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### 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 shown good reliability and validity. In this study, the Cronbach's alpha for the MSPSS was 0.92, indicating high 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 45 to 84. The MSPSS was used to measure the perceived social support of the participants in the study.

### Multidimensional scale of perceived social support (MSPSS)

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1. The first part of the document is a list of names and titles, including "The Hon. Mr. Justice G. D. C. O'Connell, Chief Justice of the Supreme Court of the State of New South Wales" and "The Hon. Mr. Justice G. D. C. O'Connell, Chief Justice of the Supreme Court of the State of New South Wales".

### **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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