

Name of IR: Hugo Nicolau, INESC-ID

Name of the projet: Augmenting Remote Physical Exercise Sessions through Playful Design.

Prof. Hugo Nicolau

The Ethics Committee of Instituto Superior Técnico (EC-IST) reviewed your application to obtain ethical assessment for the above mentioned project. The following documents have been reviewed:

Ref.	Documents	Version & date
#914512	Consentimento_Informado.pdf Demographic Data Questionnaire.pdf Formulario_COMISSAO_DE_ETICA_IST_19-19-2020.pdf Post-Session Questionnaire.pdf Semi-Structured Interview.pdf	10-10-2020
	Email com esclarecimentos	17-11-2020

The following members of the EC-IST participated in the ethical assessment:

Name	Role in Ethics Committee	Qualification	Gender	Affiliation to IST (Yes/No)
António Pinheiro	Presidente	Professor	M	Y
Mário Gaspar da Silva	Member	Professor	M	Y
Isabel Sá Correia	Member	Professor	F	Y
Isabel Trancoso	Member	Professor	F	Y
Rui Medeiros	Member	Professor	M	N

This EC-IST is working accordance to ICH-GCP, Schedule Y and ICMR guidelines, the EC-IST regulation and other applicable regulation.

None of the researchers participating in this study took part in the decision making and voting procedure for this assessment.

Based on the review of the above mentioned documents, the EC-IST states a an unanimous favourable ethical opinion about the request / trial as submitted.

The EC-IST expects to be informed about the progress of the study, any Serious Adverse Events occurring in the course of the study, any revision in the protocol and in the participants' information/informed consent, and requests to be provided a copy of the final report.



Prof. António Pinheiro  
 President of Ethics Committee of  
 Instituto Superior Técnico (CE-IST)