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Psychological Distress as a Predictor of Perceived Barriers to Professional Mental Health Help-Seeking among Financially Indebted Civil Servants

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ABSTRACT: Financial indebtedness has become an increasingly salient occupational risk factor within the public sector, as financial strain is consistently associated with psychological distress and reduced utilization of mental health services. However, limited empirical research has examined whether psychological distress itself functions as a determinant of perceived barriers to professional help-seeking among financially vulnerable employees. Addressing this gap, the present study investigates the predictive role of psychological distress on perceived barriers to professional mental health help-seeking among financially indebted civil servants in Malaysia.

A quantitative cross-sectional survey design was employed involving financially indebted civil servants (n = 123). Psychological distress was assessed using the Patient Health Questionnaire-9 (PHQ-9) and Generalized Anxiety Disorder-7 (GAD-7), while perceived barriers were assessed using a five-item measure of perceived barriers to professional mental health help-seeking. Data were analysed using simple linear regression analysis. The results indicate that psychological distress significantly and positively predicted perceived barriers to professional help-seeking, $F(1,121) = 25.069$, $p < .001$, accounting for 17.2% of the variance ($R^2 = .172$). Higher levels of psychological distress were associated with greater perceived barriers to professional mental health help-seeking.

These findings challenge the assumption that greater psychological distress necessarily promotes help-seeking and instead position psychological distress as a barrier-amplifying factor within financially strained occupational groups. The study extends occupational mental health literature by integrating financial vulnerability into help-seeking frameworks. Practically, the findings highlight the need for integrated workplace interventions that address financial strain, psychological vulnerability, and stigma reduction to improve access to professional mental health services among indebted civil servants.

1. INTRODUCTION

Financial indebtedness has become an increasingly prominent issue in contemporary societies, influencing not only individuals' financial stability but also their psychological well-being. Although debt is commonly conceptualised within economic and financial frameworks, growing empirical evidence indicates that financial strain may also function as a significant psychosocial stressor. Individuals experiencing financial difficulties frequently report elevated levels of psychological distress, including symptoms of depression, anxiety, chronic stress, and emotional exhaustion (Shevlin et al. 2022; Stickley, Shirama & Sumiyoshi

2023). In occupational environments, these psychological consequences may impair cognitive functioning, emotional regulation, and decision-making capacity, which can ultimately affect employees' work performance and organisational effectiveness.

The importance of this issue is further underscored by the rising global burden of mental health disorders. According to the World Health Organization, approximately one billion people worldwide are currently living with a mental disorder, representing nearly one in every seven individuals globally. Anxiety and depressive disorders are among the most prevalent conditions and contribute substantially to the global burden of disease and disability (World Health Organization, 2022). The increasing prevalence of mental health problems highlights the need to better understand the social, psychological, and economic factors that influence individuals' mental well-being and access to appropriate mental health support.

At the same time, many countries have experienced increasing levels of household debt and growing financial pressure among working populations. Financial stress therefore represents an important yet often overlooked determinant of mental health within contemporary workplaces. In the Malaysian context, persistently high household indebtedness and documented financial strain among government employees suggest that financial vulnerability is not only a personal financial issue but also a concern with broader organisational implications. Financial difficulties experienced by civil servants may influence employees' psychological well-being, job performance, and overall organisational functioning within the public sector.

Existing research provides substantial evidence linking financial strain to adverse mental health outcomes. Individuals facing financial difficulties are significantly more likely to experience depressive symptoms, anxiety, emotional exhaustion, and reduced life satisfaction (Farr et al., 2024; Qiu et al., 2022). In addition, financial hardship may also require individuals to make substantial lifestyle adjustments, such as reducing essential expenditures or seeking additional income sources, which may further increase psychological stress (Senevirathne et al. 2025). Importantly, previous studies suggest that subjective perceptions of financial burden may exert stronger psychological effects than objective financial indicators such as income levels or debt ratios. For example, Loibl et al. (2022) found that subjective debt burden, particularly worry about debt, was associated with social loneliness, whereas objective debt burden was not significantly related to social or emotional loneliness.

Within occupational settings, psychological distress has been associated with several negative consequences including reduced work engagement, impaired productivity, and increased absenteeism (Chan et al. 2021). Employees experiencing prolonged emotional strain may also be more vulnerable to burnout and other stress-related conditions. For civil servants, these issues may have broader implications because public sector organisations depend heavily on stable employee performance and accountability to deliver essential services to society.

Despite the increasing recognition of psychological distress in the workplace, experiencing emotional difficulties does not necessarily lead individuals to seek professional mental health support. Help-seeking behaviour for psychological problems is a complex process influenced by a variety of psychological, social, and structural factors. Previous studies have identified stigma, confidentiality concerns, perceived treatment ineffectiveness, and fear of negative evaluation as common barriers to professional mental health help-seeking (Zeng et al. 2023). As a result, individuals experiencing psychological distress may avoid seeking professional assistance even when such services are available.

Recent research suggests that psychological distress may influence help-seeking behaviour in more complex ways than previously assumed. While emotional distress may increase individuals' perceived need for support, it may simultaneously intensify perceived barriers to accessing professional assistance. For instance, Yamauchi et al. (2020) found that employees experiencing higher levels of psychological distress were less likely to seek professional help when concerns related to stigma and workplace evaluation were present. Similarly, Zeng et al. (2023) reported that individuals experiencing emotional distress often demonstrate lower help-seeking intentions when stigma and limited mental health literacy are perceived as barriers. These findings suggest that psychological distress may not only signal a need for support but may also shape individuals' perceptions of the obstacles associated with seeking professional mental health services.

This issue is particularly relevant within the context of civil servants. As employees working within structured organisational systems characterised by hierarchical governance, formal evaluation procedures, and strong professional accountability, civil servants may perceive greater risks associated with disclosing psychological difficulties. Concerns related to workplace reputation, confidentiality, and career progression may discourage employees from seeking professional mental health assistance. Financial indebtedness may further intensify this vulnerability by contributing to feelings of shame, reduced perceived control, and lower self-efficacy.

Despite the growing recognition of financial stress and psychological distress within occupational settings, several important gaps remain in the literature. First, most existing studies have primarily examined financial stress as a predictor of mental health outcomes rather than exploring how psychological distress influences behavioural responses such as help-seeking. Second, research investigating perceived barriers to professional mental health help-seeking has rarely considered psychological distress as a potential predictor of those barriers. Third, empirical studies focusing specifically on financially indebted civil servants remain limited, particularly within Southeast Asian contexts such as Malaysia.

To address these gaps, the present study examines whether psychological distress significantly predicts perceived barriers to professional mental health help-seeking among financially indebted civil servants in Malaysia. Specifically, this study aims to (1) determine the level of psychological distress among financially indebted civil servants, (2) examine the level of perceived barriers to professional mental health help-seeking, and (3) investigate whether psychological distress significantly predicts perceived barriers to seeking professional psychological support. The study focuses on civil servants with active financial commitments within the Malaysian public sector, with the individual employee serving as the unit of analysis.

By positioning psychological distress as a predictive determinant of help-seeking barriers rather than solely as an outcome of financial strain, this study contributes to the literature on counselling psychology and occupational mental health. The findings may provide new insights into how financial vulnerability influences employees' perceptions of access to professional mental health services. From a practical perspective, the results may inform workplace mental health policies and organisational interventions aimed at reducing barriers to professional psychological support among financially vulnerable employees.

2. MATERIALS AND METHODS

2.1 Study Design and Measures

This study employed a quantitative cross-sectional design to examine whether psychological distress predicts perceived barriers to professional mental health help-seeking among financially indebted civil servants. Data were collected using a structured online questionnaire comprising demographic information and measures of psychological distress, financial stress, and perceived help-seeking barriers.

Psychological distress was assessed using the nine-item Patient Health Questionnaire (PHQ-9) for depressive symptoms (Kroenke et al., 2001) and the seven-item Generalized Anxiety Disorder scale (GAD-7) for anxiety symptoms (Spitzer et al., 2006). Both measures use a four-point response scale ranging from 0 (*not at all*) to 3 (*nearly every day*). Psychological distress was operationalised as a composite score obtained by summing the total PHQ-9 and GAD-7 scores, with higher scores indicating greater psychological distress.

Perceived barriers to professional mental health help-seeking were assessed using a five-item measure covering embarrassment, uncertainty about where or from whom to seek help, perceived lack of understanding from others, concerns about negative social evaluation, and preference for self-reliance. These domains are consistent with barriers identified in previous mental health help-seeking research (Mojtabai et al., 2011; Clement et al., 2012; Ebert et al., 2019). Items were rated from 1 (*strongly disagree*) to 5 (*strongly agree*) and summed, with higher scores indicating greater perceived barriers. The measure demonstrated good internal consistency in the present sample (Cronbach's $\alpha = 0.816$); however, formal psychometric validation was not undertaken.

The questionnaire also included the Financial Threat Scale (FTS) (Marjanovic et al., 2013) and the InCharge Financial Distress/Financial Well-Being Scale (IFDFW) (Mohamad Rahim Kamaluddin et al., 2018) to characterise respondents' financial context. These measures were not included in the primary predictive analysis.

2.2 Participants

The study population comprised civil servants employed at the Selangor State Secretary Office who were formally identified as financially indebted, defined as having a net take-home salary below 40% after financial commitments based on internal administrative records. Eligible participants were identified from these records prior to the Financial Literacy Programme.

A census approach was employed, whereby all 123 eligible civil servants within the accessible population were invited to participate. All 123 completed the questionnaire, resulting in a 100% response rate. As the entire accessible population meeting the predefined eligibility criterion was included, no additional sampling procedure was applied.

Participants represented various demographic and occupational backgrounds. Information collected included age, gender, marital status, service group, employment grade, length of public service, and number of children.

2.3 Data Collection Procedure

Data were collected during a Financial Literacy Programme organised for civil servants who met the study's financial indebtedness criterion. The questionnaire was administered electronically via Google Forms and completed by participants using their personal devices. Prior to participation, participants were informed of the study purpose, confidentiality of their responses, and voluntary nature of participation. Although attendance at the programme formed part of an organisational initiative, participation in the research was entirely voluntary, and participants could decline or withdraw without any adverse consequences.

Responses were recorded electronically, and no personally identifying information was retained in the analytical dataset. The data were anonymised prior to statistical analysis.

2.4 Measurement and Data Preparation

Psychological distress was operationalised as a composite score obtained by summing the total PHQ-9 and GAD-7 scores, with higher scores indicating greater psychological distress. Perceived help-seeking barriers were calculated by summing the five-item scores, with higher total scores indicating greater perceived barriers to professional mental health help-seeking.

Prior to inferential analysis, the dataset was screened for missing values and potential outliers. Internal consistency of the study measures was assessed using Cronbach's alpha coefficients. Assumptions underlying the parametric analyses were also examined, including normality, linearity, independence of errors, and homoscedasticity.

2.5 Statistical Analysis

Data were analysed using the Statistical Package for the Social Sciences (SPSS), version 27. Descriptive statistics were used to summarise respondents' demographic characteristics and the principal study variables. Frequencies and percentages were calculated for categorical variables, while means and standard deviations were used for continuous variables.

Pearson's correlation analysis was conducted to examine the strength and direction of the relationship between psychological distress and perceived help-seeking barriers. Simple linear regression analysis was subsequently performed to determine whether psychological distress significantly predicted perceived help-seeking barriers. Psychological distress was entered as the independent variable, while perceived help-seeking barriers served as the dependent variable. All statistical tests were evaluated at a significance level of $p < .05$.

3. RESULTS AND DISCUSSION

3.1 Preliminary Analysis

A total of 123 financially indebted civil servants participated in the study. Preliminary analyses were conducted to describe the demographic characteristics of the respondents and assess the internal consistency reliability of the measurement scales. The demographic characteristics of the respondents are presented in Table 1.

Table 1. Demographic Characteristics of Respondents (n = 123)

Variable	Category	Frequency	Percentage
Age	20 – 29 years old	2	1.6
	30 – 39 years old	31	25.2
	40 – 49 years old	65	52.8
	50 years and above	24	19.5
Gender	Male	47	38.2
	Female	76	61.8
Marital Status	Single	12	9.8

	Married	105	85.3
	Divorced	5	4.1
	Others	1	.8
Service Group	Management & Professional	11	8.9
	Support Service	112	91.1
Number of Children	None	13	10.6
	1-2 children	45	36.6
	3-4 children	43	35.0
	5 and above	22	17.9
Years of Service	Less than 5 years	5	4.1
	5 – 10 years	18	14.6
	11 – 20 years	59	48.0
	More than 20 years	41	33.3

Most respondents were aged between 40 and 49 years (52.8%), followed by those aged 30–39 years (25.2%). Female respondents constituted 61.8% of the sample, while 38.2% were male. Most respondents were married (85.3%) and belonged to the support service group (91.1%). Nearly half of the respondents had between 11 and 20 years of service (48.0%), while 33.3% had served for more than 20 years.

Internal consistency reliability was assessed using Cronbach's alpha coefficients. The reliability results are presented in Table 2.

Table 2. Internal Consistency Reliability of Study Measures

Instruments	Number of Items	Cronbach's Alpha
PHQ-9	9	.811
GAD-7	7	.882
Financial Threat Scale	5	.932
IFDFW	8	.965
Perceived Help-Seeking Barriers	5	.816

As shown in Table 2, Cronbach's alpha coefficients ranged from 0.811 to 0.965, indicating good to excellent internal consistency across the study measures. Notably, the five-item measure of perceived help-seeking barriers demonstrated good internal consistency (Cronbach's $\alpha = 0.816$), indicating satisfactory consistency among the items in the present sample. All coefficients exceeded the commonly accepted reliability threshold of 0.70.

3.2 Descriptive and Correlational Analysis

Descriptive statistics were calculated to determine the levels of psychological distress and perceived help-seeking barriers among the respondents. The results are presented in Table 3.

Table 3. Descriptive Statistics of Key Study Variables

Variable	Mean	Standard Deviation
Psychological Distress (Composite)	5.03	5.33
Perceived Help-Seeking Barriers	13.98	3.98

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The mean score for psychological distress was 5.03 (SD = 5.33), while the mean score for perceived help-seeking barriers was 13.98 (SD = 3.98).

The severity levels of depressive and anxiety symptoms were further examined using the Patient Health Questionnaire-9 (PHQ-9) and Generalized Anxiety Disorder-7 (GAD-7). The results are shown in Table 4.

Table 4. Distribution of Depression and Anxiety Severity Levels

Measure/Level	Frequency	Percentage
Depression Severity (PHQ-9)		
Minimal	90	73.2
Mild	26	21.1
Moderate	6	4.9
Moderately Severe	1	.8
Severe	0	0
Total	123	100
General Anxiety Disorder (GAD-7)		
Minimal	106	86.2
Mild	15	12.2
Moderate	2	1.6
Severe	0	0
Total	123	100

For depressive symptoms, 73.2% of respondents were classified within the minimal category, 21.1% as mild, 4.9% as moderate, and 0.8% as moderately severe. No respondents were classified within the severe depression category. For anxiety symptoms, 86.2% of respondents were classified as minimal, 12.2% as mild, and 1.6% as moderate, with no respondents classified within the severe category.

Pearson's correlation analysis was conducted to examine the relationship between psychological distress and perceived help-seeking barriers. The results are presented in Table 5.

Table 5. Pearson Correlation Between Psychological Distress and Perceived Help-Seeking Barriers

Variable	1	2
Psychological Distress	1	
Perceived Help-Seeking Barriers	.414**	1

*Note: *$p < .01$.

The analysis revealed a statistically significant, moderate positive correlation between psychological distress and perceived help-seeking barriers ($r = .414$, $p < .01$), indicating that higher psychological distress was associated with greater perceived barriers to professional mental health help-seeking.

3.3 Regression Analysis

A simple linear regression analysis was conducted to examine whether psychological distress significantly predicted perceived help-seeking barriers among financially indebted civil servants. The results are presented in Table 6.

Table 6. Simple Linear Regression Predicting Perceived Help-Seeking Barriers

Predictor	β	t	p
Psychological Distress (Composite)	.414	5.007	<.001

The regression model was statistically significant, F (1, 121) = 25.069, p < .001, explaining **17.2% of the variance** in perceived help-seeking barriers (R^2 = .172). Psychological distress was a significant positive predictor of perceived help-seeking barriers (β = .414, t = 5.007, p < .001), indicating that higher psychological distress was associated with greater perceived barriers to professional mental health help-seeking.

3.4 Discussion

This study examined whether psychological distress predicts perceived barriers to professional mental health help-seeking among financially indebted civil servants in Malaysia. The findings showed that most respondents reported minimal depressive and anxiety symptoms, with a mean perceived help-seeking barriers score of 13.98 (SD = 3.98). More importantly, psychological distress was positively associated with perceived help-seeking barriers and significantly predicted these barriers, explaining 17.2% of the variance. These findings provide insight into how psychological vulnerability may shape perceptions of professional mental health support among financially indebted employees.

Most respondents reported minimal depressive symptoms (73.2%) and minimal anxiety symptoms (86.2%), although smaller proportions experienced mild to moderate symptom severity. This suggests that financial indebtedness does not necessarily correspond with severe psychological distress among all employees. Responses to financial strain may vary according to individual coping resources, financial resilience, and workplace conditions. This pattern is consistent with previous research suggesting that financial difficulties may contribute to broader psychological and occupational strain among employees (Qiu et al., 2022). Financial difficulties may nevertheless contribute to sustained psychological strain, particularly when uncertainty about meeting financial obligations occurs alongside occupational demands and family responsibilities (Senevirathne et al., 2025).

The findings also showed that respondents reported a mean perceived help-seeking barriers score of 13.98 (SD = 3.98). These barriers may involve stigma, negative attitudes toward professional support, confidentiality concerns, and structural obstacles. Previous studies have consistently identified stigma and negative social perceptions as important barriers to professional mental health help-seeking (Javed et al., 2021; Zeng et al., 2023). Within organisational contexts, these concerns may become particularly salient when employees perceive that disclosing psychological difficulties could affect their professional reputation, workplace relationships, or career progression (Al-Hashemi et al., 2025; Cogan et al., 2025). Thus, the availability of psychological services alone may not necessarily ensure their utilisation when employees perceive substantial personal or occupational risks associated with seeking help.

The central finding of this study was that psychological distress significantly predicted perceived barriers to professional mental health help-seeking. Psychological distress demonstrated a moderate positive relationship with perceived barriers (r = .414, p < .01), while the regression model showed that psychological distress explained 17.2% of the variance in perceived barriers (R^2 = .172). Thus, financially indebted civil servants experiencing higher levels of psychological distress were more likely to perceive greater obstacles when considering professional psychological support.

This finding is particularly important because greater psychological distress might intuitively be expected to increase individuals' motivation to seek professional assistance. However, the present findings suggest that greater distress may coexist with stronger perceived barriers. Individuals experiencing emotional distress may become increasingly concerned about stigma, confidentiality, negative evaluation, or the consequences of disclosing psychological difficulties. Psychological distress may therefore simultaneously increase individuals' perceived need for assistance while making professional help-seeking appear more difficult or threatening.

This interpretation is consistent with previous evidence suggesting that psychological distress does not necessarily translate into greater professional help-seeking. Yamauchi et al. (2020) reported that psychologically distressed employees may remain reluctant to seek professional assistance when stigma and workplace evaluation are perceived as potential risks. Similarly, Zeng et al. (2023) demonstrated that stigma and mental health literacy influence help-seeking intentions. Collectively, these findings suggest that psychological distress may influence not only individuals' need for psychological assistance but also their evaluation of potential obstacles to obtaining such assistance.

The findings can also be interpreted through the Conservation of Resources (COR) Theory (Hobfoll, 1989), which proposes that individuals strive to acquire, maintain, and protect valued resources, including financial stability, emotional energy, social relationships, and social status. Financial indebtedness may represent a threat to material resources, while psychological distress may reflect depletion of emotional resources. Under these conditions, professional help-seeking may be perceived as requiring further investment of emotional and social resources through disclosure, counselling participation, and potential exposure to stigma or judgement. From this perspective, psychological distress may function as a barrier-amplifying factor by increasing the perceived costs associated with professional help-seeking.

The occupational and cultural context may further shape this relationship. Civil servants operate within structured organisational environments characterised by formal accountability, performance evaluation, and professional expectations. Concerns regarding confidentiality and professional reputation may therefore influence decisions about disclosing psychological difficulties. In many Asian contexts, values associated with self-reliance and emotional restraint may also discourage formal help-seeking (Kim & Kim, 2025; Muda & Ahmad Raphaie, 2025). Financial difficulties may additionally be associated with shame or perceived personal failure, potentially encouraging individuals to conceal both financial and emotional problems (Fitch et al., 2007). Limited awareness of available psychological services may further influence the utilisation of professional support in Malaysia (Raaj et al., 2021).

The present study contributes to the literature by demonstrating that psychological distress may function not only as an outcome associated with financial vulnerability but also as a statistical predictor of perceived barriers to professional mental health help-seeking. It also extends the application of COR Theory by suggesting that resource depletion may increase the perceived psychological, social, and organisational costs of seeking professional support. By focusing specifically on financially indebted civil servants, the study provides contextual evidence from a Malaysian occupational setting that remains comparatively underrepresented in the help-seeking literature.

From a practical perspective, the findings suggest that workplace mental health initiatives should address not only the availability of psychological services but also employees' perceived barriers to accessing such support. Public sector organisations may strengthen mental health literacy, reinforce confidentiality in psychological services, reduce stigma associated with help-seeking, and provide accessible pathways to professional support. For financially vulnerable employees, integrating psychological support with financial well-being programmes may provide a more coordinated approach to addressing the interconnected financial and psychological challenges experienced by this group. Early and confidential access to support may be particularly important for employees experiencing greater psychological distress, who may simultaneously perceive stronger barriers to professional help-seeking.

Several limitations should be considered when interpreting the findings. Although a census approach was used to include the accessible population of eligible employees, the study was conducted within a single organisational context, which may limit the generalisability of the findings to other occupational settings. The cross-sectional design precludes causal inference; therefore, although psychological distress statistically predicted perceived help-seeking barriers, the temporal direction of this relationship cannot be established. The term "predict" should therefore be interpreted as statistical rather than temporal or causal prediction, and a bidirectional relationship cannot be excluded. Furthermore, the regression model did not adjust for potential demographic, occupational, or financial confounding variables, such as age, gender, marital status, length of service, service group, and severity of financial strain. The observed association should therefore be interpreted as unadjusted, and residual confounding cannot be excluded. Although the five-item measure of perceived help-seeking barriers demonstrated good internal consistency (Cronbach's $\alpha = 0.816$), formal psychometric validation was not undertaken. Finally, reliance on self-report measures may have introduced response bias or social desirability effects.

Future research should employ longitudinal and multi-organisational designs to examine the temporal relationship between psychological distress and perceived help-seeking barriers. Studies should also incorporate relevant demographic, occupational, and financial covariates and examine potential mediators or moderators, such as coping strategies, mental health literacy, perceived organisational support, stigma, and financial well-being. Further psychometric evaluation of the five-item perceived help-seeking barriers measure is warranted, including assessment of its construct validity, factor structure, and measurement properties across different occupational and cultural groups.

4. CONCLUSION

This study examined the relationship between psychological distress and perceived barriers to professional mental health help-seeking among financially indebted civil servants. Most respondents reported minimal depressive and anxiety symptoms; however, individuals experiencing higher levels of psychological distress were more likely to perceive greater barriers to accessing professional mental health services. Psychological distress was a significant statistical predictor of perceived help-seeking barriers, suggesting that greater emotional distress may not necessarily facilitate professional help-seeking but may instead amplify perceived obstacles to obtaining psychological support.

These findings highlight the importance of addressing both psychological vulnerability and perceived help-seeking barriers within workplace mental health initiatives. Public sector organisations may strengthen mental health literacy, reduce stigma, reinforce confidentiality, and provide accessible pathways to professional psychological support, particularly for financially vulnerable employees. Integrating psychological support with financial well-being initiatives may offer a more coordinated approach to addressing the interconnected financial and psychological challenges experienced by this group. Such efforts may be particularly important for employees experiencing greater psychological distress, who may simultaneously perceive stronger barriers to seeking professional support.

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AUTHOR CONTRIBUTIONS

Faridah Abdul Jalil @ Abas: Conceptualization, Investigation, Data Curation, Formal Analysis, Writing – Original Draft.

Mohd Izwan Mahmud: Methodology, Supervision, Writing – Review & Editing.

Ku Suhaila Ku Johari: Methodology, Supervision, Writing – Review & Editing.

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

ETHICS STATEMENT

The study was conducted in accordance with the ethical principles and guidelines for research involving human participants. Ethical approval was obtained from the relevant institutional ethics committee prior to data collection. Participation was voluntary, and the confidentiality and anonymity of participants were maintained throughout the study.

DATA AVAILABILITY STATEMENT

The data supporting the findings of this study are available from the corresponding author upon reasonable request, subject to ethical and confidentiality consideration.

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