

Appendix: List of Key Research Ethics Guidelines

Guidelines and policies on ethical research were spurred by the demand for the better protection of research participants.

International and local guidelines and policies were developed over many decades to fine-tune how we evaluate the ethicality of research projects. It is also continually evolving to adapt to the changing norms across the globe and in particular societies. Here is an overview of these documents:

- [Nuremberg Code](#) of 1947. This was a product of the Nuremberg trials for war crimes. Key outcomes of this was that voluntary informed consent became a requirement when inviting humans to participate in medical research. It was through this code that risks and benefits should be evaluated prior to deciding on pursuing research with human participants.
- [Helsinki Declaration](#) followed through on the contributions of the Nuremberg Code. It set the principle that people have the right to self-determination and that they can decide on their own when it comes to participating in research. It also stipulated the principle that human welfare should come before scientific or societal interests. This declaration continues to evolve, with the seventh revision coming out in 2013.
- [UN Declaration of Human Rights](#) sets out fundamental human rights that should be protected universally. Research involving human participants should ensure that these fundamental human rights are safeguarded.
- [Belmont Report](#) sets out the ethical principles and guidelines for the protection of humans in research. The key principles it seeks to uphold include respect for persons, beneficence and non-maleficence, and social justice.
- [CIOMS-WHO International Ethical Guidelines](#) for Health-related Research Involving Humans. This document builds on the guidelines set forth in the Nuremberg Code, the Helsinki Declaration, among others. It focuses mainly on health/medical-related research with human participants.
- [PHREB-NEGHR](#) / [PHREB-National Ethical Guidelines for Research Involving Human Participants](#). The NEGHR is the soon to be updated version of the National Ethical Guidelines for Health and Health-related research in the Philippines. While taking stock from international guidelines, it adapts to the realities of Filipinos.
- International and Local Disciplinary and Professional Guidelines. Various disciplines and organizations come out with their own research ethics guidelines that are better contextualized in their respective fields. As researchers coming from different areas, it is our duty and responsibility to learn about the ethical guidelines that our own fields subscribe to. As an exercise, research on whether your research area or discipline does have its own ethics guidelines. Identify its key principles and try to apply this in a hypothetical research.
- UP Policies and Guidelines.