



## RESEARCH ARTICLE

# Exploring Local Residents' Psychological Stances for Regenerative Tourism

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### Abstract

This study aimed to investigate the psychological stances of local residents on tourism development in the coastal area where beach resorts and other captivating sights were established. It intended to contribute evidence-based information for policy considerations and livelihood programs toward regenerative tourism. This study utilized a qualitative research design that employed a one-on-one interview and focus-group discussions to gather meaningful data. The research participants were the local residents including males and females, living within the tourism structures in the Municipality of Governor Generoso, Davao Oriental, Philippines. The findings show that residents expressed concern for safety alongside feelings of pride, joy, and gratitude toward tourism. These psychological stances reflect a growing sense of belonging and ownership, aligning with regenerative tourism's emphasis on community agency and emotional investment. This was further reflected in their active participation in community initiatives and efforts to protect and promote their local environment. On the other hand, some participants manifested an anxious mentality and emotionality of repression and inhibition despite the growing tourism industry in their place. Despite the economic advancements brought by tourism, certain individuals continued to experience feeling of anxiety and emotional constraint, hindering their full participation in the industry's benefit. Based on the psychological stances of local residents on tourism development, policy recommendations were discussed and a capacity-building program was designed and proposed. This program aims to support regenerative tourism, ultimately enhancing the quality of life of the people in the community. Additionally, the socio-demographic profiles of the participants were described.

**Keywords:** psychological, sustainable, tourism

### INTRODUCTION

Tourism has been elucidated as one of the key solutions to addressing social and economic hurdles around the world, specifically in rural communities. It serves as a significant income-generating asset in the countryside by promoting natural attractions like white sand beaches and other nature-based attractions and recreations.

In 2020, the COVID-19 pandemic significantly impacted tourism worldwide, including rural areas, which often rely on seasonal visitors for economic stability (World Tourism Organization, 2020). As travel restrictions were imposed, many rural destinations experienced a sharp decline in tourist numbers, leading to economic challenges for local businesses and communities. By 2022,

as restrictions eased, rural tourism began to rebound, with many destinations reporting increased interest in outdoor activities and experiences that offered social distancing while still providing a unique travel experience (Jones, 2022). Additionally, technological advancements allowed rural areas to leverage online platforms for marketing and booking, thus expanding their reach to potential visitors. This multifaceted evolution of rural tourism underscores the resilience of these communities and their ability to adapt to changing circumstances while preserving their cultural identity and natural resources.

Moreover, tourism contributes significantly to economic growth, employment opportunities, and improved living standards in rural areas (World Tourism Organization, 2020). It helps diversify rural economies, create jobs, and prevent depopulation and the degradation of rural areas (Oh, 2005; Lankford, 1994). Furthermore, tourism fosters social and cultural benefits, such as preserving heritage, enhancing community pride, and promoting cultural exchange (López-Sanz et al., 2021; Kelliher et al., 2018).

Unfortunately, despite these benefits, there is a reality that not all the local residents within the tourism structures benefitted from the socio-economic outcomes. There is a need for more research on the socio-economic

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outcomes of tourism development. This necessity is underscored by numerous studies that indicate the potential of tourism to significantly shape local economies and social structures. For instance, a study by Zheng et al. (2019) highlights that tourism can play a vital role in economic development, particularly in emerging economies, through job creation, infrastructure development, and foreign exchange earnings (Zheng, Q., Li, Y., & Wong, C. K. 2019). Also, González et al. (2020) analyze the socio-economic impacts of tourism development in rural areas, concluding that while tourism can enhance income levels and improve community wellbeing, it can also lead to environmental degradation and social inequality which necessitates further exploration to balance these outcomes (González, M. A., & Sánchez, J. A. 2020).

The benefits of tourism are often unevenly distributed. Some rural communities face challenges like aging populations, economic declines, and limited preparedness to handle crises (WTO, 2020). Increasing tourism can lead to a boost in local economies; however, it may also result in rising living costs and environmental degradation. According to a report by the United Nations World Tourism Organization (WTO), tourism's contribution to global GDP was estimated at 10% in 2019, showcasing its importance in driving economic growth (WTO, 2020). However, as highlighted by Cater and Hassall (2020), understanding the nuanced socio-economic impacts—particularly regarding income inequality and community displacement—is crucial for forming policies that ensure equitable benefits and wellbeing for all stakeholders involved. Hence, this paper examines the people's psychological stances through their narratives on tourism development in their locality, focusing on their patterns of thoughts, feelings, and behavior as they witness and experience tourism development in their community.

Davao Oriental's tourism department presently promotes its tourism sites as "Davao Oriental Beautiful." This paper posits that local residents' train of thinking and feeling in terms of tourism development in their community could help attain such a vision of transformation. Specifically, positive psychological stances can lead to increased community involvement, better management of tourism resources, and more sustainable tourism practices (Wise, 2020). On the other hand, the province itself exerts its efforts to go beyond sustainable tourism and advocates regenerative tourism. This concept draws upon the framework proposed by Bellato et al. (2022), which underscores the principle of place-based regeneration within regenerative tourism. It advocates that tourism initiatives should actively contribute to the preservation and enrichment of a destination's ecological and cultural fabric. Additionally, the framework emphasizes the importance of community agency, asserting that local residents should be engaged as active co-creators in shaping tourism development, rather than being treated as passive beneficiaries. Local resident's personal actions and behaviors can actively contribute to sustainable and regenerative tourism by implementing policies and capacity-building programs that are based on the direct needs of the entire community.

Although there are a lot of studies exploring the socio-economic impacts of tourism development, but studies on the psychological stances – how the local residents think, feel, and respond to the development of the tourism industry in their community were scarce. This concept is firmly grounded in Social Exchange Theory, (Thibaut & Kelly, 1959) which underscores the importance of local

community involvement in tourism as both a planning process and an economic endeavor. It reflects the belief that residents are more likely to support tourism development when they perceive the benefits—such as cultural preservation and improved quality of life—to outweigh the costs. Central to this framework is the notion of community agency in regenerative tourism, where locals are recognized not merely as beneficiaries but as active contributors to shaping tourism in ways that honor their heritage and aspirations (Bellato et al, 2022).

This paper aims to provide meaningful information coming directly from the local community to enhance policies and develop capacity-building programs that help boost local residents' self-esteem and support sustainable tourism. These are pivotal for sustainable and regenerative tourism.

Specifically, the central argument of this paper focuses on two parts. Firstly, it proposes that the local residents could have positive and/or negative line of thinking and feeling about the development of the tourism industry in their community. This paper tries to investigate how does tourism industry uplift their life's quality as the host community. Secondly, this paper proposes that local residents are recognized as direct beneficiaries of tourism's promised socio-economic outcomes and that their support for tourism as the host community is valuable. Thus, their stances are vital for improving policy and programs for building the people toward sustainable and regenerative tourism.

## MATERIALS AND METHODS

### Participant characteristics and research design

This study utilized a qualitative research design particularly the phenomenological approach to capture the the participants' perceptions, emotional responses and interpretation to tourism development in the Municipality of Governor Generoso, Davao Oriental. Qualitative research was selected because it focuses on gathering non-numerical data to understand experiences and behaviors in depth (Burklow, 2018).

Participant characteristics included 14 individuals from three barangays (local community), namely Brgy. Tagabebe, Lavigan, and Pundaguitan, where white beach resorts and captivating tourist spots are developing. Participants were male and female, ranging in age from 21 to 60.

For the eligibility criteria, participants were required to be residents of the selected barangays with direct knowledge or experience of tourism development in the area. Exclusion criteria included individuals who had no direct or indirect involvement in tourism-related activities. There were no additional restrictions on other demographic characteristics.

### Sampling procedures

Participants were selected using purposive sampling, a method suited for qualitative research where specific individuals are chosen based on their knowledge and experience related to the research topic. The goal was to ensure that participants could provide meaningful insights into the impact of tourism development on safety, socio-economic opportunities, and personal advantages.

For the sampling method, invitations were extended to individuals identified by local community leaders as having relevant experience with the tourism industry in their barangay. Of those approached, 100% agreed to participate in the study. The setting for data collection involved community spaces within barangays, allowing participants to feel comfortable and engaged in discussions. The researchers are faculty members from the state university within the same province, although they do not reside in the specific municipality where the study took place. Despite not being local residents of the community, they share a common cultural background with the participants, which plays a vital role in interpreting culturally rooted psychological perspectives—particularly in relation to advancing regenerative tourism.

Moreover, ethical standards were met according to institutional guidelines. Participants were briefed on the nature of the study and signed consent forms, indicating their voluntary participation. No payments were made to participants. The study was approved by the Institutional Review Board and followed ethical protocols for conducting human research.

### Sample size, power, and precision

The intended sample size was 14 participants, and this target was met. Given the qualitative nature of the study, the sample size was determined based on the principle of data saturation, meaning data collection continued until no new themes emerged. Power analysis was not conducted, as this is not typically applicable in qualitative research; instead, the focus was on achieving depth and richness of data.

Data were collected using one-on-one interviews and focus group discussions (FGDs), which aim to allow participants to share their personal experiences of the phenomenon under investigation with the researchers (Willig, 2013). These instruments were developed by the researchers based on guidelines for thematic analysis and informed by previous research on sustainable tourism. The interviews and FGDs were semi-structured, allowing flexibility in probing for detailed responses. The interview guide included questions about participants' perceptions of tourism's impact on safety, socio-economic opportunities, and personal advantages. The instruments were reviewed and revised based on expert feedback to ensure clarity and relevance.

### Measures and covariates

The primary measures in this study were participants' thoughts and feelings related to the development of tourism in their locality. These were explored through open-ended questions during interviews and FGDs. Topics covered included safety concerns, socio-economic opportunities, perceived personal advantages of tourism development, and behavior responses to sustainable and regenerative tourism.

All data were collected using audio recordings during interviews and FGDs, which were later transcribed verbatim for analysis.

To enhance data quality, the researchers as data collectors received training in conducting qualitative interviews, ensuring they could engage participants effectively while minimizing interviewer bias. Reliability was further enhanced by using multiple observations, ensuring that themes could be cross-verified across participants. The interview guide was piloted in a small

group before data collection to confirm that it captured the intended information.

### Data analysis

Thematic analysis was employed to analyze the collected data. This method involved identifying recurring themes and patterns across participants' responses. Data analysis followed a structured process:

1. Transcription of all interviews and FGDs.
2. Initial coding to label significant statements or concepts.
3. Theme development, grouping related codes to form overarching themes.
4. Reviewing themes to ensure they accurately represent the data.
5. Defining and naming themes, providing clear definitions for each identified theme.

Both prespecified themes (such as those related to safety and socio-economic impact) and exploratory themes (like personal advantages of tourism development) were analyzed. The results of the thematic analysis were used to inform the study's conclusions regarding participants' perspectives on tourism development in their local communities.

## RESULTS OF STUDY

Table 1 presents the socio-demographic characteristics of the study participants, who reside in three barangays—Tagabebe, Lawigan, and Pundaguitan—within the Municipality of Governor Generoso, Davao Oriental. This area, situated in the southeastern region of the Philippines, is currently experiencing growth in tourism infrastructure, including white sand beach destinations and scenic attractions such as picturesque sunsets.

**Table 1** Local Resident's Socio-demographic Profile

Barangay	Gender/ No. of Participants	Age Range	Educational Attainment
Tagabebe	Male - 2	25-45	Elementary Level
	Female - 3	21-50	High School Level
Lawigan	Male - 1	36	Elementary Level
	Female - 4	20-60	High School Level
Pundaguitan	Male - 0		
	Female - 4	20-60	Elementary Level

Table 2 exhibits the major themes, keywords, and thematic statements derived from the narratives of the local residents, which captured their positive psychological stances on tourism development. It was revealed that they have a sense of safety and security in their place, especially during the development of the tourism industry. They felt secure because of the government's support and provision of law enforcers such as policemen, military armies, and barangay peacekeeping officers. Police station nearby was also established, along with a tourist police outpost. According to the residents, their place used to be a hiding ground for the rebel groups when they were in operation when the tourism industry was not yet developed in the area. At present, a participant (La02-F60) proudly testified:

*"kato niaging tuig, ingon nila nay NPA nga nakababa, pero aktibo man kaayo ang mga military, wala man nahitabo..." (there was an information last year that there were rebels staying in our place, but because of the active military armies, nothing happened bad here.)"*

A theme called gratitude also surfaced in the local residents' narratives. They felt blessed by the tourism development because livelihood opportunities were accessible. For them, it was a big economic savings that their employment was within their community so they need not spend on transportation fares. Likewise, joy and pride appeared as major themes. They were happy to see and deal with new people and witness different types and models of cars. This was evident as one of the participants (Tag01-M43) amazingly said:

*"sauna, panagsahon ra kaayo ang dayo diri og motor ra man sakyanan, habal-habal...pero karon sikat na kay naa na may Amerikano og klase-klase na mga sakyanan..." (before, we could rarely see visitors in our place, and we only see motorcycles as transportation, but now, our place is*

*famous, we even see foreigners and different kinds of vehicles.)"*

A sense of belongingness and ownership were also exhibited in their protocols. The local residents shared that they have felt assured and honored to stay in the place not only because they are natives but also because of the tourism development. They are honored because of the popularity of the place as a tourist destination, especially on social media. Another participant (Tag03-F21) delightedly said:

*"unsa ra gud ni among lugar sauna, karon makita na sa social media..." (our place is now known on social media, unlike before...)"*

And they felt assured because their place has now an accessible police station and the law enforcers are always on guard. This was confirmed by a participant (La01-M36) who confidently shared:

*"24/7 ang police station nga gibutang diha, dali ra kayo makapangayo tabang..." (the established police station nearby is accessible 24/7 which makes it easy for us to refuge for security...)"*

**Table 2** Local Residents' Positive Psychological Stances

Major Themes	Keywords	Thematic Statements
Safety and Security	Secured	"...naay pulis gabantay, mga tanod garobing og aktibo nga military..." ["...there are policemen, barangay peacekeeping officer, and active military troupes..." ] Tag01-F49
Gratitude	Blessed	"dool na ang trabahuan, di na pamasahian, dako jud tabang..." ["...employment opportunity is very accessible which can save us from transportation expenses, it is really a big help..." ] La03-F24
Joy	Happy	"...klase-klase Makita namo nga tao og sakyanan, makalingaw makakita og bag-o..." ["...we see different people with different types of transportation, we enjoy seeing them new for us..." ] Tag02-F33
Pride	Famous	"...bisan ing-ani ra among lugar, naa pud tinaguan nga makadani og bisita..." ["...even though our place is like this, there is a hidden beauty that keeps visitors coming..." ] Tag01-F50
Belongingness	Assured	"...naa nay police station diha...og naa mi problema, dali ra mi makadagan nila..." ["...there is an accessible police station which we can easily ask for help when need comes..." ] Tag01-M38
Ownership	Honored	"...amo ni, taga diri jud mi..." ["...this place is ours, we are really from here..." ] La04-F60

**Table 3** Local Residents' Structural Stigma

Major Themes	Keywords	Thematic Statements
Anxiousness	Innocence, Deception	"isa ka bulan jud mi wala katulog sa among balay kay ingon nila naa kuno tao mogawas tagagabii...sa sailingan mi gatulog..." ["it was a month when we did not sleep in our own house because they said there was a man that visits our house every night...because of the fear, we sleep in our neighbor's house..." ] Pun04-F26
Repression	Controlled	"...oo pero mahadlok ang mga bata og itum nga van...kay kuno kidnapper..." ["...yes, the children are scared of black vans...they were told that those are kidnappers..." ] Pun02-F32
Inhibition	Low Self-Esteem	"...di mi pwede mag display sa kalsada kay bawal..." ["...we are not allowed to display our products along the road..." ] Pun01-F51

Based on the findings, the residents were conscious of the sudden improvement of their place, which was perceived in tourism development. They developed a sense of happiness through their manifestations of pride, belongingness, safety, and gratitude. Such feelings of happiness can motivate the local residents and show their willingness to support tourism development (Prabhakaran, et al., 2014). In addition, a feeling of safety as an emotional experience encapsulates their confidence in being protected from harm and violence (Zuo & Meng, 2020).

According to Smith and Lopez (2020), residents in tourism-dependent areas often possess an intricate knowledge of tourism's benefits and drawbacks, which influences their attitudes toward sustainable tourism development. Their engagement with this dual perception highlights the importance of integrating local perspectives in tourism planning to support community resilience and long-term prosperity.

Meanwhile, table 3 demonstrates the major themes, keywords, and thematic statements that emerged from the narratives of the local residents which captured structural

stigma on tourism development. Based on their narratives, they experience anxiety, emotional repression, and inhibition while there is a presence of tourism development in their place.

All of these respondents who shared structural stigma were geographically situated in an isolated space in Barangay Pundaguitan. The community is geographically separated from mainstream tourism activities, as their homes are located along a cliffside road. They are organized as a single unit under the leadership of a *purok* (community cluster) head, to whom they have traditionally relied for access to information and livelihood opportunities. The majority of men engage in fishing, while women primarily manage household responsibilities. The fish they catch are typically purchased directly by their leader, who operates a store situated near the government-managed tourism park within the area. This situation reflects diminished self-confidence in their capacity for community agency, despite their potential to serve as active contributors in the growing tourism sector. Their limited participation is shaped not only by geographic isolation and economic dependency but also by restricted access to education—most residents have not completed elementary schooling. This educational gap significantly hinders their ability to comprehend structural policies and legal frameworks that govern tourism and livelihood opportunities. As a result, they are unable to negotiate fair prices for their catch or engage meaningfully with tourism-related transactions, missing out on economic benefits that could otherwise improve their quality of life.

Due to their limited educational attainment—many not having completed elementary school—community members were particularly vulnerable to misinformation and manipulation. Some were influenced through distorted interpretations of indigenous beliefs, wherein outsiders associated with tourism were perceived to possess extraordinary powers capable of uprooting or controlling local residents. This vulnerability, rooted in innocence and restricted access to accurate information, education, and communication, led to passive compliance and inhibited critical engagement. Children, in particular, were deliberately withheld from exposure to tourist areas, further isolating the community from potential benefits. These dynamics obstructed key pillars of regenerative tourism, such as place-based regeneration and community agency. Emotional repression and exclusion from tourism-related activities prevented residents from appreciating the development unfolding in their area. Instead of being empowered as planners and active participants in the industry, they experienced structural stigma and were denied meaningful involvement and economic opportunities—outcomes shaped by misinformation and misbelief.

## DISCUSSION

The findings of this study reveal both positive and negative impacts of tourism development on the local residents of Governor Generoso, Davao Oriental based on their psychological stances.

Psychologically, residents generally feel a heightened sense of safety and security due to increased government presence and law enforcers dispatched in the area, such as policemen, military armies, and barangay peacekeeping officers. This aligns with findings from previous studies indicating that enhanced safety measures and government presence in tourist areas can significantly improve

residents' sense of security (González-Reverté, 2019; He et al., 2020). Research by Muresan et al. (2016) further supports this, noting that safety perceptions are critical for local support of tourism initiatives.

The booming of the tourism industry also made residents feel positive emotions such as gratitude, joy, and pride. They were happy to see and deal with new people and witness different types and models of cars, which were not visible in their place before. This reflects the general positive emotional response associated with tourism development, which has been documented in various studies (Chiu et al., 2016; Wang & Pfister, 2008). Correspondingly, a study by Kim, Uysal, and Sirgy (2013) highlights that positive emotional responses are often linked to increased tourism activities, contributing to residents' overall life satisfaction.

This development has also fostered a sense of belongingness and ownership among the locals, enhancing their overall well-being and willingness to support tourism initiatives. According to them, they feel honored because of its popularity as a tourist destination, especially on social media. This sense of pride and enhanced social cohesion is supported by research indicating that community involvement in tourism can lead to improved social well-being (Nunkoo & Gursoy, 2012; Woosnam et al., 2018). Likewise, local participation in tourism development strengthens community bonds and fosters a collective identity (Aref, 2011).

In connection with these findings, the study of Haralambopoulos & Pizam (1996) found that the economic benefits of tourism to the local residents including personal income and work attitude are strong drivers for them to support tourist development and sustainability. The presented stances of thoughts and emotions positively influence their impression of living amidst tourism development. Zhang, Leung, and Qu (2017) emphasized that emotional involvement influences tourists' ability to recall memorable experiences, linking emotional responses to positive tourism encounters. Understanding this emotional experience can help in designing tourism strategies, thereby enhancing satisfaction and engagement (Islam et al., 2020). In addition, Düşmezkalender et al. (2024) stated that residents' positive emotional engagement with tourists promotes support for tourism development, illustrating that emotional bonds can influence attitude toward tourism and affecting community involvement. Volo (2021) suggested that emotional responses shape various travel stages, influencing decisions from destination selections of tourists. While tourism affects the quality of life of the local residents, their quality of life can also affect tourism development.

However, along with the positive impacts of tourism development, a structural stigma has been developed among some residents, particularly those in Barangay Puntalinao with limited access to education, leading to anxiety, emotional repression, and inhibition, primarily because they do not benefit directly from the tourism development. Therefore, although tourism is popularly known to be an economic booster in a community, there is a need for improvement in other social dimensions, such as education and skills training (Wang, et al., 2020).

The findings of the study reveal both positive and negative impacts of tourism development on local residents. Through the lens of Social Exchange Theory, it becomes evident that community support for tourism is shaped by perceived benefits—such as improved safety, economic opportunities, and emotional rewards like pride, joy, and gratitude toward their place. These positive

exchanges contribute to a strengthened sense of cultural identity and belonging.

However, the principles of regenerative tourism emphasize that tourism must go beyond economic gain to actively restore ecological and cultural integrity, while empowering communities as co-creators of development. In this context, some residents were excluded from meaningful participation and deprived of the benefits of tourism. Their limited educational background and economic vulnerability made them more susceptible to misinformation and manipulation, which led to emotional repression and inhibited agency.

Instead of experiencing a reciprocal exchange, these individuals developed structural stigma, which restricted their ability to thrive and engage as active contributors in regenerative tourism. Their sense of control over improving their quality of life was diminished, and poverty became a barrier to accessing accurate information, education, and livelihood opportunities.

To uphold the principles of regenerative tourism and ensure equitable social exchange, policymakers must address these structural barriers. Targeted capacity-building programs are essential to educate vulnerable residents about their rights, opportunities, and potential. More importantly, these initiatives should empower them to become active players in the tourism industry—drawing on their lived experiences, cultural knowledge, and local capabilities to co-create a tourism model that is inclusive, restorative, and community-driven.

The findings of this study are constrained by its geographic coverage and the number of participants involved.

## CONCLUSIONS AND RECOMMENDATIONS

While the tourism industry has been developing in Mindanao, particularly in the Municipality of Governor Generoso, Davao Oriental, the local residents' psychological stances are paramount to its sustainability and regeneration. This has been visualized because of its impact on the local residents' support and cooperation for the industry to economically flourish in the place. The locals themselves must feel happy in the tourism development to capture their cooperation and participation leading to sustainable and regenerative tourism.

Moreover, education training and capacity-building programs are essential for the locals to be productive and economically advantaged. Developing the tourism industry is a vital strategy for alleviating poverty, the implementation of pro-poor tourism should take into account comprehensive impacts on poor residents, including economic level, livelihood conditions, and education training.

This study recommends that the government from the barangay (smallest administrative division) to the municipal level encourage local residents' participation in planning and crafting policies related to tourism. Their psychological stances are important to consider especially those negative stances that emerged from their narratives to strategically address their needs. Their current living situation, education, and information as well as their access to communication to social welfare and development need to be accounted for in policies and development planning that proactively promote the residents' quality of life. A clear understanding of the

various factors of a person's situation is influenced by a person's general well-being (Orange, 1995). Quality of life can be subjective but it is generally agreed that it includes the general components of: basic physiological needs (food, water, good health, and physical protection from harm); security (links to supportive social networks and opportunities to participate in social, cultural, and political activities); and self-esteem (knowledge, confidence, and the freedom to make choices) (Cecil, et al., 2019; Moscardo, 2009).

Further, this study recommends capacity-building programs for both males and females to unleash their potential and be active contributors for regenerative tourism. Such training programs could include massage therapy, tour guiding, souvenir making, and food tourism which can promote tourism branding in their area. Wellness tourism can also be explored by utilizing Indigenous herbs and practices for the visitors to also appreciate the uniqueness of their culture and natural resources, thereby promoting regenerative tourism.

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## DECLARATION

### Ethics approval and consent to participate

The study has received ethical approval from the Director of University Research Ethics Board of Davao Oriental State University.

### Consent for publication

N/A

### Availability of data and materials

The data supporting the findings of this study can be obtained from the corresponding author upon request. However, they are not publicly accessible due to privacy or ethical considerations.

### Conflicts of interest Statement

Authors have no conflicts of interest to be declared.

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### Artificial Intelligence-Assisted Technology

N/A

### Authors' contributions.

CLC, RAC, and AAL contributed to the study conception and design, as well as in preparing materials and collecting data. RAC conducted the data analysis. The initial draft of the manuscript was written by RAC and AAL, and it was reviewed by CLC.

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## ADDITIONAL INFORMATION

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