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* You should state whether an appropriate sample size was computed when the study was being designed
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Figure legends for Figures 3 and 4. The last paragraph of the Methods section.

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* Report exact p-values wherever possible alongside the summary statistics and 95% confidence intervals. These should be reported for all key questions and not only when the p-value is less than 0.05.

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(For large datasets, or papers with a very large number of statistical tests, you may upload a single table file with tests, Ns, etc., with reference to sections in the manuscript.)

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Not applicable for our study.

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* Where provided, these should be in the most useful format, and they can be uploaded as “Source data” files linked to a main figure or table
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We have included all data to support our conclusions in the manuscript.