**Contributions of each author:**

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**Main author:** DL Fewster. Primary researcher as PhD candidate. Tool development, recruitment of participants, data collection and analysis, write up of the article.

**Co-authors**: Assoc. Prof. Uys Supervisor in PhD project and practical input in design of the questionnaire, review and contribution to the article writing.

Assoc. Prof. Govender Supervisor in PhD project and practical input in concept development, research design, review of the article and writing assistance.