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Competing interests declaration

In the interest of transparency and to help readers form their own judgements of potential bias, Nature Research journals require authors to declare any competing financial and/or non-financial interest in relation to the work described in the submitted manuscript.

- ☒ We declare that none of the authors have competing financial or non-financial interests as defined by Nature Research.
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Prior to submission all listed authors must agree to all manuscript contents, the author list and its order and the author contribution statements. Any changes to the author list after submission must be approved by all authors.

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- ☒ We have provided a full data availability statement in the manuscript.

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Code availability statement

For all studies using custom code or mathematical algorithm that is deemed central to the conclusions, the manuscript must include a statement under the heading "Code availability" describing how readers can access the code, including any access restrictions. Code availability statements should be provided as a separate section after the data availability statement but before the References.

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- ☐ ☒ The format shows data distribution clearly (e.g. dot plots, box-and-whisker plots)
- ☒ ☐ Box-plot elements are defined (e.g. center line, median; box limits, upper and lower quartiles; whiskers, 1.5x interquartile range; points, outliers)
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- ☒ ☐ Unique biological materials
- ☒ ☐ Research animals and/or animal-derived materials that require ethical approval
- ☒ ☐ Human embryos, gametes and/or stem cells
- ☐ ☒ Human research participants
- ☒ ☐ Clinical data

Human research participants

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Ethical compliance

- ☒ We have complied with all relevant ethical regulations and include a statement affirming this in the manuscript.

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Confirm that the manuscript states the name(s) of the board and/or institution that:

- ☒ Approved the study protocol -OR- ☐ Provided guidelines for study procedures (if protocol approval is not required)

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- ☒ We have obtained informed consent from all participants and this is noted in the manuscript.

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Date 2022/05/02

