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Article type: Original Article

Received: 21 February 2024

Accepted: 10 June 2024

Published online: 29 July 2024

eISSN: 2544-1361

Eur J Clin Exp Med

doi: 10.15584/ejcem.2024.4.11

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting and typesetting. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

The relationship between the consumption of traditional Turkish brewing style coffee and other brewing style coffee and HbA1c levels in patients with type 2 diabetes

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ABSTRACT

Introduction and aim. To investigate the relationship between the consumption of traditional Turkish brewing style coffee and other brewing style coffee and hemoglobin A1c:glycated hemoglobin (HbA1c) levels in patients with type-2 diabetes mellitus.

Materials and methods. One hundred fifty patients were included in the study. The research sample was obtained from a family health center that called İzmir Karşıyaka 16 -Family Health Center in İzmir-Turkey. Sociodemographic characteristics, medications, diet, nutritional status, self-reported health status, and consumption of Turkish and other coffee consumption style and other beverages of the patients were recorded. HbA1c, high-density lipoprotein (HDL), low-density lipoprotein (LDL), triglyceride, total cholesterol, and fasting plasma glucose levels in the previous year were obtained from medical records. All patients had their HbA1c readings taken on quarterly basis. In addition, routine blood tests, including HbA1c measurements, were conducted every six months as part of the regular follow up at the family health center. The International Physical Activity Questionnaire (IPAQ) was used to evaluate the daily physical activities of the patients.

Results. The median HbA1c value of the group taking oral antidiabetic drugs was significantly lower than the median HbA1c value of the group using insulin ($p=0.012$). There was no significant difference in HbA1c levels regarding missing a meal, drinking coffee (sugar-free or not), and physical activity ($p>0.05$). Correlation analysis showed a significant weak relationship between the amount of Turkish coffee consumption per week and fasting blood glucose level ($p=0.041$, $r=-0.088$). There was a negative weak and significant relationship ($p<0.05$) between HbA1c levels and the amount of Turkish coffee consumption per

week ($p=0.014$). In the exponential regression model, coffee consumption per week explained the HbA1c level in proportion to 2.9% ($F=4.386$; $p=0.038$).

Conclusion. Consumption of Turkish coffee was inversely correlated with fasting glucose and HbA1c levels. Future studies are needed to determine the effect of coffee in the treatment of diabetes mellitus.

Keywords. coffee, blood glucose, diabetes mellitus, fasting glucose level, glycated hemoglobin A, physical activity

Introduction

This study investigates the consumption of coffee prepared in the traditional Turkish style, which involves a unique brewing method, and the consumption of other types of coffee. The term 'Turkish and other coffee consumption style consumption' refers to these distinctions. The effects of these different coffee consumption styles on hemoglobin A1c:glycated hemoglobin (HbA1c) levels in patients with type 2 diabetes are examined. Traditional Turkish coffee is prepared using finely ground Arabica beans boiled in a special pot called a cezve, resulting in a distinctive flavor and higher levels of bioactive compounds compared to other brewing methods.¹

Diabetes mellitus (DM) is one of the most important health problems and it is one of the leading causes of death. Nearly half a billion people have DM worldwide and the global diabetes prevalence is estimated to be 10.2% (578 million) by 2030 and 10.9% (700 million) by 2045.² Factors that cause an increase in the frequency of diabetes mellitus are rapid population growth and prolongation of life expectancy, increase in the prevalence of the obesity due to urbanization and decrease in physical activity. Due to the risk factors like age, lacking physical activity and obesity diet-based strategies are an important part of medical treatment. Therefore, the use of natural compounds for diet regimens in DM has gained much attention for a long time. In this manner, evidence-based literature data has been expanded in recent years.^{3,4}

Coffee is one of the most consumed drinks in the world and coffee consumption increases gradually due to suggested beneficial effects. Along with protective effects on the cardiovascular system, favorable outcomes on some diseases including type 2 diabetes mellitus, non-alcoholic fatty liver disease, liver cancer, gout, kidney stones, and Parkinson's disease were investigated in the literature.^{5,6} Although the biological mechanism of the inverse relationship between diabetes and coffee consumption is not fully known, several different mechanisms are proposed.^{6,7} Some studies suggest that its positive effects on chronic diseases may be due to the antioxidant effects via various pathways.⁸ It contains vitamins and minerals such as ascorbic acid, riboflavin, niacin, folic acid, pantothenic acid, magnesium, potassium, manganese, and fluoride.⁹ Also, it contains polyphenols (hydroxycinnamic acids); which are supposed to be the best candidate for the beneficial effects of coffee and tea consumption on various metabolic disorders.¹⁰ The effects of polyphenols (active dietary chlorogenic acid) in the prevention of chronic

diseases are attributed to their ability to improve endothelial function and suppress vascular endothelial cell expression of proinflammatory cytokines.¹¹

Many studies have shown that coffee consumption can reduce the risk of developing type-2 diabetes in a dose-dependent manner.^{5,12,13} High coffee consumption is associated with higher insulin secretion, insulin sensitivity, and β -cell function.^{5,14} Chlorogenic acid, one of the most important phenolic components in coffee was shown to have antihyperglycemic effects.⁶ Another possible mechanism related to the antihyperglycemic effect is the inhibition of sodium-dependent glucose transporters in the gut. Another hypothesis to explain the relationship between coffee and type 2 DM is the idea that chlorogenic acid competes with the glucose-6-phosphate translocase enzyme, inhibiting its activity and reducing intestinal glucose absorption.¹⁵ Another possible mechanism is explained by adiponectin. Intake of caffeine, polyphenols, and metabolites is significantly associated with levels of adiponectin, an important regulator of insulin sensitivity and tissue inflammation.¹⁶ It is suggested that magnesium, one of the components of coffee, also contributes to this effect by increasing insulin sensitivity.¹⁷ Coffee may also affect the secretion of gastrointestinal peptides such as glucagon-like peptide 1 and gastric inhibitory polypeptide.^{18,19}

Aim

There are a lot of studies about coffee intake that have beneficial effects on type-2 DM prevalence and glycemic control. So, we aimed to investigate whether Turkish coffee consumption would affect the HbA1c levels in patients with type-2 DM.

Material and methods

Our research was a cross-sectional-descriptive type. The sample size was 80% power with, a 5% margin of error and 50% unknown frequency since no similar study was conducted in our country before. With a 5% deviation, it was calculated that at least 150 patients should be recruited to study. Patients with type-2 DM whose medical records included HbA1c, high-density lipoprotein (HDL), low-density lipoprotein (LDL), total cholesterol, triglyceride, and fasting plasma glucose values in the previous year were included in the study. Type 1 DM patients, patients who reject to study, pregnant and, <18 years of age were excluded from the study.

Before the study approval of the local ethical committee was obtained (Clinical Research Ethics Committee of the Faculty of Medicine at İzmir Katip Çelebi University in June 2021 with the code 2605). The participants were first informed about the study, and verbal and written consent of the volunteers was obtained. A 34-question sociodemographic data questionnaire, liquid consumption questionnaire, and international physical activity test prepared by the researchers in line with the relevant literature, were applied to the participants by face-to-face interview technique. Participants' age, gender, employment status, marital status, income status, smoking, chronic diseases, health status, medications, the time of

diagnosis with DM, diet, nutritional status, and the number of meals were examined. Height and weight measurements of the participants and body mass index (BMI) were recorded. Consumption of Turkish coffee, granulated coffee, espresso, coffee with milk, black tea, green tea, cold tea, cola, and energy drink with their amount and frequency were questioned, which was formed by the researchers in line with the relevant literature. The International Physical Activity Questionnaire (IPAQ) was used to evaluate the daily physical activities of the patients. This questionnaire provided information about sitting, walking, moderately vigorous activities, time spent in vigorous activities, and physical activity levels are determined by grouping individuals according to this information. International validity and reliability studies were carried out by Craig et al.²⁰ The Turkish versions of the IPAQ short and long forms are reliable and valid in the assessment of physical activity.²¹ The biochemical values and HbA1c levels of the patients in the previous year were screened from the medical records.

Statistical analysis

All data were analyzed using SPSS 23.0 package program (IBM, Armonk, NY, USA). The numeric variables were presented as mean and standard deviations; categorical variables were presented as numbers (n) and percentages (%). Normality assumption was tested with Kolmogorov-Smirnov and Shapiro-Wilk test. Continuous data that did not show normal distribution were tested for their conformity to the normal distribution by data transformation. Mann-Whitney U test was used for pairwise comparisons. The Kruskal-Wallis test was used to compare more than two independent groups. Post hoc Dunn's test was used for within-group comparisons when a significant difference was detected in the comparison of multiple groups. While examining the relationship between measurement-based numerical data, Pearson and Spearman's correlation analysis was carried out according to whether or not conditions were met or not for Pearson correlation. ETS exponential regression analysis was conducted to evaluate the extent of the relationship between continuous variables. For all analysis results, the significance level of $p < 0.05$ was accepted.

Results

Sociodemographic features of the patients are presented in Table 1.

Table 1. Distribution of sociodemographic characteristics of individuals

| | | Mean±SD |
|--------------------------|-------|----------------|
| Age | | 61.69±12 |
| Height (cm) | | 166.5±8.59 |
| Weight (kg) | | 83.23±15.95 |
| BMI (kg/m ²) | | 30.05±5.6 |
| | | n (%) |
| Gender | Male | 61 (40.7) |
| | Woman | 89 (59.3) |

| | | |
|--------------------------------|---|------------|
| What is your education status? | Illiterate | 12 (8) |
| | literate | 13 (8.7) |
| | Primary school | 73 (48.7) |
| | Middle school | 19 (12.7) |
| | High school | 21 (14) |
| What is your working status? | University | 12 (8) |
| | Working | 23 (15.3) |
| | Retired | 87 (58) |
| What is your marital status? | Not working | 40 (26.7) |
| | Married | 114 (76) |
| | Single | 1 (0.7) |
| | Divorced | 10(6.7) |
| Your income status? | Widow | 25 (16.7) |
| | Equal to my expenses | 127 (84.7) |
| | Less than my expenses | 19 (12.7) |
| Smoking | More than my expenses | 4 (2.7) |
| | Yes (1 or more per day) | 34 (22.7) |
| | I am a social drinker (less than 1 per day) | 10 (6.7) |
| Total | No | 106 (70.7) |
| | | 150 (100) |

Self-declaration of the health status of the patients is shown in Table 2. Most of them (73.3%) thought that their health status was fair. 84% of patients have been using only oral antidiabetic. Adaption to the diet list was only 29.3%. The prevalence of following a diet recommended by a doctor or a dietician perpetually was 20%. Regular medication use for DM was 70.3% (Table 2).

Table 2. Information about the health status of individuals

| | | n (%) |
|---------------------------------------|-----------------------------|------------|
| How do you think your health is? | Very good | 1 (0.7) |
| | Good | 31 (20.7) |
| | Fair | 110 (73.3) |
| | Poor | 7 (4.7) |
| | Very poor | 1 (0.7) |
| What do you use to treat diabetes? | Oral antidiabetic | 126 (84) |
| | Oral antidiabetic + insulin | 20 (13.3) |
| | Insulin | 4 (2.7) |
| Duration of diagnosis of DM | ≤9 years | 89 (59.3) |
| | ≥10 years | 61 (40.7) |
| Have you received a diet list before? | Yes | 102 (68) |
| | No | 48 (32) |
| Do you follow your diet list? | Yes | 44 (29.3) |
| | No | 106 (70.7) |
| | Yes | 30 (20) |
| | Sometimes | 86 (57.3) |

| | | |
|--|-----------|------------|
| Do you follow a diet recommended by your doctor or dietician in the treatment of diabetes? | None | 34 (22.7) |
| Do you use your medications regularly in the treatment of diabetes? | Yes | 119 (70.3) |
| | Sometimes | 26 (17.3) |
| | none | 5 (3.3) |
| Total | | 150 (100) |

59.3% of the patients said that they consumed three main meals a day, and 72.7% had consumed less than three snacks a day, 48% did not miss a meal. 57% of the patients said they consumed fruit every day, and 66% of them said they consumed vegetable food every day. The consumption of black Turkish coffee ratio was 60.7% among patients. It was observed that 75.3% of the patients consumed other kinds of black coffee. The prevalence of drinking sugar-free tea was 66.7. Water consumption of less than 3 L/per day among patients was 80%. The nutritional habit of the patients is presented in Table 3.

Table 3. Nutritional habits of individuals

| | | n (%) |
|--|--------------------|------------|
| How many main meals do you have a day? | Less than 3 meals | 53 (35.3) |
| | 3 meals | 89 (59.3) |
| | More than 3 meals | 8 (5.3) |
| How many snacks do you have a day? | Less than 3 meals | 109 (72.7) |
| | 3 meals | 31 (20.7) |
| | More than 3 meals | 10 (6.7) |
| If you miss a meal, which meal do you miss? | Morning | 6 (4) |
| | Noon | 68 (45.3) |
| | Evening | 4 (2.7) |
| Do you consume fruits every day? | None | 72 (48) |
| | Yes | 86 (57.3) |
| | Sometimes | 59 (39.3) |
| Do you consume vegetables every day? | None | 5 (3.3) |
| | Yes | 99 (66) |
| | Sometimes | 47 (31.3) |
| How do you consume your Turkish coffee? | None | 4 (2.7) |
| | Simple | 91 (60.7) |
| | Low sugar | 28 (18.7) |
| How do you consume your coffee (other kinds of coffee) | Middle | 21 (14) |
| | Sugary | 10 (6.7) |
| | Simple | 113 (75.3) |
| How do you consume your tea? | Sugary | 37 (24.7) |
| | Simple | 100 (66.7) |
| How many liters of water do you consume per day? | Sugary | 50 (33.3) |
| | Less than 3 liters | 120 (80) |
| | 3 liters | 24 (16) |
| | More than 3 liters | 6 (4) |

| | |
|-------|-----|
| Total | 150 |
|-------|-----|

The HbA1c levels of the individuals were compared according to the duration of DM, having a diet list, compliance with the diet list, following a diet list recommended by a doctor or a dietician, and individual perception of their health. There was no difference between the groups ($p>0.05$) (Table 4). However, when we compared HbA1c levels were compared according to the medication used in the treatment of DM; diabetes, it was seen that the median HbA1c value of the group taking oral antidiabetic drugs was significantly lower than the median HbA1c value of the group using insulin ($p=0.012$). The International Physical Activity Questionnaire (IPAQ) was used to evaluate the daily physical activities of the patients. This questionnaire provided information about sitting, walking, moderately vigorous activities, time spent in vigorous activities, and physical activity levels are determined by grouping individuals according to this information. International validity and reliability studies were carried out by Craig et al.¹⁹ The Turkish versions of the IPAQ short and long forms are reliable and valid in the assessment of physical activity.²¹

Table 4. List of how many people consume Turkish coffee and how many people consume other coffee consumption style

| Beverage consumption | n | % |
|---|-----|------|
| Turkish brewing style coffee (plain) | 91 | 60.7 |
| Other brewing styles coffee (plain) | 113 | 75.3 |
| Tea (plain) | 100 | 66.7 |
| Less than three liters of water per day | 120 | 80 |

Table 5. Comparison of HbA1c levels of individuals according to their health status, diet status, and medications, physical activity

| Category | n | Median (min–max) | p |
|--------------------------------|----|------------------|-------|
| Duration of diabetes diagnosis | | | |
| ≤9 years | 89 | 7.2 (5.3–13.8) | 0.242 |
| ≥10 years | 61 | 7.5 (5.3–15.4) | |
| Regular medication use for DM | | | |

| | | | |
|----------------------|-----|----------------|-------|
| Yes | 119 | 7.1 (5.3–13.8) | 0.383 |
| No | 31 | 7.7 (5.9–15.4) | |
| Received a diet list | | | |
| Yes | 102 | 7.5 (5.3–15.4) | 0.283 |
| No | 48 | 6.9 (5.8–10.6) | |
| Physical activity | | | |
| Inactive | 109 | 7.5 (5.3–15.4) | 0.333 |
| Minimally active | 37 | 6.9 (5.3–11.6) | |
| Very active | 4 | 7.55 (5.9–8.4) | |

HbA1c levels according to the nutritional habits of individuals were shown in Table 6. There was no significant difference in terms of missing a meal, drinking coffee sugar-free or not, and physical activity questionnaire ($p>0.05$).

Table 6. HbA1c levels according to the nutritional habits of the patients (Kruskal-Wallis test)

| | | n | Median (min–max) | p |
|---|------------------|-----|------------------|-------|
| If you miss a meal, which meal do you miss? | Morning | 6 | 7.45 (6.2–9.4) | 0.384 |
| | Noon | 68 | 7.50 (5.7–15.4) | |
| | Evening | 4 | 8.15 (6.3–9.4) | |
| | I'm not jumping | 72 | 7 (5.3–13.5) | |
| How do you consume Turkish coffee? | Simple | 91 | 7.6 (5.3–15.4) | 0.311 |
| | Low sugar | 28 | 7.4 (5.7–11.6) | |
| | Middle | 21 | 6.5 (5.6–9.9) | |
| | Sugary | 10 | 6.9 (6–12.4) | |
| Physical activity questionnaire | Inactive | 109 | 7.5 (5.3–15.4) | 0.333 |
| | Minimally active | 37 | 6.9 (5.3–11.6) | |
| | Very active | 4 | 7.55 (5.9–8.4) | |

We used correlation analysis with the amount of Turkish coffee and BMI, fasting blood glucose, triglyceride, and physical activity score. It was found that there was a significant weak relationship between the amount of consumption of Turkish coffee/per week and fasting blood glucose level. ($p=0.041$, $r=-0.088$) (Table 7).

Table 7. Correlation analysis of coffee consumption and health metrics*

| Variable | BMI | Fasting blood glucose | HDL | Triglyceride | Physical activity |
|---------------------------|--------|-----------------------|-------|--------------|-------------------|
| Turkish coffee (per week) | -0.088 | -0.167 | 0.073 | -0.018 | 0.056 |
| p | 0.284 | 0.041 | 0.377 | 0.828 | 0.493 |

* Spearman correlation analysis, BMI – body mass index, HDL – high-density lipoprotein

There was a negative, weak and significant relationship ($p < 0.05$) between HbA1c levels and the amount of consumption of Turkish coffee per week ($p = 0.014$). No significant relationship was found between HbA1c levels and consumption of the amount of black tea, other coffees, other beverages per week, and physical activity levels ($p > 0.05$) (Table 8).

Table 8. Correlation analysis between HbA1c and the beverages consumed by individuals and weekly physical activities*

| | | Turkish coffee/per week | Black tea/per week | Other kinds of coffees/per week | Other drinks per/week | Physical activity |
|-------------|---|-------------------------|--------------------|---------------------------------|-----------------------|-------------------|
| HbA1c level | r | -0.200 | -0.071 | -0.065 | 0.105 | -0.107 |
| | p | 0.014 | 0.388 | 0.430 | 0.201 | 0.193 |

* Spearman correlation analysis

In the exponential regression model between Turkish coffee consumption amount (mL)/per week which has a negative relationship with the HbA1c level, coffee consumption amount/per week explained the HbA1c level in proportion to 2.9% ($F = 4.386$; $p = 0.038$) (Table 9).

Table 9. The role of Turkish coffee consumption in explaining the change in HbA1c level*

| | B | Std. Error | β | t | F | R ² | p |
|--|--------|------------|---------|--------|-------|----------------|-------|
| Turkish coffee consumption/per week (mL) | 8,065 | 0.263 | | 30.633 | | | |
| | 0.0003 | 0.000143 | -0.170 | -2.094 | 4.386 | 0.029 | 0.038 |

* ETS exponential regression analysis

The relationship between HbA1c levels of the patients and coffee consumption/per week was demonstrated in Figure 1.

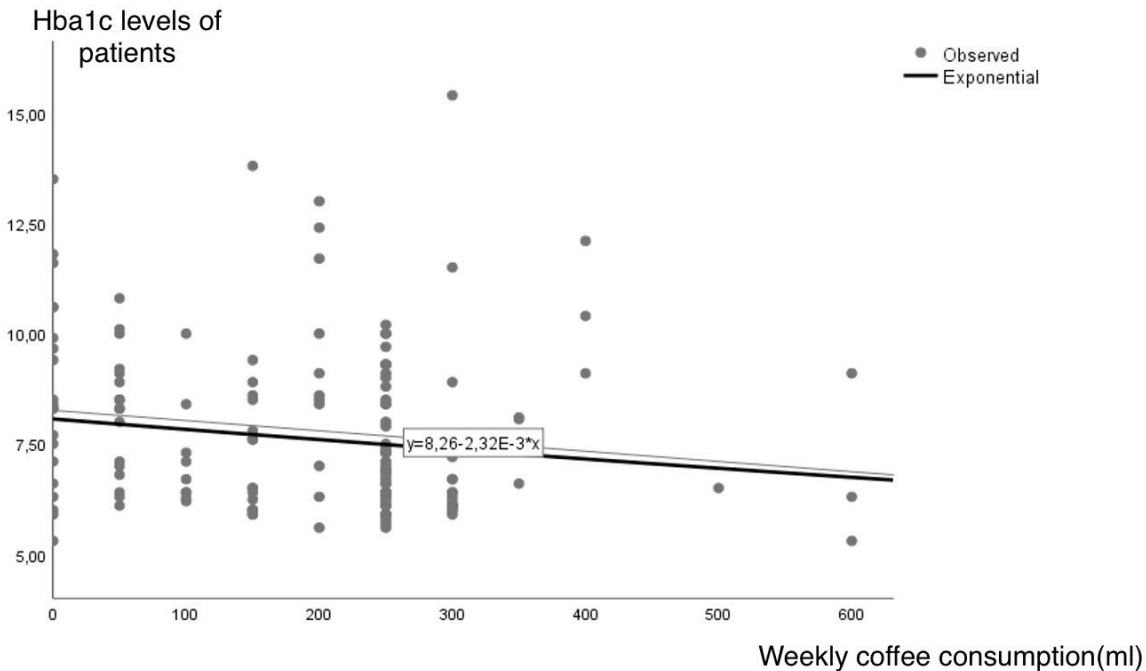


Fig. 1. Weekly coffee consumption (mL) (x), HbA1c levels of the patients(y)

Discussion

DM is one of the most important health problems today. Treatment of DM includes medications, diet, and lifestyle changes. Nutritional support especially has begun to be considered mainly in recent years become a rising field of interest for the treatment of DM.

Coffee is one of the most consumed beverages in our country as well as all over the world. Turkish coffee which is cooked with traditional techniques in our country takes an important place in the daily diet and social life of individuals in people of all ages in our society.

Many studies have been conducted about the relationship between coffee and chronic diseases. It is known that coffee contains many bio-phytochemicals that affect serum lipids and metabolism. The phytochemicals in coffee are affected by the cooking technique. Boiled coffee such as Turkish coffee, contains more phytochemicals than filter coffees.²² When we searched the literature we found a few studies that investigated the relationship between Turkish coffee and type-2 DM.

In a study conducted by Grosso et al. it was shown that coffee and tea consumption was inversely related to the metabolic syndrome and its components.⁶ In our study, there was a significant negative correlation between Turkish coffee consumption and HbA1c level, but no significant relationship was found between HbA1c levels and other types of coffee types and tea. The lower consumption rate of other coffee types in

our country compared to Turkish coffee may have affected the results. As for tea, the high amount of consumption and generally drinking with sugar may cause high glucose intake. Future studies comparing sugar-free tea with coffee in large equal groups will reveal more informative results. In a cross-sectional study with 300 participants conducted by Peksever et al. in our country, no significant relationship was found between type-2 DM and coffee, but the normal body fat ratio was found to be significantly higher in those who consumed more than 800 mL of black tea per day compared to those who consumed less than 800 mL.²³ But in contrast to this study, the percentage of participants who consumed Turkish coffee without sugar was higher in our study at 48.3% and 73% percentages. The Japan Public Health Center-based Prospective Diabetes study by Kabeya et al.²⁵ found that coffee consumption of ≥ 240 mL/day was significantly associated with a change in the FPG level by -1.9 mg/dL in men ($p=0.013$) and -1.4 mg/dL in women ($p=0.015$), as compared to coffee consumption of 0 mL/day in contrast to other beverages. But unlike our study, their study showed some conflicting relationships between the HbA1c levels and consumption of some types of beverages. Therefore, in a study by Albar et al. no association was found between average caffeine intake and HbA1C levels.²⁴ Sarriá et al. showed that regular consumption of the green/roasted coffee blend produces positive effects on blood pressure, glucose and triglyceride levels.²⁶ In their meta-analysis Kondo et al., suggested that green tea, but not caffeinated/decaffeinated coffee or black tea, may reduce FBG levels, compared with placebo/water.²⁷ So there are conflicting findings on the relationship between glycemic control and coffee consumption despite the beneficial effects of coffee being mentioned in DM, HT, and many various diseases.^{5,6,26,28,29}

When we compared the HbA1c levels according to the individuals' perception of their health and their diet status, no difference was observed between the groups ($p>0.05$). However, HbA1c levels were significantly higher in the group using insulin treatment. This situation may be due to the fact insulin treatment was usually kept for patients with unregulated glucose levels and high HbA1c values

In the study, no correlation was found between the amount of Turkish coffee consumption per week and HDL, LDL, triglyceride, or total cholesterol values contrary to Sarriá et al. Karabudak et al. found no significant differences in DL, VLDL, TG, or total cholesterol levels between groups when participants were assigned to 3 groups as who do not drink coffee, who drink Turkish coffee, and who drink granulated coffee.^{26,30} Therefore the review by Grosso et al. also found conflicting results about serum lipids associated to coffee consumption.⁶

There are some limitations of our study. The incomplete questioning of the amount of sugar added to coffee and tea, the high mean average, and the low physical activity level may affect study outcomes. Increased sample size with equal distribution and lower mean age will provide beneficial findings.

Conclusion

According to the results of our study consumption of Turkish coffee was inversely correlated with fasting glucose and HbA1c level. Future studies with a higher sample size will give more information about the effect of coffee in DM and whether coffee may be nutritional support for treatment.

Declarations

Funding

None

Author contributions

Conceptualization, R.Ö.T.; Methodology, E.M.K.; Software, R.Ö.T.; Validation, R.Ö.T.; Formal Analysis, R.Ö.T.; Investigation, R.Ö.T.; Resources, R.Ö.T.; Data Curation, R.Ö.T.; Writing – Original Draft Preparation, R.Ö.T.; Writing – Review & Editing, R.Ö.T.; Visualization, R.Ö.T.; Supervision, R.Ö.T.; Project Administration, R.Ö.T.; Funding Acquisition, R.Ö.T.

Conflicts of interest

The authors have no conflicts of interest to disclose.

Data availability

The datasets generated during and/or analyzed during the current study are available from the corresponding author on reasonable request.

Ethics approval

The protocol for the study was approved by a suitably constituted Ethics Committee (June 2021 with the code 2605) of the institution in which they work was undertaken and the study conformed to the provisions of the Declaration of Helsinki.

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