



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF MISAMIS ORIENTAL**

**Division Advisory No. 35, s. 2022**

December 15, 2022

In compliance with DepEd Order No. 8, s. 2013  
this Advisory is issued not for the endorsement per DO 28, s. 2001, but for the  
information of DepEd Officials, personnel/staff, and the concerned public.  
(visit [depedmisor.com](http://depedmisor.com))

**REQUEST TO CONDUCT A SURVEY ON THE EFFECT OF BODY IMAGE AND SKIN  
LIGHTENING PRACTICES ON MENTAL HEALTH OF EMERGING FILIPINO  
ADULTS: A MIXED METHODS APPROACH**

1. **Mr. Zypher Jude G. Regencia, MSc**, a PhD Candidate and Principal Investigator from the Department of Clinical Epidemiology, College of Medicine-UP Manila on the **Conduct A Survey on The Effect of Body Image and Skin Lightening Practices on Mental Health of Emerging Filipino Adults: A Mixed Methods Approach** dated December 8, 2022.
2. The survey is intended for Senior High School Students aged 18-29 years old. The results will be used to increase awareness of emerging adults as the effect of body image and skin-lightening practices on their mental health and may help them understand how this phenomenon is affected by various factors culturally sensitive to the Filipinos.
3. The survey can be accessed through the link: [https://hlinclusionuae.qualtrics.com/jfe/form/SV\\_9nW80LZA5vqngx0](https://hlinclusionuae.qualtrics.com/jfe/form/SV_9nW80LZA5vqngx0) or via a QR Code that is attached in this Memorandum.
4. Attached to this Division Advisory is the letter invitation dated December 8, 2022, for your perusal and guidance.

**JONATHAN S. DELA PEÑA, PhD, CESO V**  
Schools Division Superintendent *bb*

ATCH: As stated  
SGOD, *HRD-lachica&monte*





# DEPARTMENT OF CLINICAL EPIDEMIOLOGY

College of Medicine, University of the Philippines Manila

A Clinical Epidemiology Research and Training Center (CERTC) of the  
International Clinical Epidemiology Network (INCLLEN) Trust



08 December 2022

**Schools Division Superintendent**  
Department of Education  
Region No. X (Northern Mindanao)

Dear **Superintendent**,

Greetings!

This letter is in reference to my ongoing Ph.D. dissertation entitled ***“Effect of Body Image and Skin Lightening Practices on Mental Health of Emerging Filipino Adults: A Mixed Methods Approach”***. I am Ph.D. student at the Department of Clinical Epidemiology, College of Medicine – University of the Philippines Manila. This project aims to assess the effect of body image on the mental health of Filipino emerging adults as mediated by skin-lightening practices and determine the factors that influence them. The project consists of an online survey that will include Filipinos who are **18-29 years old, and residing in the Philippines.**

I want to seek your office to assist me in the dissemination of the online survey. This survey is intended for the high school and senior high school students who are qualified to respond to the survey based on the criteria above. I believe that your vast connections with the different schools in in your province being handled by your office will help expand my reach to the prospective participants. The results will be used to increase the awareness of emerging adults as to the effect of body image and skin-lightening practices on their mental health status. Furthermore, this may help them understand how this phenomenon is affected by various factors culturally sensitive to the Filipinos. The protocol has been approved by the University of the Philippines Manila Research Ethics Board (UPMREB 2022-0407-01) and will adhere to the Philippine Data Privacy Act of 2012. The survey can be accessed through the link below or via a QR code:

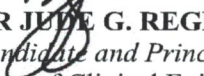
Link:

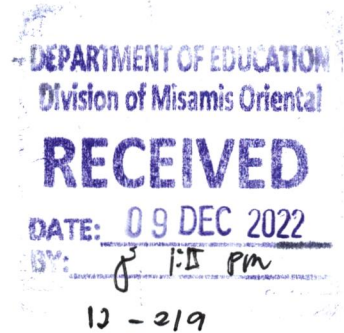
[https://hlpinclusionuae.qualtrics.com/jfe/form/SV\\_9nW80LZA5vqxgx0](https://hlpinclusionuae.qualtrics.com/jfe/form/SV_9nW80LZA5vqxgx0)

If you have any further questions, you may reach me at 09178536597 / [zgregencia@up.edu.ph](mailto:zgregencia@up.edu.ph).

Thank you very much, and we are hoping for your favorable response.

Very truly yours,

  
**ZYPHER JEFFRE G. REGENCIA, MSc**  
*Ph.D. Candidate and Principal Investigator*  
Department of Clinical Epidemiology  
College of Medicine – UP Manila  
09178536597 / [zgregencia@up.edu.ph](mailto:zgregencia@up.edu.ph).





## CERTIFICATION OF APPROVAL

This certifies that the **University of the Philippines Manila Research Ethics Board UPMREB Review Panel 1** which is constituted and established, and functions in accordance with the requirements set by the University of the Philippines Manila, the Philippine Health Research Ethics Board (PHREB); and in compliance with the WHO Standards and Operational Guidance for Ethics Review of Health-related Research with Human Participants (2011), the International Council for Harmonisation of Technical Requirements for Pharmaceuticals for Human Use (2016), and the National Ethical Guidelines for Health and Health-related Research (2017), has approved the following study protocol and related documents:

<b>TYPE OF SUBMISSION:</b> Resubmission	
<b>UPMREB CODE:</b> UPMREB 2022-0407-01	
<b>SUBMISSION DATE:</b> 06 September 2022	
<b>STUDY PROTOCOL TITLE:</b> Effect of Body Image and Skin Lightening Practices on Mental Health of Emerging Filipino Adults: A Mixed Methods Approach	
<b>PRINCIPAL INVESTIGATOR:</b> Mr. Zypher Jude G. Regencia, MSc	
<b>TYPE OF REVIEW:</b> Expedited Review	
<b>SPONSOR/FUNDING AGENCY:</b> Investigator	
<b>APPROVAL DATE:</b> 14 September 2022	<b>EXPIRY OF ETHICAL CLEARANCE*:</b> 13 September 2023
<b>DUE DATE OF APPLICATION FOR RENEWAL OF ETHICAL CLEARANCE (30 days before expiry):</b> 13 August 2023 Submit application using the UPMREB FORM 3(B): Continuing Review Application Form.	<b>FREQUENCY OF CONTINUING REVIEW:</b> Yearly
<b>APPROVED SITE/S:</b> NA (online platform)	
<b>DATE OF BOARD MEETING:</b> NA	
<b>QUORUM:</b> NA	
<b>CONFLICT OF INTEREST:</b> Primary reviewers declared no conflict of interest	
<b>MEMBERS IN ATTENDANCE:</b> Not Applicable	
<b>ACTION TAKEN DURING BOARD MEETING:</b> Not Applicable	
<b>DOCUMENTS APPROVED BY UPMREB:</b> 1. Dissertation Protocol version 3.0; dated 23 August 2022; 2. Recruitment Material for the survey 3. In-depth Interview Guides and Discussion Questions; 4. Informed consent forms version 4.0; dated 06 September 2022; 5. SAQ for survey: Relationships of body image, skin lightening, and mental well-being	
<b>TECHNICAL DOCUMENTS INCLUDED IN THE REVIEW:</b>	



1. Curriculum Vitae and GCP training certificate (13 February 2020) of Mr. Zypher Jude Garcia Regencia as principal investigator.
2. Curriculum Vitae and GCP training certificate (13 February 2020) of Dr. Emmanuel Baja as co investigator.
3. Diagrammatic Flowchart

**ADDITIONAL DOCUMENTS APPROVED BY DEPARTMENT OF HEALTH THROUGH SINGLE JOINT RESEARCH ETHICS BOARD REVIEW:** Not Applicable

**RESPONSIBILITIES OF PRINCIPAL INVESTIGATOR WHILE STUDY IS IN PROGRESS** (Please note that forms may be downloaded from the UPMREB website: [reb.upm.edu.ph](http://reb.upm.edu.ph)):

1. Register research study in the Philippine Health Research Registry upon approval (<http://registry.healthresearch.ph>)
2. Progress report using the attached UPMREB FORM3(B)2012: Continuing Review Application Form, as indicated above, which includes the following: (NOTE: In view of active ethical clearance, this report is mandatory even if the study has not started or is still awaiting release of funds.)
  - a. Date covered by the report
  - b. Protocol summary and status report on the progress of the research
  - c. Philippine Health Research Registry ID
  - d. Number of participants accrued
  - e. Withdrawal or termination of participants
  - f. Complaints on the research since the last UPMREB review
  - g. Summary of relevant recent research literature, interim findings and amendments since the last UPMREB review
  - h. Any relevant multi-center research reports
  - i. Any relevant information especially about risks associated with the research
  - j. A copy of the informed consent document
3. Any amendment/s in the protocol, especially those that may adversely affect the safety of the participants during the conduct of the trial including changes in personnel, and revisions in the informed consent, must be submitted or reported using UPMREB FORM3(A)2012: Study Protocol Amendment Submission Form.
4. Report of non-compliance (deviation/violation), whether minor or major, at the soonest possible time up to six (6) months after the event, using UPMREB FORM 3(D)2012: Study Protocol Non-Compliance (Deviation/Violation) Report.
5. Reports of adverse events including from other study sites (national, international) using the UPMREB FORM 3(G)2012: Suspected, unexpected serious adverse event/reaction/s report, with timelines for submission guided by the GL 02 Version 2.0: Guideline on Reporting Serious Adverse Events; or list of reportable



negative events using the UPMREB FORM 3(I)2012: Queries, Notification, and Complaints.

6. Notice of early termination of the study and reasons for such using UPMREB FORM 3(E)2012, or notice of time of completion of the study using UPMREB FORM 3(C)2012: Final Report Form.
7. Any event which may have ethical significance, and/or any information which is needed by the UPMREB to do ongoing review.

A handwritten signature in black ink, appearing to read "C. Jimeno".

**CECILIA A. JIMENO, MD**  
Chair, UPMREB Review Panel 1