Date: 10/02/2025

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The Chairperson
Institutional Ethical Review Committee (IERC)
Akenten Appiah-Menka University of Skills Training and Entrepreneurial Development (AAMUSTED)
P.O Box 1277, Kumasi, Ghana

Application for Ethical Clearance

Dear Chairperson,

I am writing to formally request ethical clearance from the Institutional Ethical Review Committee (IERC) at AAMUSTED for my proposed research project titled *Cultural Considerations for the Cultural Adaptation of Cognitive Behavioral Therapy (CaCBT) in Ghanaian Basic Schools*. I am the Principal Investigator (PI) for this study, which aims to understand how to adjust Cognitive Behavioral Therapy (CBT), to fit the needs of children and teenagers in Ghana. The study has been designed with the highest ethical standards to ensure the safety, dignity, and confidentiality of all participants. The study uses the expertise of a research supervisor from your university, Dr. Theresa D. Lawer, who is also the co-investigator for this study. Another collaborators of this study are two head lecturers from University of Ghana.

The application package for your review includes the following:

1. Abridged Curriculum Vitae (CV) of the Principal Investigator (PI).
2. Abridged CV of Dr. Theresa D. Lawer (Co-Investigator).
3. Informed consent or assent forms for all participants and guardians where applicable.
4. IRB Checklist.
5. Data collection instruments.
6. Research proposal detailing objectives, methodology, and significance of the study.

I kindly request your approval to proceed with this research. Should you require any additional documents or clarification, please feel free to contact me. Thank you for your time and consideration.

Yours sincerely,
Ms. Cobbina
Independent Researcher and Psychotherapist
Principal Investigator