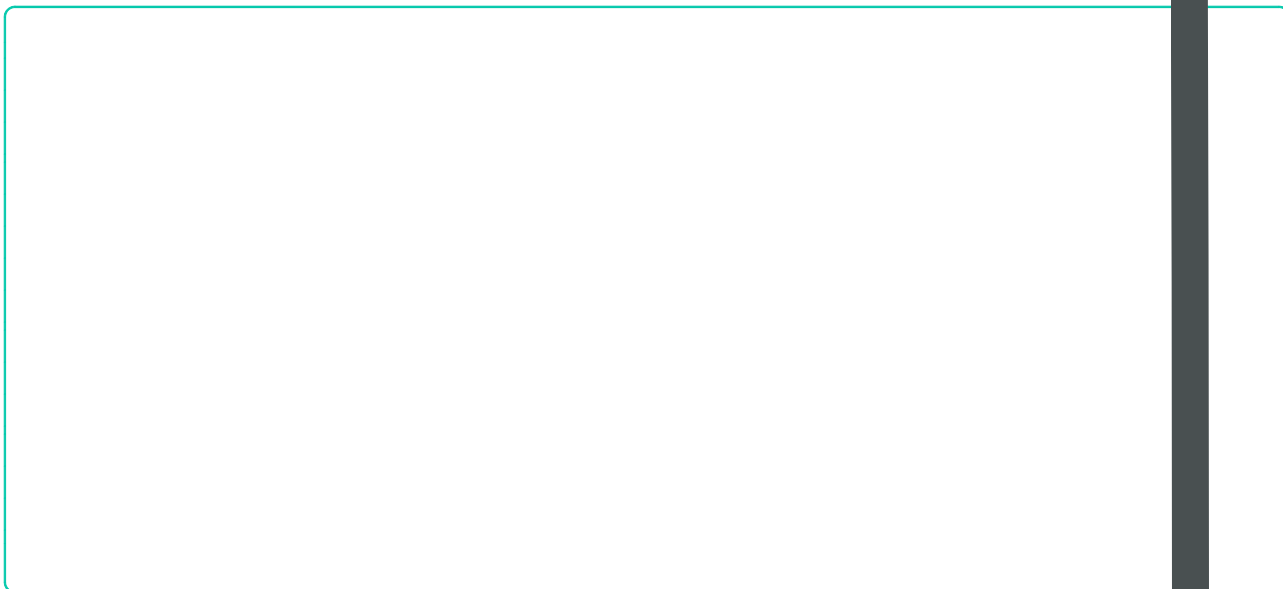


Access



Measurement instruments

The study used several measurement instruments to assess the variables of interest. The primary instrument was the Multidimensional Scale of Perceived Social Support (MSPSS), which is a self-report questionnaire consisting of 12 items. The MSPSS is a multidimensional scale of perceived social support, consisting of 12 items that assess perceived social support from family, friends, and a significant other. The items are rated on a 7-point Likert scale from 1 (strongly disagree) to 7 (strongly agree). The total score ranges from 12 to 84, with higher scores indicating higher levels of perceived social support. The MSPSS has been widely used in research and has demonstrated good reliability and validity. In this study, the Cronbach's alpha for the MSPSS was 0.92, indicating excellent internal consistency. The mean score for the MSPSS was 68.5, with a standard deviation of 12.3. The distribution of scores was normal, with a range from 48 to 84. The MSPSS was used to measure perceived social support at baseline and follow-up. The study also used a demographic questionnaire to collect information on age, gender, and education level. The demographic questionnaire consisted of 10 items and was used to control for potential confounding variables. The study also used a measure of perceived stress, the Perceived Stress Scale (PSS), which is a self-report questionnaire consisting of 10 items. The PSS is a unidimensional scale of perceived stress, consisting of 10 items that assess perceived stress over the last month. The items are rated on a 5-point Likert scale from 1 (never) to 5 (very often). The total score ranges from 10 to 50, with higher scores indicating higher levels of perceived stress. The PSS has been widely used in research and has demonstrated good reliability and validity. In this study, the Cronbach's alpha for the PSS was 0.91, indicating excellent internal consistency. The mean score for the PSS was 28.5, with a standard deviation of 8.2. The distribution of scores was normal, with a range from 15 to 50. The PSS was used to measure perceived stress at baseline and follow-up.

Multidimensional scale of perceived social support (MSPSS)

1. The first part of the text discusses the importance of maintaining accurate records of all transactions and activities related to the business. This includes keeping track of income, expenses, and assets, as well as ensuring that all records are properly organized and stored for easy access.

Ethics approval and consent to participate

All procedures performed in studies involving human participants were in accordance with the ethical standards of Research Ethics Committee, National University of Malaysia (UKM) and its later amendments or comparable ethical standards, and was approved by the committee with approval number NN-2018-060. Informed verbal consent was obtained from all individual participants included in the study. We did not obtain parental/legal guardian/s consent as the participants were all above 18 years old.

Consent for publication

Not applicable.

Competing interests

The authors declare that they have no competing interests.

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