

UBC Research Ethics Boards

Human Research Ethics Policy on Investigator Self-Experimentation

The Tri-Council Policy Statement 2014(2) and the US Federal regulations on research involving human participants do not directly address the matter of researchers who want to participate in their own studies. They also do not distinguish between self-experimentation and research on people who are recruited for a specific project. As part of their commitment to the protection of the rights and welfare of individuals participating in research, UBC's Affiliated Human Research Ethics Boards require investigators who wish to act as participants in their own studies to submit for review and approval following standard procedures outlined on the Boards' respective web-sites.

Though investigator self-experimentation may not raise the conventional ethical concerns outlined in the Tri-Council Policy Statement 2014(2), all human research projects should undergo ethical review to assure the safety of people involved and the integrity of the research at the University of British Columbia. While researchers may be aware of the risks of self-experimentation, they may also be more willing to accept risks that are ill-advised. Application for review to an REB allows a neutral third party to raise concerns and/or propose measures to promote the welfare of researchers.