uk/research/excellence/ethics-and-integrity](https://www.shu.ac.uk/research/excellence/ethics-and-integrity)

Please note that it is mandatory for all students to only store data on their allotted networked F drive space and not on individual hard drives or memory sticks etc.

ThisformalsoenablestheUniversityandCollege to keepa recordconfirmingthatresearch conductedhasbeensubjectedtoethical scrutiny.Studentsshouldretainacopy forinclusionintheirresearchprojects,anda copy should be uploaded to the relevant module Blackboard site.

Theformmustbecompletedbythestudentandapproved bysupervisorand/or moduleleader(asapplicable).Inallcases,itshouldbecounter-signedbythesupervisor and/or moduleleaderandkeptas arecord showing thatethicalscrutinyhas occurred. Studentsshouldretainacopy forinclusioninthe appendices of theirresearchprojects,anda copy should be uploaded to the module Blackboard site for checking.

Pleasenote that itmaybenecessarytoconduct ahealthandsafetyriskassessmentforthe proposedresearch. Furtherinformationcanbeobtainedfrom theUniversity’s Health and Safety Websitehttps://sheffieldhallam.sharepoint.com/sites/3069/SitePages/Risk-Assessment.aspx

**ARE YOU COMPLETING THE CORRECT FORM?**

Does this study includecollecting data or samples from human participants. YES/NO

Is the secondary data used in this studyof a sensitive or contentious nature, or does it allow the identification of individuals or organisations (e.g., companies, school, councils, communities).YES/NO

If you have answered ***YES*** to either of these two questions you must complete a UREC2, 3 or 4 as appropriate.

## **1. General Details**

| **Details** |  |
| --- | --- |
| Nameofstudent |  |
| SHU email address |  |
| Department/College |  |
| Nameofsupervisor |  |
| Supervisor’s email address |  |
| Titleofproposedresearch | Critically Evaluating The Counselling, As Well As Therapy Services To Reduce The Impact Of Poor Mental Health On The Immune System Of Pregnant Women: A Case Study Of NHS |
| Proposedstartdate |  |
| Proposedenddate |  |
| Brief outline of research to include, rationale (reasons) for undertaking the research & aims, and methods (max 500 words). | **The main section of Proposal**  Pregnant women have faced some issues of poor mental health as physical conditions were also affected. This research proposal has identified the impact of regular counselling and therapy to minimise poor mental health issues of pregnant women in the UK. NHS has taken initiative to minimise poor mental health issues among pregnant women. Depression and anxiety are the most common mental health issues faced by pregnant women. NHS has tried to mitigate the issue by conducting ***PATH (Perinatal Mental Health)*** (Ncbi.nlm.nih.gov, 2023)***.*** Using this strategy, the organisation has tried to provide a good quality of life to the patients and their families. Pregnant women have faced the issue most during this global pandemic situation for lack of mind-refreshing activities.  **Summary of problem**  The problem of poor mental health of pregnant women can affect the future generation. The public health sector of the UK, NHS has taken the important initiative to provide a depression-free life to pregnant women. Based on the opinion of Filippetti, Clarke & Rigato (2022), in the covid-19 pandemic situation, the anxiety rate among women has increased and 40% of women have the symptoms of depression. Focusing on the present vulnerable situation of mental health issues of the UK pregnant women, NHS has tried to mitigate the issue with effective processes. The issues of mental health can be rectified by delivering mental support to the patient. Focusing on pregnant women, have already faced some physical problems during pregnancy. Family issues and excessive work pressure are other reasons to increase mental health issues. NHS has faced some issues to deliver counselling and relevant therapies to patients; those have also been managed by analysing risks and suggesting some mitigation strategies.  **The uniqueness of the research or research significance**  The research about poor mental health problems of pregnant women has continued focusing on the urban area as rural individuals have faced fewer mental health issues than the urban population. The actual issue of this study is to increase the poor mental health rate among pregnant women. According to the words of Ahmad & Vismara (2021), pregnant women have faced both physical and mental issues, which have increased their depression and anxiety level. It is a big issue as the poor mental health of a pregnant woman has put an impact on the future generation.  At present, NHS has taken the initiative of the PATH (Perinatal Mental Health) program to conduct therapy for poor mental health problems. The depression and anxiety issues of pregnant women can be minimised by conducting more effective solutions, such as different types of mental health programs and providing mental support to the victims. In the views of Nath et al. (2019), a significant psychological change has been found among all pregnant women. Mainly the urban population are affected by this issue mostly as excessive stress from family issues and work pressure is the main reason for depression. Minimising the challenge, the study has recommended some strategic solutions to the NHS to deliver more efficient counselling to patients. |

## **2.Research in External Organisations**

| **Question** | **Yes/No** |
| --- | --- |
| 1. Will theresearchinvolveworkingwith/withinanexternal organisation(e.g., school, business,charity, museum,governmentdepartment, international agency, etc.)? | No |
| 1. IfyouansweredYES toquestion1, do youhavegrantedaccesstoconduct theresearch?   *If YES,studentspleaseshow evidencetoyour supervisor. PI shouldretain safely.* | NO |
| 1. IfyouansweredNO toquestion2, isit because:    1. youhavenotyet asked    2. youhaveaskedandnotyet receivedananswer    3. youhaveaskedandbeen refusedaccess.   *Note: You will onlybeable to start theresearchwhen youhavebeengranted access.* | C |

## **Research with Products and Artefacts**

| **Question** | **Yes/No** |
| --- | --- |
| 1.Will theresearchinvolvethe use of specialistcopyrighteddocuments, films, broadcasts, photographs,artworks, designs, products, programs, databases, networks,processes, existing datasets,orsecuredata? | No |
| 2.IfyouansweredYES toquestion1, arethematerialsyouintend touseinthe publicdomain?  *Notes: ‘In thepublicdomain’doesnot meanthesamethingas‘publiclyaccessible’.*   * *Informationwhichis'inthepublicdomain' isnolongerprotectedby copyright (i.e.,copyrighthaseither expiredor been waived)andcanbe usedwithout permission.* * *Informationwhichis'publiclyaccessible'(e.g., TVbroadcasts, websites, artworks, newspapers)isavailable for anyoneto consult/view. Itisstill protectedbycopyright evenif thereisnocopyrightnotice. InUK law, copyright protectionisautomaticanddoesnot requireacopyright statement, althoughit isalwaysgoodpracticetoprovideone. It is necessarytocheckthetermsandconditionsofuse tofindout exactly how thematerialmaybereusedetc.*   *If youansweredYEStoquestion1, beawarethatyoumayneedtoconsider other ethicscodes.Forexample, whenconducting Internet research, consult thecodeof theAssociationof InternetResearchers; foreducational research, consult theCodeof Ethicsof theBritishEducational Research Association.* | Yes |
| 3.IfyouansweredNO toquestion2, do youhaveexplicitpermissiontouse thesematerialsasdata?  *If YES,pleaseshowevidence toyour supervisor.* |  |
| 4.IfyouansweredNO toquestion3, isit because:  A.youhavenotyet askedpermission  B.youhaveaskedandnotyet receivedandanswer  C.youhaveaskedandbeen refusedaccess.  *Note: You will onlybeable to start theresearchwhen youhavebeengranted permissiontousethespecified material.* | **A/B/C**  **B** |

1. **Does this research project require a health and safety risk assessment for the procedures to be used?**(Discuss this with your supervisor)

Yes

No

If **YES** the completed Health and Safety Risk Assessment form should be attached. A standard risk assessment form can be generated through the Awaken system (<https://shu.awaken-be.com>). Alternatively if you require more specific risk assessment, e.g. a COSHH, attach that instead.

**Insurance Check**

The University’s standard insurance cover will not automatically cover research involving any of the following:

i) Participants under 5 years old

ii) Pregnant women

iii) 5000 or more participants

iv) Research being conducted in an overseas country

v) Research involving aircraft and offshore oil rigs

vi) Nuclear research

vii) Any trials/medical research into Covid19

If your proposals do involve any of the above, please contact the Insurance Manager directly ([fin-insurancequeries-mb@exchange.shu.ac.uk](mailto:fin-insurancequeries-mb@exchange.shu.ac.uk)) to discuss this element of your project.

## **Adherence to SHU Policy and Procedures**

| **Ethics sign-off** | |
| --- | --- |
| **Personalstatement** | |
| Icanconfirm that:   * Ihave readtheSheffieldHallamUniversity ResearchEthicsPolicyandProcedures * Iagreetoabideby itsprinciples. | |
| **Student** | |
| Name: | Date: |
| Signature: | |
| **Supervisorethicalsign-off** | |
| Icanconfirm that completionofthisform has confirmed that this research does not involve human participants. Theresearchwill notcommence until anyapprovals requiredunderSections2&3havebeen received and any health and safety measures are in place. | |
| Name: | Date: |
| Signature: | |
| **Independent Reviewer ethical sign off**(if required to permit publication of findings with supervisor co-authorship). | |
| Name: | Date: |
| Signature: | |

**Please ensure that you have attached all relevant documents. Your supervisor must approve them before you start data collection:**

| **Relevant Documents** | **Yes** | **No** | **N/A** |
| --- | --- | --- | --- |
| Research proposal if prepared previously |  |  |  |
| Any associated materials (e.g., posters, letters, etc.) |  |  |  |
| Health and Safety Risk Assessment Form |  |  |  |

1. College of Social Sciences and Arts – Dr. Antonia Ypsilanti ([a.ypsilanti@shu.ac.uk](mailto:a.ypsilanti@shu.ac.uk) )

   College of Business, Technology and Engineering – Dr. Tony Lynn ([t.lynn@shu.ac.uk](mailto:t.lynn@shu.ac.uk))

   College of Health, Wellbeing and Life Sciences –Dr. Nikki Jordan-Mahy ([n.jordan-mahy@shu.ac.uk](mailto:n.jordan-mahy@shu.ac.uk) ) [↑](#footnote-ref-3)