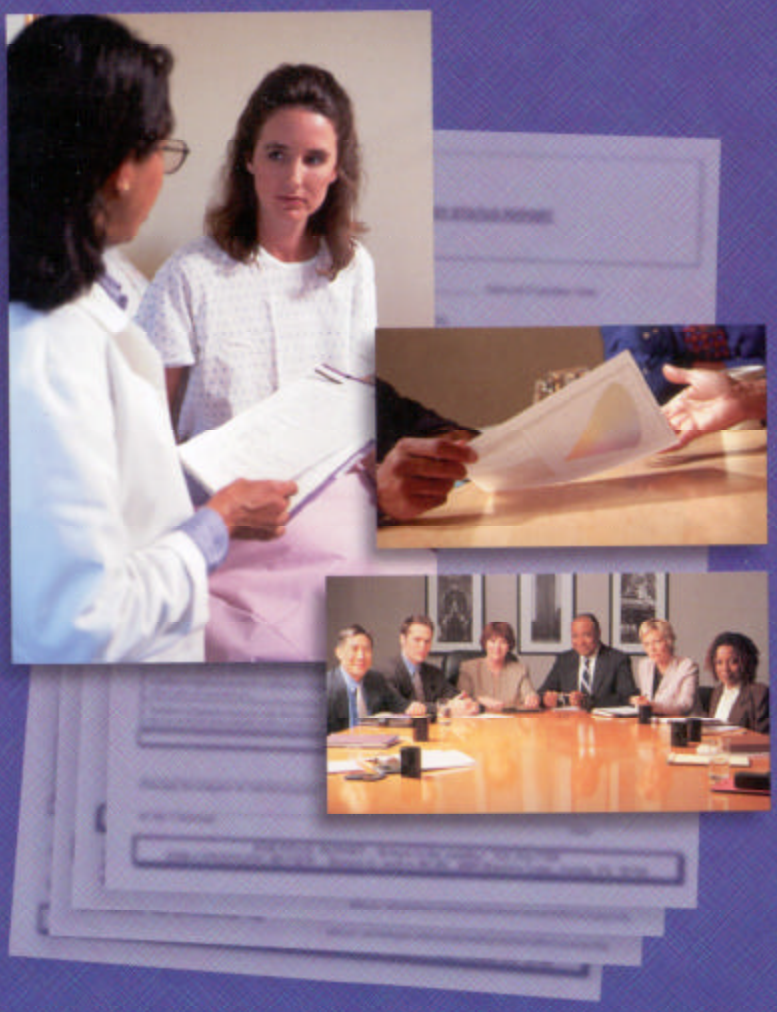From Paper to People: After IRB Approval of Research Studies