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KNH-UON ERC

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KENYATTA NATIONAL HOSPITAL
P O BOX 20723 Code 00202
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6th December 2023

Ref: KNH-ERC/A/577

Shillah Mwaniga Mwavua
PhD Candidate
Dept. of Clinical Neuro – and Developmental Psychology
Faculty of Behavioral and Movement Sciences
Vrije University, Amsterdam
The Netherlands
Email: smwaniga@yahoo.com



Dear Shillah,

ETHICAL APPROVAL-RESEARCH PROPOSAL: TO DETERMINE THE FEASIBILITY AND ACCEPTABILITY OF IN PERSON 4 SESSIONS WHATAPP ENHANCED GROUP INTERPERSONAL PSYCHOTHERAPY (IPT-G) FOR POSTPARTUM DEPRESSION AMONG WOMEN IN KENYA AND MALAWI (P570/07/2023)

This is to inform you that KNH-UoN ERC has reviewed and approved your above research proposal. Your application approval number is **P570/07/2023**. The approval period is 6th December 2023 to 5th December 2024.

This approval is subject to compliance with the following requirements:

- i. Only approved documents including (informed consents, study instruments, MTA) will be used.
- ii. All changes including (amendments, deviations, and violations) are submitted for review and approval by KNH-UoN ERC.
- iii. Death and life threatening problems and serious adverse events or unexpected adverse events whether related or unrelated to the study must be reported to KNH-UoN ERC 72 hours of notification.
- iv. Any changes, anticipated or otherwise that may increase the risks or affected safety or welfare of study participants and others or affect the integrity of the research must be reported to KNH-UoN ERC within 72 hours.
- v. Clearance for export of biological specimens must be obtained from relevant institutions.
- vi. Submission of a request for renewal of approval at least 60 days prior to expiry of the approval period. Attach a comprehensive progress report to support the renewal.
- vii. Submission of an executive summary report within 90 days upon completion of the study to KNH-UoN ERC.

Prior to commencing your study, you will be expected to obtain a research license from National Commission for Science, Technology and Innovation (NACOSTI) <https://research-portal.nacosti.go.ke> and also obtain other clearances needed.

Yours sincerely,



PROF. BEATRICE K.M. AMUGUNE
SECRETARY, KNH- UoN ERC

c.c. The Dean, Faculty of Health Sciences, UoN
The Senior Director, CS, KNH
The Chairperson, KNH- UoN ERC
The Assistant Director, Health Information Dept., KNH
Supervisors: Prof. Anja C Huizink, Faculty of Behavioral and Movement Sciences, Vrije University, Amsterdam
Prof. Manasi Kumar, Dept. of Psychiatry, UoN/Dept. of Psychology, University College London, UK



NAIROBI CITY COUNTY
www.nairobi.go.ke

HEALTH, WELLNESS AND NUTRITION

Office of the County Chief Officer – Medical Services

REF: NCCG/HWN/REC/501

DATE: 25th JANUARY 2024

SHILLAH MWAVUA
VRIJE UNIVERSITY-AMSTERDAM,
THE NETHERLANDS.

Dear Ms. Shillah,

RE: RESEARCH AUTHORIZATION

This is to inform you that the Nairobi City County – County Health Research Ethics Committee (REC) reviewed the documents on the study titled "To determine the feasibility and acceptability of in person 4 sessions WhatsApp enhanced group interpersonal psychotherapy (IPT-G) for postpartum depression among women in Kenya and Malawi."

I am pleased to inform you that you have been authorized to carry out the study in Nairobi County. The researcher will be required to adhere to the ethical code of conduct for health research in accordance with the Science Technology and Innovation Act, 2013 and the approval procedure and protocol for research for Nairobi.

On completion of the study, you will submit one hard copy and one copy in PDF of the research findings to the REC. In addition, you are required to disseminate the research findings to health sector in liaison with the county REC. By copy of this letter, the Sub County Medical Officer of Health – Kamukunji and Langata are to accord you the necessary assistance to carry out this research study.

Yours sincerely,

DR. IRENE MUCHOKI

CHIEF OFFICER MEDICAL SERVICES &

Ag. CHIEF OFFICER NUTRITION, WELLNESS & SCHOOL FEEDING PROGRAM

Cc: Chief Officers – Public Health and Health Facilities
Sub County Medical Officer of Health – Kamukunji and Langata

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