



National University of Modern Languages

Sector H-9, P.O, Shaigan, Islamabad

Tel: 092-051-9265100-110

Email: info@numl.edu.pk

Web: www.numl.edu.pk

Departmental Ethics Review Board (DERB)

Ref. No. DERB/ML-PSY/2025/019

Date: 30-06-2025

ETHICAL APPROVAL CERTIFICATE

(For Psychological Research Involving Human Participants)

This is to certify that the research proposal entitled: "*Effectiveness of Acceptance and Commitment Therapy in Promoting Mental Health of Emerging Adults with Internet Addiction*" submitted by **Dr./Ms./Mr. Sayed Shahbal**, affiliated with the Department of Applied Psychology, National University of Modern Languages Islamabad, has been reviewed by the Departmental Ethical Review Board (DERB). The Board reviewed the proposal in accordance with internationally accepted ethical principles for research involving human participants, including the principles outlined in the Declaration of Helsinki, and institutional ethical guidelines.

After careful consideration, the Board has determined that the proposed study adequately addresses ethical issues concerning:

- Voluntary participation of research participants
- Informed consent procedures (parental consent for minors)
- Confidentiality and anonymity of participants' information
- Protection of participants from physical, psychological, social, and emotional harm
- Right of participants to withdraw from the study at any stage without penalty
- Secure storage and management of research data
- Appropriate procedures for debriefing participants, where applicable

The Board hereby grants **ethical approval** (Approval No. DERB-PSY-2025-019) to conduct the above-mentioned research under the following conditions:

1. The researcher shall conduct the study strictly according to the approved protocol.
2. Any modification in research objectives, methodology, instruments, sample characteristics, or procedures must be submitted to the Board for prior approval.
3. The researcher shall immediately report any adverse event or unexpected ethical issue arising during the study.

This ethical approval is valid from 01 July 2025 to 30 June 2026, subject to compliance with institutional ethical standards.

We wish the researcher success in conducting the study.

Prof. Dr. M. Anis ul Haque

Chairperson
Departmental Ethics Review Board (DERB)
NUML, Islamabad

Dr. Asia Mushtaq

Member Secretary
Departmental Ethics Review Board (DERB)
NUML, Islamabad

Note: The study was reviewed and approved by the Departmental Ethical Review Board (DERB) following recommendations from the Departmental Board of Studies (DBS), the Graduate Assessment Committee (GAC) and Faculty Board of the Studies (FBS).

The Above-mentioned boards comprise the Dean of the Faculty of Social Sciences (FSS), the Head of the Department (HOD), senior faculty members from the Department of Psychology, and subject experts from other reputed universities.