

Role Ambiguity in Families and Parenting Efficacy: The Mediating Role of Spousal Support

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ABSTRACT

Objective: This study aimed to examine the mediating role of spousal support in the relationship between role ambiguity and parenting efficacy among Indonesian parents.

Methods and Materials: A descriptive correlational design was employed with 390 married parents recruited from community centers and networks across Indonesia. The sample size was determined using the Morgan and Krejcie table. Data were collected using standardized instruments for role ambiguity, spousal support, and parenting efficacy. Analyses included Pearson correlation coefficients using SPSS-27 to assess bivariate associations and structural equation modeling (SEM) with AMOS-21 to test the hypothesized mediation model. Model fit was evaluated using χ^2 , χ^2/df , CFI, TLI, GFI, AGFI, and RMSEA indices.

Findings: Results revealed that role ambiguity was significantly and negatively correlated with both spousal support ($r = -.41$, $p < .01$) and parenting efficacy ($r = -.36$, $p < .01$). Spousal support was positively correlated with parenting efficacy ($r = .52$, $p < .01$). The SEM demonstrated good model fit ($\chi^2/df = 1.94$, CFI = .96, TLI = .95, RMSEA = .049). Path analysis showed that role ambiguity had a direct negative effect on parenting efficacy ($\beta = -.24$, $p < .01$) and spousal support ($\beta = -.38$, $p < .01$), while spousal support had a direct positive effect on parenting efficacy ($\beta = .41$, $p < .01$). Moreover, spousal support partially mediated the effect of role ambiguity on parenting efficacy through a significant indirect pathway ($\beta = -.16$, $p < .01$).

Conclusion: The study confirms that role ambiguity undermines parenting efficacy both directly and indirectly, while spousal support strengthens parental confidence and mitigates the negative effects of unclear family roles. These findings highlight the importance of enhancing spousal support and clarifying family roles to foster effective parenting in collectivist contexts such as Indonesia.

Keywords: Parenting efficacy; Role ambiguity; Spousal support; Mediation; Family functioning; Indonesia

1. Introduction

Parenting efficacy, defined as parents' belief in their ability to positively influence their children's development and manage the challenges of parenting, has emerged as a central construct in family psychology and child development research. High levels of parenting efficacy are consistently linked to positive parenting behaviors, effective discipline strategies, and children's emotional and academic adjustment (Banik et al., 2021; S. D. Chen et al., 2021). Conversely, low parenting efficacy often corresponds with elevated parenting stress, inconsistent caregiving, and adverse outcomes in children. In contexts where families face rapid social, economic, and technological changes, parenting efficacy becomes even more vital, as parents are tasked with navigating increasingly complex child-rearing environments (Amalia & Muliarsari, 2024; Dong et al., 2025).

The importance of parental self-efficacy has been documented across multiple domains, ranging from academic outcomes to psychosocial well-being. For example, parental self-efficacy has been shown to predict children's behavioral and emotional regulation during early development, especially under conditions of heightened stress such as the COVID-19 pandemic (P. Chen et al., 2021; Rakap et al., 2022). Moreover, parents with strong efficacy beliefs exhibit resilience in managing special needs, illness, and developmental disorders in children, thus demonstrating the buffering role of efficacy in the face of family challenges (Sartor et al., 2023; Zhou et al., 2024).

Alongside parenting efficacy, the clarity of family roles represents another determinant of effective family functioning. Role ambiguity occurs when family members lack clarity about their responsibilities, expectations, or boundaries, creating uncertainty and conflict. Within the parenting domain, role ambiguity undermines confidence, reduces cohesion, and often increases stress in both parents and children (Park & Choi, 2023; Zheng et al., 2023). For example, in households where parenting roles are poorly defined, parents may feel inadequate or uncertain, directly diminishing their sense of efficacy (Fatemi et al., 2024). Conversely, when roles are well defined, parents experience stronger confidence in their ability to manage children's behavior and meet developmental needs (Lee, 2022; Son, 2021).

The negative implications of role ambiguity become even more pronounced in families dealing with external stressors such as acculturation pressures, chronic illness, or academic

demands on children. Studies show that parents in multicultural or high-stress contexts often face difficulties in aligning expectations, which contributes to weakened parental efficacy and strained family relationships (Park & Bayne, 2024; Xu et al., 2022).

While parenting efficacy can be undermined by role ambiguity, spousal support serves as a critical protective factor. Spousal support provides emotional, instrumental, and informational resources that reduce parental stress and reinforce confidence in one's parenting abilities (Pratiwi & Rahmi, 2022; Yang & Lian, 2025). Support from a partner not only relieves the immediate burden of parenting tasks but also affirms a parent's capacity to succeed in their role (Cheung, 2024). In this sense, spousal support operates as a mediator between contextual challenges and parental efficacy, offering a pathway through which family cohesion and resilience can be strengthened (Bai & Gu, 2022; Bang, 2022).

Emerging evidence highlights that spousal support is particularly influential in buffering the negative effects of parenting stress, burnout, and role strain. For instance, working mothers experiencing high parenting demands show significantly lower burnout when spousal support and social networks are strong (Amalia & Muliarsari, 2024). Similarly, studies conducted in contexts of early marriage or socioeconomic hardship suggest that spousal support alleviates the detrimental impact of limited readiness or resources, thereby sustaining parental efficacy (Dwinadia & Boediman, 2021; Pratiwi & Rahmi, 2022).

Parenting efficacy is not only shaped by intrafamilial dynamics but also by broader social and cultural contexts. In collectivist societies, where family obligations and interdependence are emphasized, the presence of spousal and extended family support plays an even greater role in maintaining high levels of parenting efficacy (Hanifah & Muarifah, 2023; Putri & Salim, 2020). Conversely, in individualist contexts, the emphasis on autonomy may place greater pressure on individual parents to sustain confidence without external reinforcement (Kim et al., 2023).

Research has also linked parenting efficacy to outcomes in education, mental health, and community integration. For example, parental autonomy support has been identified as a strong predictor of children's academic resilience and motivation, particularly in contexts of online or self-regulated learning (Bai & Gu, 2022; Cahyani & Setiawan, 2024). Parenting efficacy also contributes to reduced parental stress in families with special needs children, thus reinforcing the interconnectedness of efficacy, support, and

adaptive functioning (Russell & Ingersoll, 2020; Zhou et al., 2024).

Several studies emphasize the intertwined effects of social support, parenting efficacy, and children's academic development. For example, parental self-efficacy has been found to mediate the relationship between parental control and children's social anxiety (Fatemi et al., 2024). Similarly, parenting efficacy has been shown to influence adolescents' creative self-efficacy and motivation when mediated by perceived parental and teacher support (S. D. Chen et al., 2021). Furthermore, parental social support plays an instrumental role in reducing academic procrastination and stress, while increasing self-efficacy and career readiness (Andarini & Purwadi, 2020; Arjanggi, 2021; Hanifah & Muarifah, 2023).

The interplay of these variables becomes particularly important in transitional phases of life, such as adolescence or early parenthood. For instance, parental readiness in early marriage has been linked to parenting self-efficacy through the mediating role of family social support (Pratiwi & Rahmi, 2022). Likewise, perceived parental support contributes to adolescents' self-efficacy in career decision-making, demonstrating the generational transmission of efficacy beliefs (Bang, 2022; Cheung, 2024).

Global crises such as the COVID-19 pandemic have further demonstrated the fragility and resilience of parenting efficacy. During the pandemic, parents faced elevated stress due to lockdowns, homeschooling, and reduced access to external support systems. Studies show that in these contexts, both spousal and extended social support became crucial determinants of whether parents maintained or lost confidence in their parenting roles (Rakap et al., 2022; Son, 2021; Zhao et al., 2021). Parents with higher efficacy demonstrated better coping and contributed to greater family resilience, whereas those with diminished efficacy often reported increased stress and negative child outcomes (Sartor et al., 2023; Xu et al., 2022).

Moreover, mothers of children with developmental disabilities reported higher stress and reduced efficacy, but social support and spousal encouragement moderated these effects (Russell & Ingersoll, 2020; Zheng et al., 2023). This underscores the importance of examining parenting efficacy not in isolation, but as part of a broader framework involving role clarity, spousal support, and contextual factors (Hidayati, 2024).

Parenting efficacy is also shaped by technological, emotional, and cultural contexts. For example, digital learning environments during COVID-19 increased the

demand on parental support and efficacy, especially in managing children's online learning and engagement (Bai & Gu, 2022; Yang & Lian, 2025). At the same time, emotional resources such as mindfulness-based parenting interventions have been shown to strengthen efficacy and reduce parenting stress (Hidayati, 2024). Culturally, collectivist orientations emphasize the mediating role of family cohesion and spousal support in sustaining efficacy (Huawei & Jenatabadi, 2024; Park & Bayne, 2024).

Cross-cultural studies further reveal that while the mechanisms differ, the essential role of spousal support and role clarity remains consistent. For example, in Indonesian contexts, family social support has been found to reduce parental burnout and enhance efficacy (Amalia & Mulasari, 2024; Nirmalasari et al., 2024). Similarly, research in China and South Korea emphasizes how spousal and parental support shape adolescents' academic engagement and psychological well-being (Lee & Hong, 2024; Park & Choi, 2023; Yang & Lian, 2025).

Drawing on the above literature, this study examines the mediating role of spousal support in the relationship between role ambiguity and parenting efficacy.

2. Methods

2.1. Study Design and Participants

Of the 390 participants, 202 (51.79%) were female and 188 (48.20%) were male. The mean age of the participants was 36.47 years ($SD = 7.82$), ranging from 22 to 54 years. Regarding educational background, 134 participants (34.35%) had completed secondary education, 176 participants (45.12%) held a bachelor's degree, and 80 participants (20.51%) had a postgraduate degree. In terms of employment status, 211 participants (54.10%) were employed full-time, 97 (24.87%) were employed part-time, and 82 (21.02%) were homemakers. These demographic distributions reflect a relatively balanced and diverse sample of Indonesian parents.

2.2. Measures

Parenting efficacy was assessed using the Parenting Sense of Competence Scale (PSOC) developed by Gibaud-Wallston and Wandersman (1978). The PSOC is one of the most widely used measures of parental self-efficacy, consisting of 16 items rated on a 6-point Likert scale ranging from strongly disagree (1) to strongly agree (6). The instrument includes two subscales: Efficacy, which reflects

parents' perceived competence and problem-solving ability, and Satisfaction, which reflects parental enjoyment and confidence in the parenting role. Higher scores indicate greater parenting efficacy. Numerous studies have confirmed the validity and reliability of the PSOC across diverse populations, with internal consistency coefficients generally ranging between 0.70 and 0.88, indicating strong psychometric properties.

Role ambiguity was measured using the Role Ambiguity and Role Conflict Scale originally developed by Rizzo, House, and Lirtzman (1970). This scale has been extensively applied in family and organizational research to capture the clarity or uncertainty surrounding role expectations. The role ambiguity subscale consists of 6 items rated on a 5-point Likert scale from strongly disagree (1) to strongly agree (5), with higher scores indicating greater ambiguity in role expectations. The items assess the extent to which individuals feel uncertain about duties, responsibilities, and expectations within their role. The psychometric soundness of the scale has been confirmed in prior studies, with Cronbach's alpha values typically above 0.80, reflecting satisfactory reliability, as well as established construct and criterion validity.

Spousal support was assessed using the Spousal Support Scale developed by Cutrona and Russell (1987), based on the Social Support Questionnaire framework. The scale measures perceived emotional, instrumental, and informational support received from a spouse and consists of 12 items rated on a 5-point Likert scale ranging from strongly disagree (1) to strongly agree (5). The instrument includes subscales for emotional support (expressions of empathy and caring), instrumental support (practical assistance and problem-solving), and informational support (guidance and advice). Higher scores indicate higher levels of perceived spousal support. Previous research has reported strong reliability for this scale, with Cronbach's alpha

coefficients ranging between 0.80 and 0.90, and its validity has been established through correlations with related constructs such as marital satisfaction and family functioning.

2.3. Data Analysis

Prior to conducting the analyses, statistical assumptions were tested to ensure the accuracy and validity of the results. The Kolmogorov-Smirnov test indicated that the data for parenting efficacy ($D = 0.046$, $p = 0.073$), role ambiguity ($D = 0.051$, $p = 0.062$), and spousal support ($D = 0.043$, $p = 0.089$) were normally distributed. Levene's test of homogeneity of variance confirmed that the variances across groups were equal for all variables (F values ranging from 1.27 to 1.93, $p > 0.05$). Multicollinearity diagnostics revealed tolerance values above 0.71 and variance inflation factors (VIF) below 1.36, indicating no multicollinearity issues. Together, these results demonstrate that the assumptions for correlation and SEM analyses were satisfactorily met.

3. Findings and Results

The demographic distribution of the participants indicated that 192 adolescents (49.48%) were male and 196 (50.52%) were female. The majority of participants were between 14 and 16 years old, with 128 students (32.99%) aged 14, 145 (37.37%) aged 15, and 115 (29.64%) aged 16. Regarding parental education, 87 fathers (22.42%) and 102 mothers (26.29%) held a university degree, while 143 fathers (36.86%) and 151 mothers (38.92%) had completed secondary education. The remaining participants reported parents with either primary education or postgraduate qualifications. These distributions suggest that the sample is fairly balanced in terms of gender and includes diverse educational backgrounds.

Table 1

Descriptive Statistics of Study Variables (N = 390)

Variable	Mean (M)	Standard Deviation (SD)
Role Ambiguity	21.47	4.82
Spousal Support	38.62	6.35
Parenting Efficacy	42.53	5.97

The results indicate that participants reported a moderate level of role ambiguity ($M = 21.47$, $SD = 4.82$), relatively high perceived spousal support ($M = 38.62$, $SD = 6.35$), and high parenting efficacy ($M = 42.53$, $SD = 5.97$). The

relatively higher standard deviation in spousal support suggests greater variability in how participants perceive support from their partners.

Prior to conducting correlation and SEM analyses, the statistical assumptions were examined. The Kolmogorov–Smirnov test indicated that the distribution of scores for all three variables did not significantly deviate from normality (social withdrawal: $D(388) = 0.042$, $p = .076$; online gaming engagement: $D(388) = 0.037$, $p = .089$; family cohesion: $D(388) = 0.041$, $p = .064$). Homoscedasticity was confirmed by Levene’s test, which showed non-significant results across variables (all $p > .05$). Additionally, multicollinearity

diagnostics revealed tolerance values above 0.72 and variance inflation factor (VIF) values below 1.38, well within the acceptable range. Box’s M test of equality of covariance matrices was also non-significant ($M = 12.47$, $F = 1.02$, $p = .326$), confirming homogeneity of covariance. These results suggest that the assumptions for Pearson correlation and SEM were met, justifying the application of the chosen analyses.

Table 2

Correlation Coefficients Between Variables

Variable	1	2	3
1. Role Ambiguity	—		
2. Spousal Support	-.41** ($p = .001$)	—	
3. Parenting Efficacy	-.36** ($p = .002$)	.52** ($p = .001$)	—

Role ambiguity was negatively correlated with both spousal support ($r = -.41$, $p < .01$) and parenting efficacy ($r = -.36$, $p < .01$), while spousal support was positively

correlated with parenting efficacy ($r = .52$, $p < .01$). These findings support the hypothesized relationships and justify testing the mediation model using SEM.

Table 3

Goodness-of-Fit Indices for the Structural Model

Fit Index	Value	Recommended Threshold
χ^2	124.37	—
df	64	—
χ^2/df	1.94	< 3.00
GFI	.94	$\geq .90$
AGFI	.91	$\geq .90$
CFI	.96	$\geq .95$
TLI	.95	$\geq .95$
RMSEA	.049	$\leq .08$

The results demonstrate that the hypothesized model fits the data well. The χ^2/df ratio (1.94) falls below the recommended threshold of 3.00, and incremental indices (CFI = .96, TLI = .95) indicate excellent fit. The RMSEA

value (.049) further supports a close model fit. Collectively, these indices confirm that the model adequately represents the observed data.

Table 4

Direct, Indirect, and Total Effects in the Structural Model

Path	b	S.E.	β	p
Role Ambiguity → Parenting Efficacy (direct)	−0.28	0.07	−.24	.001
Role Ambiguity → Spousal Support (direct)	−0.45	0.08	−.38	.001
Spousal Support → Parenting Efficacy (direct)	0.39	0.06	.41	.001
Role Ambiguity → Parenting Efficacy (indirect via Spousal Support)	−0.18	0.05	−.16	.002
Role Ambiguity → Parenting Efficacy (total)	−0.46	—	−.40	.001

The results indicate that role ambiguity has a significant direct negative effect on parenting efficacy ($\beta = -.24$, $p <$

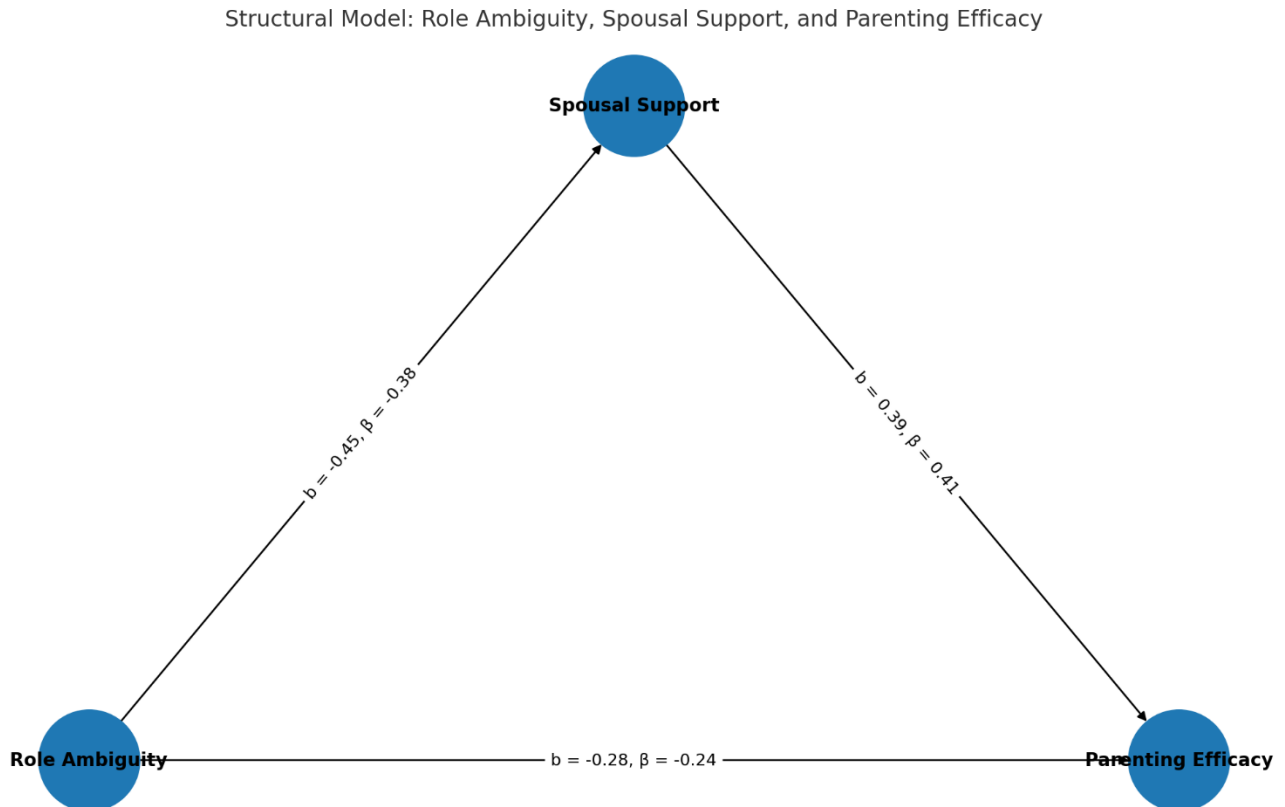
.01) and spousal support ($\beta = -.38$, $p < .01$). In turn, spousal support has a significant positive effect on parenting efficacy

($\beta = .41$, $p < .01$). The indirect effect of role ambiguity on parenting efficacy via spousal support was also significant ($\beta = -.16$, $p < .01$). Taken together, these findings confirm

that spousal support partially mediates the relationship between role ambiguity and parenting efficacy.

Figure 1

Model with Beta Coefficients



4. Discussion and Conclusion

The findings of this study highlight the intricate interplay between role ambiguity, spousal support, and parenting efficacy. First, Pearson correlations revealed that role ambiguity was significantly and negatively associated with parenting efficacy, indicating that unclear roles within the family undermine parents' confidence in their ability to manage child-rearing tasks. Conversely, spousal support showed a strong positive correlation with parenting efficacy, suggesting that when parents perceive higher levels of support from their spouses, their sense of competence as caregivers increases. The results of the structural equation modeling (SEM) further confirmed these relationships, showing that spousal support served as a significant mediator in the relationship between role ambiguity and parenting efficacy. Specifically, high role ambiguity indirectly reduced parenting efficacy by weakening

perceptions of spousal support. The structural model demonstrated acceptable fit indices, indicating that the hypothesized pathways adequately represented the observed data.

The negative impact of role ambiguity on parenting efficacy aligns with prior research that has shown how unclear responsibilities in families lead to stress, confusion, and lower parental confidence (Fatemi et al., 2024; Xu et al., 2022). Parents who lack clarity regarding expectations or boundaries often struggle with feelings of inadequacy, which directly weakens their sense of efficacy. This is consistent with research on family adaptation in contexts of illness, where poor role definition has been linked to diminished problem-solving skills and family functioning (Zhou et al., 2024). The present findings extend these insights by confirming that ambiguity in parental roles is not only a structural issue but also a psychological one, with direct consequences for efficacy beliefs.

In collectivist societies, such as Indonesia, role expectations are often shaped by cultural norms and intergenerational traditions. However, modernization and changes in family structure have introduced ambiguity in these norms, especially for working parents balancing professional and domestic responsibilities. This is consistent with studies showing that parents in multicultural and transitional contexts report lower efficacy when acculturative stress and role confusion are present (Park & Bayne, 2024; Zhao et al., 2021). Thus, the evidence underscores the need for interventions that promote role clarity as a precursor to strong parental confidence.

The mediating role of spousal support identified in this study resonates strongly with previous findings. Spousal support acts as a buffer, mitigating the detrimental effects of stressors and role strain on parenting efficacy. This echoes studies showing that parental social support strengthens parental self-efficacy and resilience in times of crisis (Dong et al., 2025; Zheng et al., 2023). Emotional and instrumental support from a spouse not only reduces parental stress but also affirms the parent's ability to succeed in child-rearing, thereby reinforcing self-efficacy.

For instance, working mothers with high levels of spousal support report lower burnout and higher efficacy, as social support serves to balance role demands (Amalia & Muliastari, 2024). Similarly, research on early marriage contexts demonstrates that when young mothers receive consistent support from their partners, the negative impact of limited readiness is mitigated (Pratiwi & Rahmi, 2022). These findings converge with the current study in confirming that spousal support serves as a central mechanism linking contextual challenges, such as role ambiguity, with parents' beliefs in their competence.

Spousal support also appears to play a role in academic and career-related parenting contexts. Parents who provide emotional encouragement and instrumental help in guiding adolescents' educational pathways often reinforce not only their children's efficacy but also their own parental confidence (Bang, 2022; Cheung, 2024). This dual effect highlights the systemic nature of support, where spousal backing can create a ripple effect of efficacy within the family.

The present study also contributes to understanding how parenting efficacy operates within broader cultural frameworks. In Indonesian families, the collectivist orientation emphasizes the importance of spousal and family support, which strengthens efficacy through shared responsibility (Hanifah & Muarifah, 2023; Putri & Salim,

2020). These findings echo broader Asian studies, where family cohesion and spousal encouragement consistently buffer the negative effects of stressors such as economic pressure and role strain (Kim et al., 2023; Yang & Lian, 2025).

Furthermore, evidence suggests that efficacy is not only an individual trait but a relational construct influenced by contextual variables such as social norms, educational systems, and technological environments. For example, parental autonomy support in digital learning environments has been shown to enhance children's engagement while simultaneously reinforcing parents' own confidence (Bai & Gu, 2022; Cahyani & Setiawan, 2024). Similarly, spousal support plays a pivotal role in sustaining parenting efficacy during global crises such as the COVID-19 pandemic, where increased domestic pressures challenged parental competence (Rakap et al., 2022; Son, 2021).

The results also align with research highlighting the interconnectedness of efficacy, stress, and coping. Parents with higher efficacy tend to experience lower stress, while those facing role ambiguity without adequate support often report heightened strain (Russell & Ingersoll, 2020; Sartor et al., 2023). Spousal support, in this context, functions as a coping resource, strengthening resilience and reducing the negative emotional consequences of uncertainty.

Mindfulness-based parenting interventions, for instance, have been found to strengthen efficacy and reduce parenting stress, particularly in mothers of young children (Hidayati, 2024). Similarly, social self-efficacy has been shown to mediate the relationship between parental control and children's outcomes, reflecting the reciprocal nature of efficacy within family dynamics (Fatemi et al., 2024; Lai et al., 2024). Together, these studies underscore the multidimensional benefits of support and role clarity in sustaining parental confidence.

From a theoretical standpoint, the findings reinforce the importance of considering parenting efficacy within systemic and relational frameworks. Parental efficacy cannot be fully understood in isolation from spousal support and role clarity. This aligns with models of family resilience that emphasize resources, adaptability, and supportive relationships as key determinants of positive outcomes (Huawei & Jenatabadi, 2024; Lee & Hong, 2024). Moreover, by demonstrating the mediating role of spousal support, this study extends the literature by identifying a specific mechanism through which role ambiguity affects parenting efficacy.

The findings also have implications for cross-cultural psychology. While much of the existing literature has been rooted in Western contexts, the results confirm that the constructs of role ambiguity, support, and efficacy operate similarly in collectivist societies, albeit shaped by different cultural nuances (Andarini & Purwadi, 2020; Nirmalasari et al., 2024). This provides a foundation for comparative research examining how cultural values moderate the relationships between family structure, support, and efficacy.

5. Suggestions and Limitations

Several limitations should be acknowledged. First, the study employed a correlational design, which restricts the ability to make causal inferences. While structural equation modeling allowed for the testing of mediating effects, the cross-sectional nature of the data limits conclusions about the temporal order of the variables. Second, the reliance on self-report measures introduces the possibility of social desirability bias, as participants may have overestimated their parenting efficacy or perceived spousal support. Third, the study was conducted in Indonesia, and while collectivist orientations provide valuable insights, generalizability to other cultural contexts should be approached with caution. Finally, demographic variables such as socioeconomic status and educational background, although included in descriptive analyses, were not examined as moderators, leaving unexplored potential differences across subgroups.

Future research should adopt longitudinal designs to better capture the dynamic nature of role clarity, spousal support, and parenting efficacy over time. Examining causal pathways would allow for more precise understanding of how changes in role ambiguity affect efficacy and whether spousal support consistently serves as a buffer across developmental stages of children. Cross-cultural comparative studies should also be pursued to examine how cultural values, gender roles, and societal structures moderate these relationships. Moreover, qualitative approaches could provide richer insights into how parents experience role ambiguity and support in everyday family life. Integrating demographic moderators such as income, employment status, and parental education would also strengthen the robustness of future analyses.

The findings have clear implications for practice. Parenting interventions should incorporate components that clarify parental roles within families, reducing ambiguity and strengthening confidence. Couple-based programs that

enhance spousal communication and mutual support may further reinforce efficacy by ensuring that parents feel supported in their caregiving responsibilities. Community-based resources, such as parenting workshops and counseling services, should also emphasize the importance of spousal and social support in sustaining parental confidence. Finally, policymakers should prioritize family-centered policies that promote role balance, parental well-being, and supportive environments, thereby indirectly enhancing children's developmental outcomes.

Authors' Contributions

All authors have contributed significantly to the research process and the development of the manuscript.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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Declaration of Interest

The authors report no conflict of interest.

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Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

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