

INSTITUTIONAL REVIEW BOARD  
MESA, ARIZONA CAMPUS

## NOTICE OF APPROVAL – EXEMPT HUMAN RESEARCH PROTOCOL

21 February 2023

**DETERMINATION:** Exempt Protocol #2023-038 (no greater than minimal risk)  
**PRINCIPAL INVESTIGATOR:** Kelsey Picha, PhD, ATC  
**PROTOCOL TITLE:** “Physical Therapists Knowledge, Confidence, and Methods of Addressing Self-Efficacy to Home Exercise Program”

Dear ATSU Investigator:

The ATSU-AZ IRB has reviewed your application cited above. The purpose of this study is to explore physical therapists' knowledge, confidence, and current methods used to address self-efficacy related to home exercise programs.

The ATSU IRB accepts the V.A. IRB's office to forgo Exempt review for the V.A. study staff members, as documented by Mieke Verfaellie, co-chair of the V.A. R&DC committee.

Therefore, under U.S. Code of Federal Regulations, 45 CFR §46.104(d)(2), this project is approved as an Exempt human research study, which precludes the federal mandate for IRB continued oversight beyond this determination.

**45 CFR §46.104(d)(2)**

*(2) Surveys, Interviews, Observation: Research that only includes interactions involving educational tests (cognitive, diagnostic, aptitude, achievement), survey procedures, interview procedures, or observation of public behavior (including visual or auditory recording) if at least one of the following criteria is met:*

*(i) The information obtained is recorded by the investigator in such a manner that the identity of the human subjects cannot readily be ascertained, directly or through identifiers linked to the subjects.*

You may now proceed with your research. If your project deviates from materials submitted to the ATSU-AZ IRB, you must seek amendment review from the ATSU-AZ IRB prior to any work involving human subjects. Otherwise, no further reporting to the ATSU-AZ IRB is required. Keep this letter with your study files to verify IRB review.

Sincerely,



Brigit M. Ciccarello, M.A.

IRB Administrator, Designee of the Chair  
ATSU Arizona Institutional Review Board  
mesaIRB@atsu.edu