DIFFERENCES IN THE EFFECTIVENESS OF GIVING SNAKEHEAD FISH (CANNA STRIATA) AND CATFISH (CLARIIDAE) IN HEALING PRINEUM WOUNDS IN POSTPARTUM MOTHERS IN THE WORKING AREA OF THE MAJALAYA HEALTH CENTER

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ABSTRACT

Perineal tears are a good medium for germs to breed if they don't get proper care. This is also one of the causes of the variation in healing time for perineal wounds. Long wound healing time and inappropriate care techniques can result in postpartum infections. Non-pharmacological therapy that can be given to speed up healing includes the intervention of snakehead fish and catfish therapy. To determine the difference in the effectiveness of providing snakehead fish and catfish therapy in healing perineal wounds in postpartum mothers in the working area of the Majalaya health center. This research is a type of quantitative research. In this research, the Quasy Experiment design method was used with a Pretest and Posttest Nonequivalent Control Group research design. The population in this study was the target postpartum mothers with perineal rupture wounds in the working area of the Majalaya health center who gave birth at the end of June 2024, totaling 30 postpartum mothers. The research sampling technique used total sampling. The samples in this study were postpartum mothers who were in the working area of the Majalaya health center who gave birth with a history of 1st and 2nd degree perineal lacerations in June 2024, 15 postpartum mothers who received snakehead fish therapy intervention and 15 postpartum mothers who received catfish therapy intervention. 15 postpartum mothers. The results of the different tests were carried out using the independent T test on the post-test data for the Snakehead Fish Intervention and Catfish Intervention groups with a p-value = 0.000, which means <0.05. So it can be concluded that there are differences regarding the effect of providing snakehead fish and catfish intervention therapy on the level of healing of perineal wounds in postpartum mothers in the working area of the Majalaya Health Center. There is a significant difference between giving snakehead fish therapy and catfish therapy in healing perineal wounds. Snakehead fish therapy is more effective in healing perineal wounds in postpartum mothers compared to giving catfish therapy (p value 0.00 < 0.05).

Keywords: Snakehead Fish Therapy, Catfish Therapy, Perineal Wounds, Postpartum Mothers

INTRODUCTION

Indonesia ranks third in causes of maternal deaths, with a prevalence of bleeding (1,280 cases), hypertension in pregnancy (1,066 cases), and 207 cases of infection (Ministry of Health of the Republic of Indonesia, 2020). Based on data from Indonesia's health profile in West Java, it is stated that the causes of maternal death are currently still dominated by bleeding as much as 33.19%, hypertension in pregnancy 3.36%, infection 9.80%, heart disease 1.75%, metabolic disorders and others, namely 19.74% with a percentage of maternal deaths of 648 people which occurred in pregnant women as much as 18.7%, mothers giving birth 22.95%, postpartum women 48.2%. (DINKES, 2019).

Tearing of the perineum can occur spontaneously and can also occur due to an episiotomy in an effort to widen the birth canal(Purnani, 2019). Perineal wounds are tears that occur in the perineum, namely the thin layer of skin between the genitals (vaginal opening) and the anus, during childbirth and occur in almost all first births and not infrequently also subsequent ones. In most deliveries, perineal tears occur during delivery and treatment is an obstetric matter(Kouw et al., 2020).

Based on data from the World Health Organization (WHO), almost 90% of normal births experience perineal tears either spontaneously or by episiotomy. Throughout the world, perineal tears occur in almost 2.7 million cases in women giving birth. This figure will continue to increase to 6.3 million in 2024, if it does not receive good attention and handling. In Asian countries, the incidence of perineal lacerations is a fairly high problem in society (Ghassani et al, 2020).

Based on data from the Indonesian Demographic Health Survey (SDKI), it shows that in Indonesia perineal tears or rupture are experienced by 75% of mothers giving birth. The prevalence of mothers experiencing perineal tears in Indonesia in the 25-30 year age group is 24%, and in mothers 32-39 years it is 62%. In 2017, it was found that of a total of 1951 spontaneous vaginal births, 57% of mothers received perineal sutures, 28% due to episiotomy and 29% due to spontaneous tears (MOH RI, 2019). Meanwhile in 2012 in West Java province the incidence of perineal infections was 68% of the number of normal deliveries (Tridiyawati, 2019). Based on a report from the West Java Provincial Health Service, the incidence of perineal rupture (tearing) in West Java in 2020 was 54% of all births (West Java Health Office, 2020)

Snakehead fish (Channa striata) is a type of fish that can increase the body's endurance because it contains high levels of protein and albumin. Snakehead fish meat contains 70% protein and 21% albumin. Apart from that, snakehead fish meat also contains complete amino acids as well as the micronutrients zinc, selenium and iron. Other ingredients in snakehead fish meat are allicin, allyl sulfide and furostanol glycoside(Purnani, 2019). Protein and albumin, snakehead fish can possibly be used by the public for the wound healing process, especially post-operative wounds(Rahayu linda, 2021)

Apart from snakehead fish, another type of animal protein that contains a lot of protein is catfish. Catfish also has many benefits for healing perineal wounds, because catfish also contains high levels of amino acids, the benefit of which is that it can maintain healthy skin.

Amino acids are important nutrients needed to accelerate wound healing and repair damaged skin. Because catfish contains 78.5g water content, 90g calories, 18.7g protein, 1.1g fat, 15g calcium (Ca), 260g phosphorus (P), 2g iron (Fe), 150g sodium. Thiamin 0.10g, Riboflavin 0.05g, Niashin 2.0g per 100g(ethnic devotional service, Sutanso Hastono, 2020)

According to a preliminary study conducted in the working area of the Majalaya Health Center, to 5 postpartum mothers through short interviews regarding their birth experience who experienced perineal lacerations during delivery, there were five questions asked regarding the birth experience, including questions related to childbirth, including questions regarding diet. and wound care carried out by the postpartum mother. The results of the interview showed that there were 3 patients who experienced recovery from dry perineal wounds over a period of 7 days, while 2 other people experienced dry perineal wounds over a longer period of 10 days, one of which was influenced by pattern factors. eating and inadequate nutritional intake of animal protein, because based on the results of the anamnesis carried out on the 2 participants, it was explained that during the healing period of perineal wounds during the postpartum period they rarely consumed animal protein, especially snakehead fish and catfish. This is influenced by the attitude of mothers who are often picky about food and tend to be less interested in eating fish, and prefer to consume processed foods, which have less nutritional content. Apart from interest and desire factors, supporting factors from the family can influence eating patterns, because some participants do not get support and attention from those closest to them, such as parents and husbands, for reasons of being far from their parents or because their husbands are busy at work so that mothers experience difficulties related to needs in terms of choosing types of food, in order to meet the intake of nutritious and nutritious food

Based on the above background, researchers are interested in conducting research entitled "Differences in the Effectiveness of Giving Snakehead Fish Extract (Canna Striata) and trehala catfish (Clariidae) for Healing Perineal Wounds in Postpartum Mothers in the Majalaya Health Center Working Area".

LITERATURE REVIEW

One of the main causes of maternal death in developing countries like Indonesia is postpartum infection. Postpartum infections can be caused by poor quality midwifery services, a weak immune system, poor postnatal care, malnutrition, anemia, and poor genital hygiene. Several studies show that there is a relationship between maternal knowledge in wound care and postpartum infections (Astuti, 2018).

Perineal wounds are tears in the perineum that occur during childbirth resulting in irregular tissue tears and resulting in natural tissue damage due to the birth process so that the torn tissue is difficult to sew. Perineal wounds can occur due to spontaneous rupture or episiotomy. Perineal episiotomy itself is carried out for indications including large babies, stiff perineum, delivery in an abnormal position, delivery using tools such as forceps and vacuum. Because if an episiotomy is not performed it will cause more damage to the perineal area. Meanwhile, perineal wounds

themselves will cause discomfort (Rochmayanti, 2019).

Wound healing is a quality of tissue life, this is also related to tissue regeneration. Age, position, tissue handling, proper diet, hygiene, rest, hypovolemia, edema, lack of oxygen, accumulation of drainage, medications, overexertion, systemic disease, and immunosuppressive conditions can affect how quickly a wound heals. Nutritional status, smoking, increasing age, obesity, diabetes mellitus (DM), corticosteroids, medications, poor oxygenation, infection, and wound stress are several factors that influence perineal wound healing (Karsiyu, 2024).

RESEARCH METHODOLOGY

This research is a type of quantitative research. In this research, the Quasy Experiment design method was used with a Pretest and Posttest Nonequivalent Control Group research design. In this study, before being given the intervention, respondents will be given a pretest (initial test) with the REEDA scale sheet to assess the condition of the perineal wound before being given the intervention. A posttest (final test) with the Reeda scale sheet was carried out after the experiment or after intervention was given to measure the level of perineal wound healing again.

The sample is part of the number and characteristics of the population(Syapitri et al, 2021). In this research, the sampling method used is Non-Probability Sampling with a Total sampling technique, namely a sampling technique taken from all members of the population who meet the inclusion criteria used as the research sample. The sample in this study were postpartum mothers with perineal rupture wounds at the Majalaya Community Health Center. The total research sample was 30 respondents with a classification of 15 respondents in the snakehead fish therapy intervention and 15 respondents in the catfish therapy intervention.

Instruments in this study were an observation checklist sheet for assessing perineal wound healing using the REEDA scale and a questionnaire sheet on respondent characteristics, the instruments used. In this study, validity and reliability were not tested because the research instruments were standard

According to (Notoatmodjo, 2018) data is processed and analyzed using certain techniques, namely using quantitative analysis techniques through a computerization process. Data analysis is data that is collected and analyzed statistically and descriptively using two analyses, namely univariate and bivariate analysis.

RESEARCH RESULTS

The results of the research carried out, the number of samples in this study was 30 people. Of the 30 people, they were divided into two groups, namely 15 people with snakehead fish intervention and 15 people with catfish therapy intervention. This research method uses Quasy Experimental Design, with a design using Pretest and Post Test Non Equivalent Control Group, and bivariate data analysis using an independent sample T-Test assisted by SPSS 26 for window. The research results will be presented in table form as below:

Tabel 1. Respondent Characteristics

Characteristics	Frequency	Percentage
Age		
20-25Years	16	53.3%
26-35 Years	9	30%
>35 Years	5	16.7%
Education		
Low	8	26.6%
Intermediate	20	66.7%
Tall	2	6.7%
Work		
Work	6	20%
Doesn't work	24	80%
Parity		
Primipara	16	53.3%
Multiparous	14	46.7%
Types of Perineal Wounds		
Spontaneous	28	93.3%
Episiotomy	2	6.7%
TOTAL	**30**	**100%**

From table 1 it can be seen that in terms of age characteristics, there are more people in the 20-25 year age group, namely 16 people (53.3%), for parity there are more multiparous people, 16 people (53.3%), with more education levels. medium, namely 20 people. (66.7%), and as many as 24 people (80%) did not work.

Table 1. Description Of The Level Of Healing Of Perineal Wounds Before And After Being Given Snakehead Fish Therapy

No	Wound Healing Rate	Snakehead Fish Intervention Group Pre Test					Post Test				
		f	%	Mean-Median	elementary school	Min-Max	F	%	Mean-Median	elementary school	Min-Max
1	Good	0	0				13	86.7%			
2	Not good	5	33.3 %	5.87-6.00	1,060	4-7	2	13.3 %	0.67-0.00	1,759	0-5
3	Bad	10	66.7 %				0	0%			
	Total	15	100%				15	100%			

From table 2 above, it is known that almost all respondents in the snakehead fish therapy intervention group during the pre-test experienced poor perineal wound healing, 10 respondents (66.7%), mean value 5.87, median value 6.00, standard deviation 1.060, minimum 4-7 Meanwhile, almost all respondents in the snakehead fish intervention group during the post test experienced good perineal wound healing, namely 13 respondents (86.7%), mean value 0.67, median value 0.00, standard deviation 1,759, minimum-maximum 0-5.

Table 2. Description Of The Level Of Healing Of Perineal Wounds Before And After Being Given Catfish Therapy

No	Wound Healing Rate	Pre Test					Post Test				
		F	%	Mean-median	elementary school	Min-Max	F	%	Mean-Median	elementary school	Min-Max
1	Good	0	0				11	73.4%			
2	Not enough	7	46.7 %	5.73-6.00	1,387	3-8	2	13.3%	1,600-1.52	2,798	0-7
3	Bad	8	53.3%				2	13.3%			
	Total	15	100%				15	100%			

From table 3 above, it shows that before being given catfish therapy, the majority of respondents (53.3%) had a poor assessment of perineal wounds, mean value 5.73, median value 6.00, standard deviation 1.387, minimum-maximum 3-8 and after being given the intervention catfish therapy Most of the respondents (73.4%) experienced an increase in perineal wound healing in the good wound healing category. And a small percentage of respondents (13.3%) had an assessment of perineal wounds in the category of poor wound healing in postpartum mothers in the working area of the Majalaya Karawang Community Health Center. Mean value 1,600, median value 1.52 minimum-maximum 0-7.

Table 4. Data Normality Test

Group Intervention	Shapiro-Wilk		
	Statistics	df	sig
Fish cork	0.948	15	0.114
Catfish	0.946	15	0.467

From table above, the results of the normality test show significance or p value > 0.05, meaning the data is normally distributed. Based on theory, if the data is normally distributed then bivariate analysis uses the independent T test.

Table 5. Different Group Test Comparison of Snakehead Fish and Catfish Therapy

Post-Test	n	Mean	elementary school	S.E	P Value
Snakehead Fish Therapy	15	0.6667	0.193	0.499	
Catfish Therapy	15	1,600	0.307	0.794	**0.00**

Table 5 shows that the results in the snakehead fish intervention group show a mean value of 0.667, with a standard deviation of 0.193. Meanwhile, the catfish intervention showed that the post test results showed a mean value of 1.600 with a standard deviation of 0.307. The results of the different tests were carried out using the independent T test on the post-test data for the snakehead fish intervention and catfish intervention groups with a p-value = 0.000, which means <0.05. So it can be concluded that there is a difference regarding the effect of providing snakehead fish and catfish intervention therapy on the level of healing of perineal wounds in postpartum mothers in the working area of the Majalaya Health Center.

DISCUSSION

Description of Characteristics of Snakehead Fish Intervention Group Respondents (Canna Striata) and Catfish(Clariidae)on healing perineal wounds

The results of the study showed that before being given the snakehead fish intervention, the majority of respondents, 10 people (66.7%) had a poor assessment of perineal wounds, while the other 5 people (33.3%) had poor assessments of perineal wounds, mean value 5.87, value median 6.00, standard deviation 1.060, minimum-maximum 4-7. Wound assessment is carried out on the first day of the postpartum period.

Researchers observed wounds every day until the 7th day, by providing consumption of snakehead fish as much as 300 grams per day with a frequency of eating 3 times a day for 7 days to post partum mothers, with a fish processing menu that varied every day from fried, steamed, sautéed. and so on, this aims to make the menu provided more varied and varied so that it can increase the mother's interest in consuming it and the mother does not feel bored. Because if you look at the nutritional content, there is no nutritional difference between the processing and nutritional content of snakehead fish. This is also in accordance with research from (Astika Sari et al., 2017) and (Bahri et al., 2020) that there is no significant difference between albumin levels of fresh snakehead fish and steamed snakehead fish, so that respondents will be more interested in choosing a varied processing menu.

After being given intervention for seven days in the snakehead fish intervention group, a posttest was then carried out, namely measuring wound healing using the REEDA instrument (Redness, Edema, Ecchymosis, Discharge, Approximation) with the research results category showing that the data on post partum mothers who experienced perineal wounds were given. snakehead fish after being given intervention, showed a significant improvement in the value of the perineal wound healing process in the assessment of perineal wound healing, namely (86.7%) or almost all respondents experienced an increase in the assessment of wound healing in the good category with 13 respondents, while 2 other respondents (13.3%) had a poor wound assessment, and there were no respondents who had a poor wound assessment. The mean value was 0.67, the median value was 1,759, the standard deviation value was 1,759, the minimum-maximum value was 0-5.

According to researchers, consuming snakehead fish regularly

in the right amount can speed up the healing of perineal wounds, that is, the wounds are declared healed on the 7th day. This is because snakehead fish has a high albumin content. This albumin in the body is very important, because it can accelerate the formation of new cell tissue. Without albumin, cells in the body will have difficulty regenerating so they die quickly and do not develop. Albumin also plays an important role in the wound healing process. Therefore, it is recommended for mothers who have just given birth to consume snakehead fish regularly every day so that the healing process of perineal wounds can take place quickly. So by providing snakehead fish consumption therapy to postpartum mothers who have a history of perineal wounds, it will be very effective and help with the wound healing process.

This research is in line with the research conducted(Erviany, 2024)with the title the effect of administering snakehead fish extract on albumin levels and healing time for grade II perineal rupture in postpartum mothers. The results of the unpaired T test found a value of p=0.000, which means there is a significant effect from administering snakehead fish extract to postpartum mothers with perineal rupture. degree II. The results of the intervention that was carried out for 7 days consuming snakehead fish extract for perineal wounds showed that the wound was completely dry on the 4th day, the mother felt no more pain in the wound. So it can be concluded that snakehead fish extract is effective in treating perineal wounds.

Description of Perineal Wound Healing Levels Before And After Being Given Catfish (Clariidae) Intervention

The results of the study showed that before the catfish consumption intervention was given, the majority of respondents (53.3%) had an assessment of perineal wounds in the poor category, while 7 other people had an assessment of perineal wounds in the poor category, mean value 5.73, value median 6.00, standard deviation 1.387, minimum-maximum 3-8. The intervention was carried out for 7 days by providing catfish therapy to postpartum mothers with a varied menu, the frequency of administration was 3 times a day, 300 grams per day. Wound assessments are carried out every day until the 7th day during the wound healing process. After receiving the intervention of giving snakehead fish for 7 days, it was found that there was a significant level of change in the value of perineal wound healing, namely that the majority (73.4%) experienced an improvement in the value of perineal wounds in the good wound healing category, 11 people, apart from that, 2 of the respondents still experienced poor wound healing and 2 other respondents had poor wound healing, mean value 1,600, standard deviation value 2,798, median value 1.52 minimum-maximum 0-7.

Catfish therapy is a non-pharmacological therapy that can be given to postpartum mothers during the healing period of their perineal wounds, because catfish contains 78.5 grams of water, 90 grams of calories, 18.7 grams of protein, 1.1 grams of fat, calcium (Ca) 15 gr, phosphorus (P) 260 gr, iron (Fe) 2 gr, sodium 150 gr, thiamin 0.10 gr, riboflavin 0.05 gr, niashin 2.0 gr per 100 grams. Protein has a major role in regulating the function of the

immune system. Catfish has benefits in accelerating wound healing. The way to consume catfish is almost the same as consuming snakehead fish, namely given 3 times a day for 7 days(Rahayu linda, 2021)

Researchers assume that sufficient amounts of protein greatly influence the wound healing process. So providing catfish therapy is very effective in helping the healing process of perineal wounds in postpartum mothers, apart from that there are several other factors that can help the wound healing process, such as proper perineal wound care which must be carried out in addition to meeting nutritional needs. This includes maintaining sanitary napkins, personal sanitation, urination and defecation, as well as ensuring sufficient fluids. Consuming catfish for long-term wound healing is greatly influenced by nutrition, cleanliness and body fluid requirements. In addition, families, husbands and health workers are motivated to support the wound healing process more quickly and more closely, as well as reducing the risk of infection in postpartum mothers. This is because wounds in postpartum mothers are very prone to infection.

Research conducted by Mustika Putri, in 2020, discussed the effect of consuming catfish on the healing time of perineal suture wounds which explained that there was an influence of catfish consumption on the healing time of perineal suture wounds. Wound healing will heal on days 2-4, which on that day will produces a collagen matrix around the wound which will form new blood vessels. And in this process, nutrition greatly influences the wound healing process in postpartum mothers. The majority (80%) of postpartum mothers consume catfish and their daily food experiences faster wound healing so that catfish therapy is highly recommended for postpartum mothers during the perineal wound healing process.

As for respondents who still had poor and bad wound ratings, this was because the respondents did not consume catfish regularly, due to cultural and belief factors. A society that is still very strong in myths and taboos also influences this situation, because looking at the characteristics of society's education, it is still lacking, which affects the level of knowledge possessed by respondents. The lack of information related to health education requires mothers to be more active and active in looking for sources of health information, especially regarding the issue of nutritional needs in postpartum mothers.

Differences in the Effectiveness of Snakehead Fish (Canna Striata) and Catfish (Clariidae) Therapy for Healing Perineal Wounds

Based on the research results, it was found that the average perineal wound healing for the snakehead fish intervention group was 0.667 and a standard deviation of 0.193, while for the catfish therapy intervention it was 1.600 and a standard deviation of 0.307. The results of statistical tests using the independent sample T test obtained a p value of 0.000 < 0.05, which shows that there is a significant difference in the healing of perineal wounds in post partum mothers with the intervention of snakehead fish and catfish. If seen from the difference in mean values between catfish and snakehead fish interventions on perineal wound healing, the wound healing process in snakehead fish interventions is faster and more effective than catfish interventions.

In healing perineal wounds, they were divided into two groups, namely the snakehead fish and catfish intervention groups. In the snakehead fish intervention group, the healing process of the perineal wound took 7 days, meaning that the perineal wound had improved with the formation of new tissue. And none of the respondents had a bad injury rating. Meanwhile, in the catfish intervention group, the wound healing process was on the 10th day, and on the 7th day of assessment there were still respondents who had poor wound assessment. The location of the group differences, namely the time difference between the two treatment groups, shows that the time in the experimental group was faster than the control group, due to the influence of snakehead fish extract which contains high levels of albumin and minerals so that it can speed up the healing process of perineal wounds. There was a difference of 3.2 days in the wound healing process between the snakehead fish and catfish intervention groups.

According to researchers' assumptions, the speed of the wound healing process is influenced by the nutrition consumed. The nutrition needed to speed up the healing process of perineal wounds caused by childbirth is to consume foods that are high in fiber and protein. You can find a lot of protein in food, especially meat and fish. All types of fish are generally an excellent source of protein. According to various sources and research, snakehead fish is a fish with more nutritional and protein content than other types of fish. Snakehead fish and catfish are quite easy to find at affordable prices when compared to several other types of fish, so consumption of snakehead fish and catfish can be used as a type of nutrition to speed up wound healing.

This research is in line with research conducted by Violita (2019), which obtained a significant value of 0.012, which indicates that the p-value is <0.05 so that H0 is rejected, which can be concluded that there is an effect of giving snakehead fish on the healing of perineal wounds in post-partum mothers. So, snakehead fish is effective in the process of healing perineal wounds in postpartum mothers, this is because snakehead fish have a high protein content and can speed up the healing process of perineal wounds. Research shows that mothers who were given snakehead fish experienced faster healing of perineal wounds compared to mothers who were not given snakehead fish. Apart from that, snakehead fish has a high protein content, which is very necessary in the wound healing process. The albumin content in snakehead fish also helps the healing process of perineal wounds after giving birth(Violita, 2019)

The effectiveness of catfish in healing perineal wounds in postpartum mothers is in line with research conducted by Desy Hidayati in 2023, with the Mann-Whitney test obtained p-value = 0.000, smaller than the significance level set by researchers, namely α = 0.05 (p - value < 0.05) These results explain that catfish also has effectiveness in the process of healing perineal wounds. Because catfish also has a high protein content, research did not find a significant difference between snakehead fish and catfish in the effectiveness of healing perineal wounds. The results of the research show that there is an influence of catfish consumption on the length of healing of perineal wounds. From these studies, it can be concluded that snakehead fish

shows better effectiveness in accelerating the healing of perineal wounds compared to catfish.(ethnic devotional service, Sutanso Hastono, 2020)

CONCLUSION

1. The number of respondents in the Snakehead Fish intervention group during the pre-test who experienced poor perineal wound healing was 10 respondents (66.7%), mean value 5.87, median value 6.00, standard deviation 1.060, minimum-maximum value 4-7 while almost all Respondents in the snakehead fish intervention group during the post test experienced good perineal wound healing as many as 13 respondents (86.7%), mean value 0.67, median value 0.00, standard deviation 1.759, minimum-maximum 0-5
2. The majority of respondents in the Catfish intervention group during the pre-test experienced poor perineal wound healing, namely 8 respondents (53.3%), mean value 5.73, median value 6.00, standard deviation 1.387, minimum-maximum value. was 3-8 while the majority of respondents in the catfish intervention group during the post test experienced good perineal wound healing, namely 11 respondents (73.4%), mean value 1,600, median value 1.52, standard deviation 2,798, minimum-maximum 0 -7
3. There is a significant difference between the use of snakehead fish and catfish interventions in healing perineal wounds, providing snakehead fish therapy is more effective in healing perineal wounds in postpartum mothers compared to providing catfish therapy (p value 0.00 < 0.05)

Confession

We thank all participants who joined this study

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