

ANNEX B: Ethical Approval for Research Study

DOI: 10.70020/BI.20260803.A2



KUZEY KIBRIS TÜRK CUMHURİYETİ BAŞBAKANLIK UYUŞTURUCU İLE MÜCADELE KOMİSYONU

3 September 2025

Ref. No.: 002

To: Dr. Zafer Bekiroğulları, International Cognitive and Behavioural Psychotherapies Society (CBPis), Nicosia, Northern Cyprus

Subject: Ethical Approval for Research Study

Dear Dr. Zafer Bekiroğulları,

Thank you for your submission and for providing the revised documentation and supporting materials in response to the Committee's request for further information. The additional information has been reviewed on behalf of the Ethics Committee.

Confirmation of Ethical Opinion

On behalf of the Northern Cyprus Prime Minister's Anti-Drug Commission Ethics Committee, I am pleased to confirm that a favourable ethical opinion has been granted for the research project entitled: "Substance Abuse Among Adolescents in Northern Cyprus: Trends, Risks, and Preventive Responses."

The approval is given on the basis described in the application form, research protocol, timeline, and supporting documentation as reviewed and approved.

This favourable ethical opinion applies to all research sites and educational institutions listed in the approved application and for the full duration of the project.

Conditions of Approval

The favourable ethical opinion is granted subject to compliance with the conditions set out in the approved documentation. The research team is advised to adhere strictly to the approved protocol and ethical safeguards throughout all stages of the study. No substantive amendments may be made to the study design, instruments, consent procedures, or timeline without prior written approval from the Ethics Committee.

Approved Documents

The final list of documents reviewed and approved by the Ethics Committee is as follows:

Document Type	Version	Approved Date
Research Application Form	1	3 September 2025
Project Timeline	1	3 September 2025
Parent Information and Consent Form	1	3 September 2025
Student Assent Information Sheet	1	3 September 2025
ESPAD 2019 Master Questionnaire	1	3 September 2025
Data Protection and Anonymization Plan	1	3 September 2025

Ethical Safeguards and Compliance

The Ethics Committee confirms that the study complies with internationally accepted ethical standards, including the principles outlined in the Declaration of Helsinki, and with ethical requirements applicable to research involving minors.

The Committee reviewed and approved the following safeguards:

- Participation in the study is entirely voluntary
- Parents or legal guardians are fully informed and provide written consent prior to participation
- Adolescents provide informed assent before completing the questionnaire
- Participants may withdraw at any time without penalty
- No identifying personal data are collected
- Data are anonymized, securely stored, and used solely for scientific purposes
- Potential psychological, social, or legal risks are minimized
- The ESPAD questionnaire is used in its standardized and approved format

The ethical approval applies to data collection, analysis, reporting, publication, and dissemination of findings.

Management Approval

The study may not commence in any educational institution until all required administrative permissions from the Ministry of Education and relevant school authorities have been obtained, as confirmed in the approved documentation.

Independence of Ethical Review

The ethical review and decision-making process was conducted independently by the Ethics Committee. The Project Coordinator and research team were not involved in the ethical decision process.

Statement of Compliance

The Northern Cyprus Prime Minister's Anti-Drug Commission Ethics Committee operates in accordance with established national governance arrangements and complies fully with standard ethical procedures for research involving human participants.

Please quote the Ethics Committee reference number on all correspondence relating to this study.

Approved and authorized on behalf of the Ethics Committee,

Sincerely,

Reyfi Abdu
Ethics Committee Director
Northern Cyprus Prime Minister's
Anti-Drug Commission

