**Editor’s Comment:**

The paper is accepted with revision.  
-Number of cases: Please, check the number; 180 students or 580.  
- Please add inclusion and exclusion criteria for participants to the methods.  
- Results: Please refer to the tables and figures within the text after adding their contents to the text.  
References: Please write references in the same style and format. You can also supplement reference data by adding the website link to any reference of missing data.

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