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

Competing interests declaration

- ☒ We declare that none of the authors have competing financial or non-financial interests as defined by Nature Portfolio.
- ☐ We declare that one or more of the authors have a competing interest as defined by Nature Portfolio.

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All authors are encouraged to provide an "Inclusion & Ethics" statement where relevant.

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All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
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Confirm that all relevant data are deposited into a public repository and that accession codes are provided.

- ☐ All relevant accession codes are provided ☐ Accession codes will be available before publication ☒ No data with mandated deposition

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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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Data presentation

For all data presented in a plot, chart or other visual representation confirm that:

n/a Confirmed

- ☒ ☐ Individual data points are shown when possible, and always for $n \leq 10$
- ☐ ☒ 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)
- ☐ ☒ Clearly defined error bars are present and what they represent (SD, SE, CI) is noted

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- ☒ 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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For publication of identifiable images of research participants, confirm that consent to publish was obtained and is noted in the Methods.

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Typed signature Jaswinder Singh Maras

Date 06/04/2023