




## Exploring the Role of Extended Family in Child Rearing Practices Across Different Cultures

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### ABSTRACT

**Objective:** The objective of this study was to explore the role of extended family in child-rearing practices across different cultures. The research aimed to understand how extended family members contribute to the upbringing of children and the impact of these practices on child development and family dynamics.

**Methods:** This qualitative study employed semi-structured interviews to collect data from 25 participants of diverse cultural backgrounds. The participants were selected through purposive sampling to ensure a variety of perspectives. Data collection continued until theoretical saturation was achieved. The interview data were analyzed using NVivo software, facilitating systematic coding and thematic analysis to identify key themes and patterns related to the involvement of extended family in child-rearing.

**Results:** The analysis revealed four main themes: daily involvement, cultural beliefs and practices, comparative perspectives on nuclear versus extended family roles, and personal experiences. Extended family members were found to provide substantial support in daily childcare responsibilities, emotional support, discipline, practical assistance, and health and safety. Cultural beliefs significantly influenced child-rearing practices, with extended families playing a crucial role in transmitting traditions, values, and language. Participants highlighted both the benefits and challenges of extended family involvement, noting the importance of emotional support and the difficulties of managing conflicts and generational gaps. Personal experiences underscored the positive and negative aspects of extended family dynamics and the coping strategies employed to navigate these relationships.

**Conclusion:** The study underscores the vital role of extended family members in child-rearing practices across different cultures. Their involvement offers emotional, practical, and cultural support, enhancing children's development and family cohesion. However, challenges such as conflicts and generational gaps must be addressed. Future research should include larger and more diverse samples, employ mixed-methods approaches, and explore the perspectives of extended family members. Practitioners should recognize the value of extended family involvement and support families in managing these complex relationships.

**Keywords:** *Extended family, child-rearing practices, cultural beliefs, qualitative research, family dynamics, child development, emotional support, generational gaps.*

## 1 Introduction

Child-rearing practices vary widely across different cultures, influenced by a multitude of factors including cultural beliefs, societal norms, and familial structures. The role of the extended family in these practices is particularly significant in many cultures, offering a collective approach to nurturing and educating children (Brockman et al., 2016; Hart et al., 2017; Karimzadeh Navadian, 2023; Markman et al., 2022; Sarhangi et al., 2022).

The concept of child-rearing encompasses a broad range of activities, beliefs, and practices that parents and other family members employ to raise children. These practices are deeply embedded in cultural values and societal expectations. For instance, Chiu (1987) highlighted the differences in child-rearing attitudes among Chinese, Chinese-American, and Anglo-American mothers, noting that cultural background significantly influences parenting styles and expectations (Chiu, 1987). Similarly, Durgel et al. (2012) emphasized the importance of maternal expectations in shaping child-rearing practices, suggesting that cultural context plays a crucial role in determining these expectations (Durgel et al., 2012).

The extended family, often comprising grandparents, aunts, uncles, and cousins, plays a pivotal role in child-rearing in many cultures. This collective involvement can provide children with a rich support system and a diverse set of role models. According to Yakhnich (2016), the involvement of extended family members is seen as a responsibility and a source of emotional and practical support for immigrant families. This shared responsibility can alleviate the pressures on nuclear families and contribute to a more holistic upbringing for the children (Yakhnich, 2016).

Research has shown that the involvement of extended family members can have significant benefits for children's development. DeVries (1999) argued that optimizing neurodevelopment in children is often facilitated by the presence of multiple caregivers who can provide varied stimuli and support (DeVries, 1999). This perspective is supported by Kerns et al. (2001), who found that parent-child attachment and monitoring are enhanced in environments where extended family members are actively involved. These findings suggest that extended family involvement can contribute to better developmental outcomes for children (Kerns et al., 2001).

The influence of cultural beliefs and practices on child-rearing cannot be overstated. Cultural values often dictate the roles and responsibilities of family members, as well as the methods used to nurture and discipline children. Tulviste and Ahtonen (2007) examined the child-rearing values of Estonian and Finnish parents, finding distinct differences in their approaches that reflect broader cultural values (Tulviste & Ahtonen, 2007). Similarly, Jávo et al. (2003) explored the parental values and ethnic identity in indigenous Sami families, highlighting the ways in which cultural identity shapes child-rearing practices (Jávo et al., 2003).

The transition to a new cultural environment can pose significant challenges for immigrant families, affecting their child-rearing practices and the role of extended family members. Strier (1996) discussed the coping strategies of immigrant parents, emphasizing the need for family therapy to address the unique challenges faced by these families (Strier, 1996). Mercado and Trumbull (2018) further explored how cultural factors impact the mentoring of beginning immigrant teachers, suggesting that similar challenges may arise in child-rearing contexts (Mercado & Trumbull, 2018).

The integration of traditional practices with modern parenting techniques is another area of interest in the study of child-rearing across cultures. Sparrow (2013) highlighted the importance of understanding newborn behavior and parent-infant interaction from a developmental, relational, and systems-theory perspective. This approach can help bridge the gap between traditional and modern practices, providing a more comprehensive understanding of child-rearing (Sparrow, 2013).

Theoretical frameworks such as the Block Child Rearing Practices Report (CRPR) have been used to study and validate various parenting practices across cultures. Deković et al. (1991) examined the factor structure and construct validity of the CRPR, providing a tool for cross-cultural comparisons of parenting practices. Such frameworks are essential for understanding the similarities and differences in child-rearing across diverse cultural contexts (Deković et al., 1991).

The role of the extended family in child-rearing is not limited to emotional and practical support; it also includes the transmission of cultural values and traditions. Bose (2014) discussed the importance of cultural collaborations in clinical practice, particularly in understanding the ethnotheories of Bangladeshi parents in the United Kingdom. These ethnotheories, or culturally rooted beliefs

about parenting, are often passed down through generations and reinforced by extended family members (Bose, 2014).

The return migration of children and their reintegration into their home cultures can also impact child-rearing practices. Zevulun et al. (2015) studied the experiences of returned migrant children in Kosovo and Albania, finding that their reintegration often involved a complex interplay of cultural expectations and familial support (Zevulun et al., 2015). Another research highlights the dynamic nature of child-rearing practices and the role of extended family in facilitating cultural adaptation (Zevulun et al., 2018).

The best interests of the child are a central consideration in evaluating child-rearing practices across cultures. Zevulun et al. (2018) developed the Best Interests of the Child Questionnaire (BIC-Q) to assess the quality of child-rearing environments from different cultural perspectives. This tool helps to identify factors that contribute to the well-being of children, emphasizing the importance of considering cultural context in child-rearing evaluations (Zevulun et al., 2018).

The relevance of parenting practices to child behaviors has been explored in various cultural settings. Liu and Guo (2010) compared parenting practices and their impact on child behaviors in Canada and China, finding that cultural differences significantly influence both practices and outcomes. These findings underscore the need to consider cultural context when studying child-rearing practices and their effects on child development (Liu & Guo, 2010).

The involvement of extended family members in child-rearing is not only beneficial for children but also for parents. It can provide parents with much-needed support and reduce the stress associated with raising children. This support is particularly important for immigrant families, who may face additional challenges in adapting to a new cultural environment. Yakhnich (2016) noted that immigrant parents often rely on extended family members to help navigate the complexities of raising children in a new cultural context (Yakhnich, 2016).

In conclusion, the role of extended family in child-rearing practices is a multifaceted and culturally significant aspect of parenting. The involvement of extended family members can provide emotional, practical, and cultural support, contributing to the overall well-being and development of children. This study aims to explore these dynamics across different cultural contexts, providing insights into the benefits and challenges of extended family involvement in child-rearing. By examining the diverse ways in which extended families contribute to child-rearing, this research

hopes to shed light on the importance of cultural context in parenting practices and highlight the value of collective familial support in nurturing and educating children.

## 2 Methods and Materials

### 2.1 Study Design and Participants

This study employs a qualitative research design to explore the role of extended family in child-rearing practices across different cultures. The qualitative approach is chosen for its strength in providing rich, in-depth insights into social phenomena and the lived experiences of individuals. Specifically, semi-structured interviews were used as the primary data collection method to allow for flexibility and depth in understanding the participants' perspectives.

Participants were selected using purposive sampling to ensure a diverse representation of cultures. Criteria for selection included:

Participants must be primary caregivers or significantly involved in child-rearing.

Participants must belong to or have substantial experience with different cultural backgrounds.

Theoretical saturation was used to determine the sample size, meaning interviews were conducted until no new information or themes were emerging from the data. This approach ensured comprehensive coverage of the research topic.

### 2.2 Measures

#### 2.2.1 Semi-Structured Interviews

Data were collected through semi-structured interviews, which provide a balance between guided questions and the freedom for participants to express their thoughts and experiences in detail. An interview guide was developed, containing open-ended questions designed to elicit detailed responses about the role of extended family members in child-rearing practices. Key topics included:

- The involvement of extended family members (grandparents, aunts, uncles, cousins) in daily child-rearing activities.
- Cultural beliefs and practices influencing the role of extended family in child-rearing.
- Comparative perspectives on nuclear vs. extended family roles in child-rearing.
- Personal experiences and anecdotes illustrating the extended family's impact on children's upbringing.

2.3 Data Analysis

Data analysis was conducted using NVivo software, which facilitated the systematic coding and thematic analysis of the interview transcripts. The steps for data analysis included:

**Transcription:** All interviews were audio-recorded and transcribed verbatim to ensure accuracy and completeness of the data.

**Coding:** Transcripts were imported into NVivo, where initial coding was performed. Codes were assigned to segments of text that represented distinct themes or concepts related to the role of extended family in child-rearing.

**Thematic Analysis:** The coded data were then analyzed to identify patterns and themes. This process involved iterative reviewing and refining of codes to ensure that the themes accurately captured the nuances of participants' experiences and perspectives.

**Theoretical Saturation:** Analysis continued until theoretical saturation was reached, meaning that additional interviews did not yield new themes or insights.

3 Findings and Results

The study included a diverse group of 25 participants, representing a broad spectrum of cultural backgrounds and family structures. The participants ranged in age from 25 to 65 years, with the majority (60%) falling between 30 and 50 years old. Gender distribution was fairly balanced, with 14 females (56%) and 11 males (44%). In terms of cultural representation, participants hailed from various regions, including North America (8 participants, 32%), South Asia (6 participants, 24%), East Asia (5 participants, 20%), Africa (4 participants, 16%), and Latin America (2 participants, 8%). Most participants (68%) reported living in urban areas, while the remaining 32% resided in rural settings. The family structures varied, with 15 participants (60%) living in extended family households, and 10 participants (40%) in nuclear family setups. Educational backgrounds also varied, with 18 participants (72%) having a college degree or higher, and 7 participants (28%) having completed high school or vocational training.

**Table 1**

*Categories, Subcategories, and Concepts*

Categories (Main Themes)	Subcategories (Subthemes)	Concepts (Open Codes)
1. Daily Involvement	1.1. Childcare Responsibilities	Feeding, Bathing, Bedtime routines Playing, Supervising, Educational support
	1.2. Emotional Support	Comforting, Encouraging, Conflict resolution
	1.3. Discipline	Role modeling, Positive reinforcement Setting rules, Enforcing boundaries, Punishments
	1.4. Practical Assistance	Reward systems, Negotiating behavior Transportation, Errands, Financial support
	1.5. Special Occasions	Household chores, Child's appointments Birthdays, Holidays, Religious ceremonies
	1.6. Health and Safety	Family gatherings, Traditions Medical care, Emergency response, Safety education
2. Cultural Beliefs and Practices	2.1. Traditions and Rituals	Monitoring health, Hygiene practices Religious practices, Cultural celebrations
	2.2. Values and Ethics	Naming ceremonies, Seasonal festivals Respect, Honor, Duty to family
	2.3. Language and Communication	Generosity, Community involvement Native language, Storytelling, Oral traditions
	2.4. Social Roles	Family narratives, Cultural expressions Gender roles, Hierarchical structure
	2.5. Education and Knowledge Transmission	Elder respect, Role differentiation Teaching skills, Cultural education
	2.6. Food and Dietary Practices	Wisdom sharing, Learning through observation Traditional recipes, Meal times, Dietary restrictions
3. Comparative Perspectives	3.1. Nuclear vs. Extended Family Roles	Cooking methods, Food sharing traditions Parenting styles, Decision-making
	3.2. Benefits of Extended Family	Independence vs. interdependence, Resource sharing Emotional support, Diverse perspectives
	3.3. Challenges of Extended Family	Shared responsibilities, Strengthened identity Conflicts, Privacy issues, Generational gaps

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	3.4. Adaptation and Flexibility	Differing parenting philosophies, Financial strain Negotiation, Conflict resolution
	3.5. Impact on Child Development	Role adjustments, Cultural integration Social skills, Cognitive development Emotional intelligence, Resilience
4. Personal Experiences	4.1. Positive Experiences	Supportive relationships, Fond memories Lessons learned, Cultural pride
	4.2. Negative Experiences	Conflicts, Overwhelming expectations Misunderstandings, Cultural clashes
	4.3. Coping Strategies	Communication, Mediation, Seeking external help Setting boundaries, Time management
	4.4. Changes Over Time	Evolving roles, Impact of migration Modernization, Shifts in family dynamics
	4.5. Intergenerational Differences	Differing values, Adaptation to new norms Bridging gaps, Mutual learning
	4.6. Role of Technology	Communication tools, Educational resources Maintaining connections, Technological influence

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### 3.1 Daily Involvement

**Childcare Responsibilities:** Extended family members often take on various childcare responsibilities such as feeding, bathing, and bedtime routines. One participant shared, “My mother-in-law helps with bedtime stories and getting the kids ready for school, which is a big help.” They also engage in playing and supervising children, along with providing educational support. This involvement ensures that children receive comprehensive care and attention, contributing to their overall well-being.

**Emotional Support:** Extended family members play a crucial role in providing emotional support by comforting, encouraging, and resolving conflicts. They act as role models and offer positive reinforcement. As one participant noted, “My aunt is like a second mother to my children; she’s always there to lift their spirits and guide them through tough times.” This support fosters a nurturing environment that enhances children’s emotional development.

**Discipline:** Discipline is another area where extended family members contribute significantly. They help set rules, enforce boundaries, and administer punishments and reward systems. For example, one interviewee stated, “My father is strict but fair; he has clear rules for the kids and uses rewards to encourage good behavior.” This shared responsibility in discipline helps maintain consistency and structure in the children’s lives.

**Practical Assistance:** Extended family members provide practical assistance with transportation, running errands, financial support, household chores, and attending child appointments. “My brother often picks up my kids from school and helps with their homework,” shared one

participant, highlighting the practical benefits of having an extended family involved in daily routines.

**Special Occasions:** Extended families are integral during special occasions such as birthdays, holidays, and religious ceremonies. They help organize and participate in family gatherings and traditions. One participant mentioned, “Our family celebrations wouldn’t be the same without my uncles and cousins; they bring a special energy to every occasion.”

**Health and Safety:** The involvement of extended family in health and safety includes providing medical care, emergency response, and safety education. They also monitor health and hygiene practices. A participant shared, “My grandmother taught my kids the importance of washing hands and staying clean, which has been invaluable.”

### 3.2 Cultural Beliefs and Practices

**Traditions and Rituals:** Extended family members uphold and transmit traditions and rituals, including religious practices, cultural celebrations, naming ceremonies, and seasonal festivals. “Every year, my grandparents lead the family in traditional festivals, keeping our cultural heritage alive,” said one interviewee.

**Values and Ethics:** Values such as respect, honor, duty to family, generosity, and community involvement are often instilled by extended family members. One participant remarked, “My children learn about respect and duty to family from their elders, which I believe is essential for their character development.”

**Language and Communication:** Extended families play a vital role in preserving native languages, storytelling, and oral traditions. They share family narratives and cultural expressions. “My children have learned our native language



and many traditional stories from their grandparents,” a participant shared.

**Social Roles:** The transmission of social roles, including gender roles and hierarchical structures, is facilitated by extended family members. They teach about elder respect and role differentiation. “My kids understand their place in the family hierarchy thanks to the guidance of their uncles and aunts,” noted one interviewee.

**Education and Knowledge Transmission:** Extended family members are often involved in teaching skills, cultural education, and wisdom sharing, promoting learning through observation. One participant stated, “My father teaches my kids traditional skills and shares his life wisdom, which is a priceless education.”

**Food and Dietary Practices:** Extended family members help preserve traditional recipes, meal times, and dietary restrictions, along with cooking methods and food-sharing traditions. “My mother-in-law has taught my kids how to cook traditional dishes, ensuring our culinary heritage is passed down,” said one participant.

### 3.3 Comparative Perspectives

**Nuclear vs. Extended Family Roles:** There are noticeable differences in parenting styles, decision-making, independence versus interdependence, and resource sharing between nuclear and extended families. “In our extended family, decisions are made collectively, unlike in nuclear setups where parents have the final say,” one participant observed.

**Benefits of Extended Family:** The emotional support, diverse perspectives, shared responsibilities, and strengthened identity are key benefits of having an extended family involved in child-rearing. “Having extended family around means my children have more role models and sources of support,” a participant highlighted.

**Challenges of Extended Family:** Challenges include conflicts, privacy issues, generational gaps, differing parenting philosophies, and financial strain. One interviewee shared, “While having extended family is great, it sometimes leads to disagreements and privacy concerns.”

**Adaptation and Flexibility:** Extended families often show significant adaptation and flexibility, involving negotiation, conflict resolution, role adjustments, and cultural integration. “We’ve learned to navigate conflicts and adjust roles to maintain harmony,” noted one participant.

**Impact on Child Development:** The involvement of extended family positively impacts child development in

terms of social skills, cognitive development, emotional intelligence, and resilience. “My children are more socially adept and resilient thanks to the varied interactions they have with our extended family,” shared one interviewee.

### 3.4 Personal Experiences

**Positive Experiences:** Participants reported supportive relationships, fond memories, lessons learned, and cultural pride as positive experiences with extended family involvement. “My fondest childhood memories involve time spent with my extended family, which I now see enriching my children’s lives,” a participant mentioned.

**Negative Experiences:** Conflicts, overwhelming expectations, misunderstandings, and cultural clashes were cited as negative experiences. One participant expressed, “At times, the expectations from extended family can be overwhelming and lead to misunderstandings.”

**Coping Strategies:** Strategies such as communication, mediation, seeking external help, setting boundaries, and time management are employed to cope with challenges. “We’ve developed good communication and set clear boundaries to manage the expectations from extended family,” said a participant.

**Changes Over Time:** Participants noted evolving roles, the impact of migration, modernization, and shifts in family dynamics as significant changes over time. “Our family roles have evolved, especially with migration and modern influences,” one interviewee remarked.

**Intergenerational Differences:** Differences in values, adaptation to new norms, bridging gaps, and mutual learning were highlighted. “Bridging the generational gap has been challenging, but it’s also a learning experience for both sides,” shared one participant.

**Role of Technology:** Technology plays a role in communication, providing educational resources, maintaining connections, and influencing child-rearing practices. “Technology has helped us stay connected with extended family members who live far away, enhancing our children’s relationships with them,” noted a participant.

## 4 Discussion and Conclusion

The findings of this study highlight the significant role that extended family members play in child-rearing practices across various cultural contexts. The data revealed four main themes: daily involvement, cultural beliefs and practices, comparative perspectives on nuclear versus extended family roles, and personal experiences of family members. Each

theme underscores the multifaceted contributions of extended family members to child development and the overall family dynamic.

Extended family members provide substantial support in daily childcare responsibilities, emotional support, discipline, practical assistance, special occasions, and health and safety. These findings align with previous studies that emphasize the critical role of extended families in providing comprehensive childcare and emotional support (Kerns et al., 2001; Liu & Guo, 2010). Participants in this study reported that extended family members are actively involved in feeding, bathing, playing with children, and providing educational support. This involvement ensures that children receive well-rounded care and attention, promoting their physical and emotional well-being. The emotional support provided by extended family members, such as comforting and encouraging children, plays a crucial role in fostering a nurturing environment. This is consistent with the findings of Yakhnich (2016), who noted the importance of emotional support from extended family members for immigrant families (Yakhnich, 2016).

The influence of cultural beliefs and practices on child-rearing is evident in the transmission of traditions and rituals, values and ethics, language and communication, social roles, education, and food and dietary practices. This theme reflects the work of Chiu (1987) and Tulviste and Ahtonen (2007), who highlighted the impact of cultural values on parenting practices. Participants in this study reported that extended family members play a vital role in upholding and transmitting cultural traditions and values to children (Chiu, 1987; Tulviste & Ahtonen, 2007). This includes participating in religious practices, cultural celebrations, and teaching native languages. Such practices help children develop a strong sense of cultural identity and belonging, which is crucial for their overall development.

The comparative analysis of nuclear versus extended family roles revealed both benefits and challenges of extended family involvement in child-rearing. Participants highlighted the emotional support, diverse perspectives, shared responsibilities, and strengthened identity as key benefits of having extended family members involved. These findings align with DeVries (1999) and Sparrow (2013), who emphasized the positive impact of multiple caregivers on child development (DeVries, 1999; Sparrow, 2013). However, participants also noted challenges such as conflicts, privacy issues, generational gaps, and differing parenting philosophies. These challenges are consistent with the findings of Strier (1996) and Mercado and Trumbull

(2018), who discussed the difficulties faced by immigrant families in navigating cultural differences and maintaining harmony within extended family structures (Mercado & Trumbull, 2018; Strier, 1996).

The personal experiences of participants highlighted both positive and negative aspects of extended family involvement in child-rearing. Positive experiences included supportive relationships, fond memories, and cultural pride, while negative experiences involved conflicts, overwhelming expectations, and misunderstandings. These findings resonate with the work of Jávo et al. (2003) and Bose (2014), who explored the complexities of parental values and cultural identity in different cultural contexts. Participants also reported coping strategies such as communication, mediation, setting boundaries, and seeking external help to manage the challenges of extended family involvement. These strategies are essential for maintaining a healthy and supportive family environment (Bose, 2014; Jávo et al., 2003).

Despite the valuable insights provided by this study, several limitations need to be acknowledged. First, the study's qualitative nature and reliance on semi-structured interviews may limit the generalizability of the findings. While the use of theoretical saturation ensured a comprehensive exploration of the research topic, the sample size of 25 participants may not fully capture the diversity of experiences across different cultural contexts. Second, the study relied on self-reported data, which may be subject to recall bias and social desirability bias. Participants may have provided responses that they believed were socially acceptable or aligned with the perceived expectations of the researchers. Third, the study focused on a specific set of cultural contexts and may not fully represent the experiences of families from other cultural backgrounds. Future research could benefit from a larger and more diverse sample to enhance the generalizability of the findings.

Building on the findings and limitations of this study, several suggestions for future research are proposed. First, future studies should consider employing a mixed-methods approach to complement qualitative data with quantitative measures. This could provide a more comprehensive understanding of the role of extended family in child-rearing practices and allow for greater generalizability of the findings. Second, longitudinal studies could provide valuable insights into the long-term impact of extended family involvement on child development and family dynamics. By tracking families over time, researchers can explore how the role of extended family members evolves

and how it influences children's outcomes. Third, future research should explore the experiences of extended family members themselves, including grandparents, aunts, uncles, and cousins. Understanding their perspectives and motivations for involvement in child-rearing could provide a more holistic view of family dynamics and support systems. Additionally, comparative studies across different cultural contexts could further elucidate the similarities and differences in extended family roles and practices, contributing to a more nuanced understanding of cross-cultural parenting.

The findings of this study have important implications for practice, particularly for professionals working with families in multicultural settings. First, practitioners should recognize the significant role of extended family members in child-rearing and consider ways to support and engage them in family interventions. This includes creating opportunities for extended family members to participate in parenting programs and workshops. Second, cultural sensitivity and competence are crucial when working with families from diverse backgrounds. Practitioners should be aware of the cultural values and practices that influence child-rearing and respect the role of extended family members in these practices. This approach aligns with the recommendations of Bose (2014) and Mercado and Trumbull (2018), who emphasized the importance of cultural collaborations in clinical practice. Third, practitioners should support families in navigating the challenges of extended family involvement, such as conflicts and generational gaps. This may involve providing mediation services, communication training, and resources for setting healthy boundaries. By fostering open communication and mutual understanding, practitioners can help families create a supportive and harmonious environment for child-rearing.

In conclusion, this study highlights the multifaceted role of extended family members in child-rearing practices across different cultural contexts. The involvement of extended family members provides emotional, practical, and cultural support, contributing to the overall well-being and development of children. However, the study also identifies challenges associated with extended family involvement, such as conflicts and generational gaps. Future research should continue to explore these dynamics and provide further insights into the role of extended family members in child-rearing. Practitioners working with families should recognize the value of extended family involvement and support families in navigating the complexities of these

relationships. By embracing a culturally sensitive and collaborative approach, practitioners can enhance the well-being of children and families in diverse cultural settings.

### Authors' Contributions

Authors contributed equally to this article.

### 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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### Ethics 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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