

T.C.
AKSARAY UNIVERSITY
HEALTH SCIENCES SCIENTIFIC RESEARCH ETHICS COMMITTEE

Decision Number: 2025/72

Meeting Date: 24.04.2025

PROTOCOL: SAGETİK 2025-46

RESEARCH TITLE: The effect of an 8-week TRX exercise program on bowel habits in swimmers

Responsible Researcher: Lecturer Dr. Yağmur YILDIZ

Other Researchers: Lecturer Dr. Ayşe Nur KAHVE

Type Of Research: Research project

DECISION INFORMATION

The documents related to the application file, the details of which are given above, have been examined taking into consideration the rationale, aims, approach and methods of the research/study, and have been found **APPROPRIATE**. It has been unanimously decided by the ethics committee members attending the meeting that there is no ethical and scientific objection to conducting the research/study at the center specified in the application file. Note: Obtaining the necessary permissions and legal responsibility for the study belongs to the researchers.

Prof. Dr. Ayhan SARITAŞ
Chairman of the Ethics Committee

Address: Aksaray University Rectorate, Ethics Committee Secretariat, Bahçesaray Neighborhood, 68100 Merkez/AKSARAY

Phone: 0 382 288 31 33

Web: <https://sbbe.aksaray.edu.tr/>

E-mail: sagliketik@aksaray.edu.tr