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                “On July 12, 1974, the National Research Act was signed into law, creating the National Commission for the Protection of Human Subjects of Biomedical and Behavioral Research.” (National Institution of Health (NIH), 1979) This led to the establishment of ethical principles and guidelines to follow when conducting research with human subjects.  The three basic ethical principles outlined in the Belmont Report include, respect for persons, beneficence, and justice. (National Institution of Health (NIH), 1979)

                The first ethical principle, respect for person sometimes referred to as autonomy, means does this individual have to ability to decide whether or not to participate in the research study. Typically during a research study this is where the informed consent takes place. Informed consent is an important aspect when conducting a research study. In health care, informed consent means the participant have been given the opportunity to choose the course of action. (Boswell & Cannon, 2017, p. 178) In the article, Intention to Use mHealth in Older Adult with Heart Failure, the review board approved the study, and the researcher described in detailed the study to each participant and obtain informed consent.

                The second ethical principle, beneficence, is to do good. The researcher is responsible for ensuring that the participants are treated in an ethical manner.  Another ethical principle nonmaleficence, do no harm, follows along side with beneficence.  (Boswell & Cannon, 2017, p. 178)The study must avoid causing harm to the individual and the researcher.  The researchers of the mHealth study used a written survey to retrieve the information collected. Conducting this study did not involve any risks of harm to the participants.

                The third ethical principle, justice means fairness. Justice implies the rights of fair treatment and privacy, including anonymity, and confidentiality. (Boswell & Cannon, 2017, p. 178) When selecting participants for a study, researchers have to demonstrate fairness. The researcher cannot choose a participant because of impaired cognition or simply because the participant is easily manipulated.  Participants from the mHealth study were selected by meeting the inclusion criteria. The inclusion criteria included a history of heart failure and 65 years or older, intact cognition, able to understand and read English, not residing in a nursing home, and not hospitalized for an acute myocardial infarction. Although the research study had inclusion criteria each participant had to meet the study selected participants with fairness.  Other ethical principles to be included in a research study include veracity and fidelity. Veracity is telling the truth and fidelity is keeping promises.

                 When conducting a research study with human participants, each ethical principle must be followed.  The mHealth study ethically managed the human participants by following each of the outlined principles.  Autonomy, beneficence, nonmaleficence, and justice were all met within the research study.

**References**

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