



ETHICAL REVIEW COMMITTEE

Date: October 23, 2025

Dr. Maryam Panhwar,
Assistant Professor,
Department of Community & Preventive Dentistry,
Dr. Ziauddin University Hospital,
Karachi, Pakistan,

Subject: Institutional approval of research study.

Title of Protocol: "Exploring Mental Health and Anxiety among Youth amid Ongoing Conflict in Pakistan"

Principal Investigator: Dr. Maryam Panhwar, Assistant Professor, Department of Community & Preventive Dentistry, at Dr. Ziauddin University Hospital, Karachi, Pakistan.

Reference Code: 11040925MPCPD

Dear Dr. Maryam Panhwar,

Thank you for submitting the above-mentioned study proposal. The ERC Ziauddin University has reviewed this project in the meeting of October, 2025 and gives approval to conduct this study. Any change in protocol should be notified to the committee for prior approval. Kindly notify us when the research is complete.

Regards,

Dr. Nadia Haroon
Secretary, ERC ZU