

APPROVAL

September 29, 2026

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Dear Nicholas Borgogna:

On 9/29/2026, the IRB reviewed the following submission:

Protocol Information	Submission Details
Type of Review:	Initial Study
Title:	Mental Health and Views on Treatment Approaches in Psychotherapy Trainees
Investigator:	Nicholas Borgogna
Co-Investigator(s):	Damion Whittington
IRB ID:	STUDY00000097
Funding:	None
Grant Title:	
Grant ID:	
IND, IDE or HDE:	None
Expedited Categories:	(2)(i) Tests, surveys, interviews, or observation (non-identifiable) (2)(ii) Tests, surveys, interviews, or observation (low risk)
Documents Reviewed:	• consent.pdf, Category: Consent Form; • Info Sheet/Consent, Category: Consent Form; • PORF, Category: Other; • program contact.docx, Category: Recruitment Materials; • Protocol.docx, Category: IRB Protocol; • Protocol_revised_9.27.26.docx, Category: IRB Protocol; • Response, Category: Other; • Response to request for clarification, Category: Other;

The IRB approved the protocol on 9/29/2026. This study does not require continuing review. However, investigators are required to continue to meet all institutional requirements for conducting research with human subjects as outlined in HRP-103 – INVESTIGATOR MANUAL.

The University of Alabama at Birmingham Institutional Review Board (UAB IRB) is constituted and operates under Federal-wide Assurance FWA00005960. UAB maintains three registered IRB committees:

- IRB00000196 (IRB #01)
- IRB00000726 (IRB #02)
- IRB00012550 (IRB #03)

These IRBs are registered with the Office for Human Research Protections (OHRP) in accordance with applicable federal requirements.

As a reminder:

- Modifications to this study must be approved by the IRB in advance of implementing changes to the research
- New information related to this study must be reported to the IRB in accordance with institutional reporting requirements
- Close this study once all research activities are complete