





Here are some reasons why:

1. GCM had some students who had successfully committed suicide.
2. There were some GCM students who also attempted suicide.
3. CHRI & REC are unable to determine who these at-risk students are.
4. Getting data from students could be linked back to the individual, putting their privacy at risk.
5. A data breach could lead to stigmatization or professional, personal, and/or interpersonal harm.
6. Medical students, while not legally defined as a vulnerable group like prisoners, are circuitously vulnerable due to the pressure they face. These pressures stem from professors, the Dean, and the demanding nature of medical education, which is notoriously stressful. For a relatable example, consider the students' grades often depend heavily on faculty perceptions and the high stakes of maintaining academic performance. This reality can lead students to feel immense pressure, making them more susceptible to stress and mental health challenges.
7. The review process becomes demanding.

Therefore, effective upon signing of this memo, all research on **MENTAL HEALTH, MENTAL STRESS, AND PSYCHOLOGY AND/OR PSYCHIATRY-RELATED TOPICS** shall be charged a Full Ethics Board fee to be paid out-of-pocket by the researchers.

## REFERENCES:

Labott, S. M., Johnson, T. P., Fendrich, M., & Feeny, N. C. (2013). Emotional risks to respondents in survey research. *Journal of empirical research on human research ethics : JHRHRE*, 8(4), 53-66. <https://doi.org/10.21203/rs.3.rs-4595482/v1>

Kwon S. (2024). Preexisting Mental Disorders and Mental Distress During the Pandemic: The Roles of Stress, Risk Perception, and Loneliness. *Research square*, rs.3.rs-4595482. <https://doi.org/10.21203/rs.3.rs-4595482/v1>



# GULLAS COLLEGE OF MEDICINE, INC.

In this regard, proposals about mental health, mental stress, psychology, and/or psychiatry-related topics will be subject to a **FULL BOARD** ethical review. This process follows three main steps: submission, during which proposals are prepared and submitted for review; deliberation, during which the board rigorously examines the proposals for ethical considerations; and decision, during which the board provides final approval or requests further modifications. This structured approach ensures a comprehensive evaluation of each proposal, maintaining high standards of research integrity and participant safety.

This will take effect on the next academic year, 2026-2027.

FN: Mental Health Ethics Review v2