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The effects of long COVID-19, its severity, and the need for immediate attention: Analysis of clinical trials and Twitter data

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Background: The coronavirus disease 2019 (COVID-19) has been declared a pandemic since March 2020 by the World Health Organization; identifying the disease progression, predicting patient outcomes early, the possibility of long-term adverse events through effective modeling, and the use of real-world data are of immense importance to effective treatment, resource allocation, and prevention of severe adverse events of grade 4 or 5.

Methods: First, we raise awareness about the different clinical trials on long COVID-19. The trials were selected with the search term “long COVID-19” available in [ClinicalTrials.gov](https://clinicaltrials.gov). Second, we curated the recent tweets on long-haul COVID-19 and gave an overview of the sentiments of the people. The tweets obtained with the query term #long COVID-19 consisted of 8,436 tweets between 28 August 2022 and 06 September 2022. We utilized the National Research Council (NRC) Emotion Lexicon method for sentiment analysis. Finally, we analyze the retweet and favorite counts are associated with the sentiments of the tweeters via a negative binomial regression model.

Results: Our results find that there are two types of clinical trials being conducted: observational and interventional. The retweet counts and favorite counts are associated with the sentiments and emotions, such as disgust, joy, sadness, surprise, trust, negative, and positive.

Conclusion: We need resources and further research in the area of long COVID-19.

KEYWORDS

PASC, COVID-19, coronavirus, clinical trials, Twitter, negative binomial regression, long-COVID-19

Background

The coronavirus disease 2019 (COVID-19) was declared a pandemic in March 2020 by the World Health Organization (WHO). There have been 426,551,362 cases and 5,898,442 deaths worldwide since its advent in December 2019 (COVID-19 Map, 2022). The SARS-CoV-2 virus has been transmitted to humans and has produced several deadly and highly infectious variants through mutations. The infection pathway follows symptoms of fever, cough, shortness of breath, and dyspnea, and in some severe cases leading to hospitalization, emergency life support, and even death. Identifying the disease progression and predicting patient outcomes in early stages, precisely predicting the possibility of long-term adverse events by effective modeling, and by using of real-world data, such as clinical trial data, electronic health records data, and health insurance data. These data sets are of immense importance to establish an effective treatment, resource allocation, and prevention of severe adverse events (SAE) in grade 4 or 5. Significant research is needed for such situations, thus helping to allocate the “right drug to the right patient.” The primary goals of this study are to address the current initiatives: (a) through clinical trials of the COVID-19 infection, (b) the prevalence of long-haul COVID-19, and (c) to increase awareness for predicting the immediate and long-term outcome of COVID-19 by using novel prediction algorithms. In addition, there is also a need to assess the importance of demographics, genetic biomarkers, comorbidities, concomitant medication, and social, genetic, environmental, or economic effects in affecting the outcome of the disease.

To support this future research, we intend to use survival, binary logistic, and count regression models depending on the outcome of interest. Furthermore, depending on the availability of data, innovative research can and will be done to develop novel methodologies relating to variable selection and variable selection, such as shrinkage prior methods of Lasso, Elastic-Net, and Bayesian shrinkage estimation. The purpose of applying these methods is to find the most significant variables responsible for the long COVID-19 effect. Finally, whether the person will develop long-term COVID-19 could be predicted. As a part of the research, the groups of patients with similar outcomes will need to be stratified by treatment interventions. The novel techniques would need validation by simulations and applied to real-world electronic health record (EHR) and clinical trial data.

We anticipate age, sex, gender, race, vaccination status, concomitant medications, prior illness, comorbidities, and symptoms to be responsible factors and would contribute toward understanding the disease progression. The short-term outcomes may not only depend on these factors, but additional covariates, such as recovery, time-varied symptoms, genetic factors, interaction effects, hospitalization, and ventilation status, would also be contributing factors.

Based on the accuracy of the methods, the long-term presence of SARS-CoV-2 RNA in humans and its dependency on demographics, genetics, and interaction effects would need to be addressed. The potential long-term consequences of COVID-19 survivors will impact those who are affected and would need public health, government, and health policymakers' attention to mitigate concerns and possibly encourage the development of therapeutics. This research work lays the foundation for future guidance based on the currently available clinical trials. The goal of this research is to understand public opinion toward COVID-19 by analyzing tweets from people across the globe on Twitter and also getting information about the interventional and observational clinical trials from the [ClinicalTrials.gov](https://clinicaltrials.gov).

Furthermore, conducting subgroup findings through a novel methodology will help to stratify patients having similar results that will help us identify treatment allocation strategies.

Patients with similar outcomes need to be stratified, and treatment interventions need to be allocated accordingly. The novel techniques need validation by simulations and are applied to real-world EHR and clinical trial data.

Based on the accuracy of the methods, the long-term presence of SARS-CoV-2 RNA in humans and its dependency on demographics, genetics, and interaction effects need to be addressed, and the potential long-term consequences for COVID-19 survivors will impact patients and need public health, government, and health policymakers' further attention to mitigate such concerns and will encourage the development of therapeutics. This research is the stepping stone for future guidance and reports the currently available clinical trials and describes them. It also lays the ground for understanding public opinion toward COVID-19 by analyzing tweets from people on the social media.

Motivation

The COVID-19 pandemic is the most significant global crisis since World War II that affected almost all the countries on earth, according to the United Nations (Feinerer et al., 2008).

As of 27 May 2022, there are 7,695 studies listed concentrating on COVID-19 listed on [ClinicalTrials.gov](https://clinicaltrials.gov) concentrating on COVID-19, of which only 19 are dedicated to understanding the long-term effects of COVID-19. Of the 19 studies, one had the results available, three were completed, one study was enrolling patients by invitation, three were not yet recruiting, one study had been withdrawn, and 10 were currently recruiting. Only one concluded study had posted the results (NCT04871815, Effects of Sodium Pyruvate Nasal Spray in COVID-19 Long Haulers). Eight studies of them were drug studies, and one was device-related. The outcome measures included serious adverse event (SAE), short-term and long-term feature changes the disease, and separation between symptoms of severe vs. non-severe cases, among other outcomes. All

the studies included all men and women except one study, which only enrolled the female population (NCT05225220, “multimodal investigation of post-COVID-19 in females”) with a device as an intervention. The sponsors included both universities and hospitals. The median age group was 18 years or older (65 years or more). One of the studies [NCT04956445, “Collection of SARS-CoV-2 (COVID-19) Virus Secretions and Serum for Countermeasure Development”] included children of ages 6 months or older. Most of the studies were either interventional (63%) or observational (31%) out of the total 18 studies. Six studies reached the phase 2 stage of the clinical trial. Of note, 31% of the studies are industry-sponsored. The maximum enrollment was 2,000 patients, and a minimum of 20 enrollees had the least number of participants. Seven study designs are allocated randomly. The earliest start date of a trial was as early as 17 March 2020, with the recent study being on 3 May 2022. Brain fog is one such severe condition, and the neurological effect of exposure to this virus is of grave concern. Only one study focuses on this post-trauma and neurological aspect of COVID-19 (NCT5042466). This necessitates attention toward analytical research where biostatisticians can contribute a lot toward clarifying different aspects of long COVID-19. This research work utilizes [ClinicalTrials.gov](https://clinicaltrials.gov) data and Twitter data to understand the condition of long COVID-19 research and the people’s opinions, respectively. We further wanted to conduct this work so that clinicians and researchers are aware of the existing research on long COVID-19 and also the knowabouts of the clinical trials concerning long COVID-19. The trials are summarized, and the findings are uniquely described. Similarly, with the help of the Twitter data, using well-known methods, such as sentiment analysis, we were able to analyze the people’s opinions about long COVID-19.

Existing research

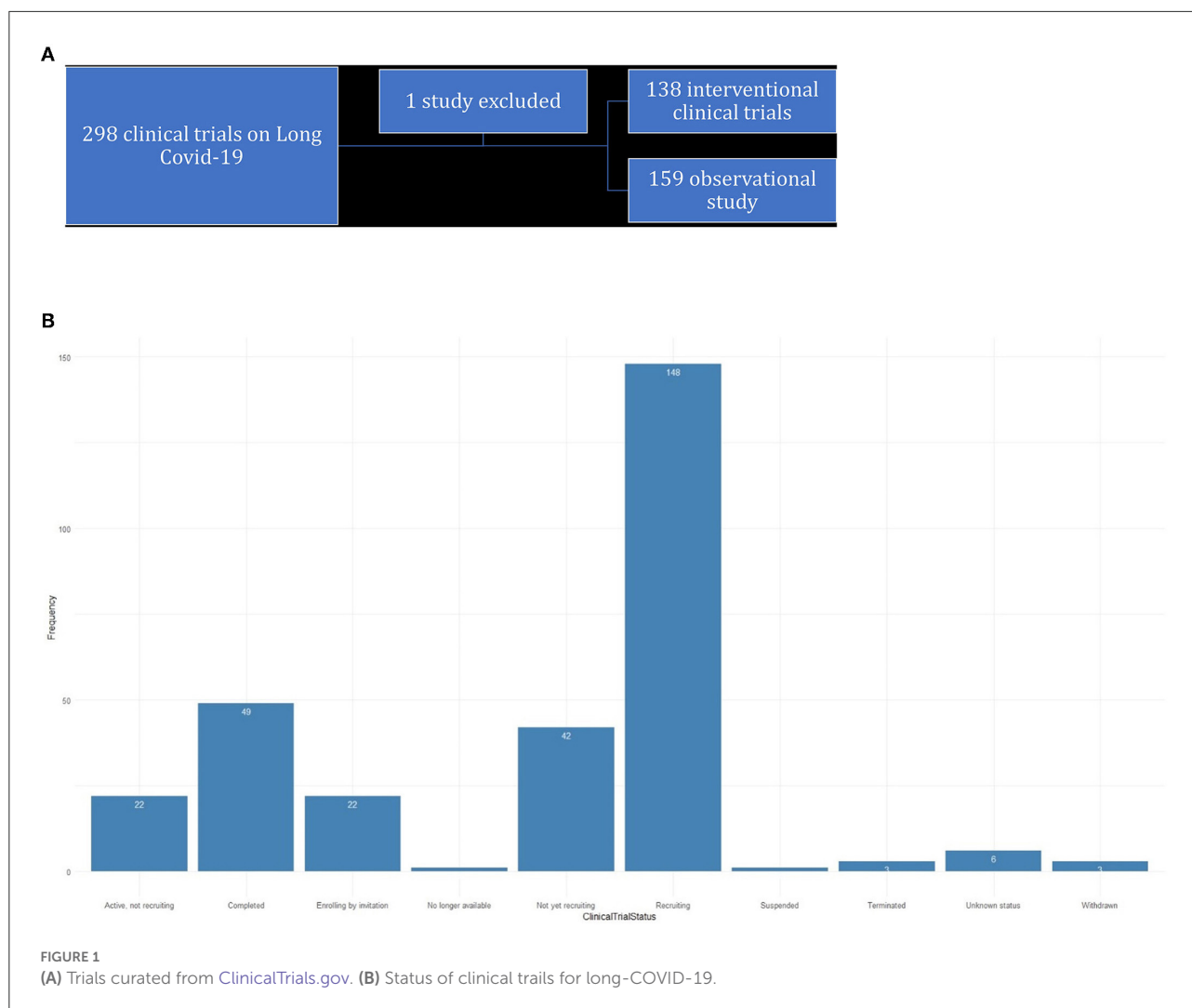
Since the pandemic, there have been many articles; 452 publications existed on COVID-19 from November 2019 to May 2020 (Raynaud et al., 2021), most of which are not focused on long-term COVID infections. Studies have shown that long-haul COVID-19 is prevalent in 25% (1 in 4) of patients with COVID-19, irrespective of severity. Patients with COVID-19, after recovery, continue to suffer for weeks and months. Research can help answer the questions on the long-term consequences of the disease from our patients and healthcare providers. A recent meta-analysis study based on 29 studies on the global prevalence of post-acute sequelae of COVID-19 (PASC) or long COVID showed that there was a global long COVID-19 prevalence estimate of 0.43 (95% confidence interval [CI]: 0.35, 0.63), with women having a high rate of prevalence than men, with regional prevalence having highest in the Asian population followed by Europe and the United States. Among commonly reported PASC symptoms, fatigue and dyspnea were reported most frequently,

with a prevalence of 0.23 (95% CI: 0.13, 0.38) and 0.13 (95% CI: 0.09, 0.19), respectively. The global pooled PASC prevalence decreased for 30–90 days after the index test positive date (Chen et al., 2021).

Although it is anticipated that most of the COVID-19 symptoms disappear within 21 days, nearly 10% of patients with COVID-19 show signs even after 3 weeks, 5% for 8 weeks or more, and 2% suffer for almost 3 months. The long-haul patients, after recovering from severe symptoms of shortness of breath, chest pain, most commonly brain fog, fever, and headache, among others, irrespective of the variant of infection, could have permanent damage to the lungs due to acute respiratory distress syndrome (ARDS) and possibly Alzheimer’s disease due to the most common-brain fog, pulmonary, cardiovascular, neurological effects, and idiopathic inflammation. To understand this newly developed disease, further research, including the epidemiology, spread, pulmonary biology, neurological, and cardiovascular effects, attention to the need of the affected patients through long-term follow-ups, and the creation of post-COVID clinics are essential.

Some notable research has indicated the impact of nutrition and high-fat diets that lead to diabetes and obesity, contributing to the long-term effects of COVID-19 (Lopez-Leon et al., 2021). More than 50 long-term symptoms were reported in a systematic review, of which the most common are fatigue, headache, attention disorder, hair loss, and dyspnea (Ludvigsson, 2021). Subsequently, more than 100 symptoms have been documented.

Case reports have also suggested that children may experience similar long COVID symptoms, women being more affected (Yelin et al., 2020). One of the significant concerns of long-haul COVID-19 is that the patient is unaware of the long-term effects, which cannot be predicted at the early stage of the disease. The participation of an international and interdisciplinary group of researchers with the availability of big data, such as EHR data sets, clinical trial data, and medical insurance data, provides rich sources to extract the signals. Such data with a combination of novel methodologies will help understand the consequences and characteristics of both local and global COVID-19-affected populations. This global perspective from research studies will be helpful in formulating international health policy and opening COVID-19 long-term clinics and health insurance policies (Butler and Barrientos, 2020; del Rio et al., 2020). Machine learning (ML) and standard statistical models are available for the task, but we need to understand the data in-depth and then address healthcare and health policy needs. However, inference derived from such data-driven methodologies should be cautiously interpreted. Often these models’ condition on patients testing positive for COVID-19, but that may introduce bias depending on who has access to testing/care. Choosing the right control group is key to obtaining a valid prediction model. Each prediction model has its pros and cons, and so assumptions must be carefully justified (Mukherjee, 2022).



Limitations

There are several limitations in the existing research. We are unable to know the global demographics of long COVID-19. Furthermore, it is interesting to see how the patients with long-term COVID-19 are treated and the resources allocated for these patients, whether any genetic, gene-treatment, or gene-environment factors work as effect modifiers responsible for long COVID, and what are the treatment options available for these patients. Existing studies in children and adolescents have considerable limitations, and distinguishing long-term SARS-CoV-2 infection-associated symptoms from pandemic-related symptoms is difficult (Zimmermann et al., 2022).

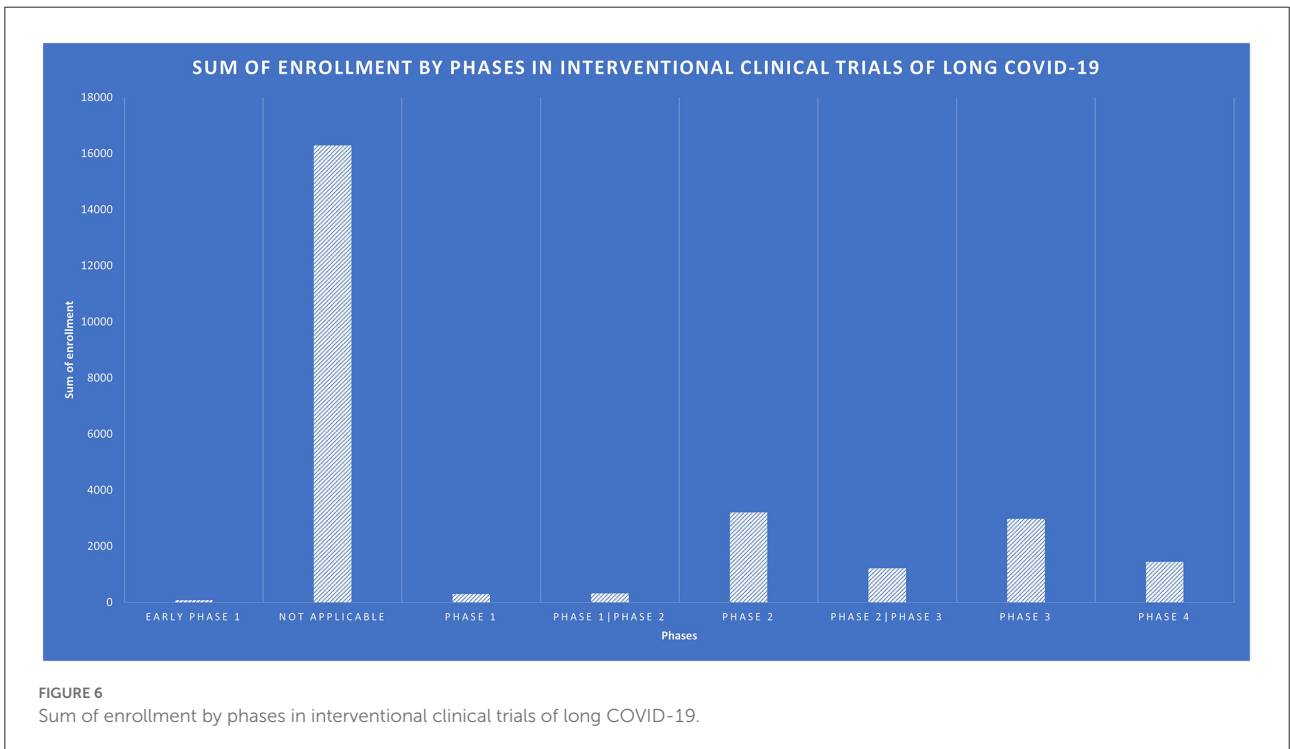
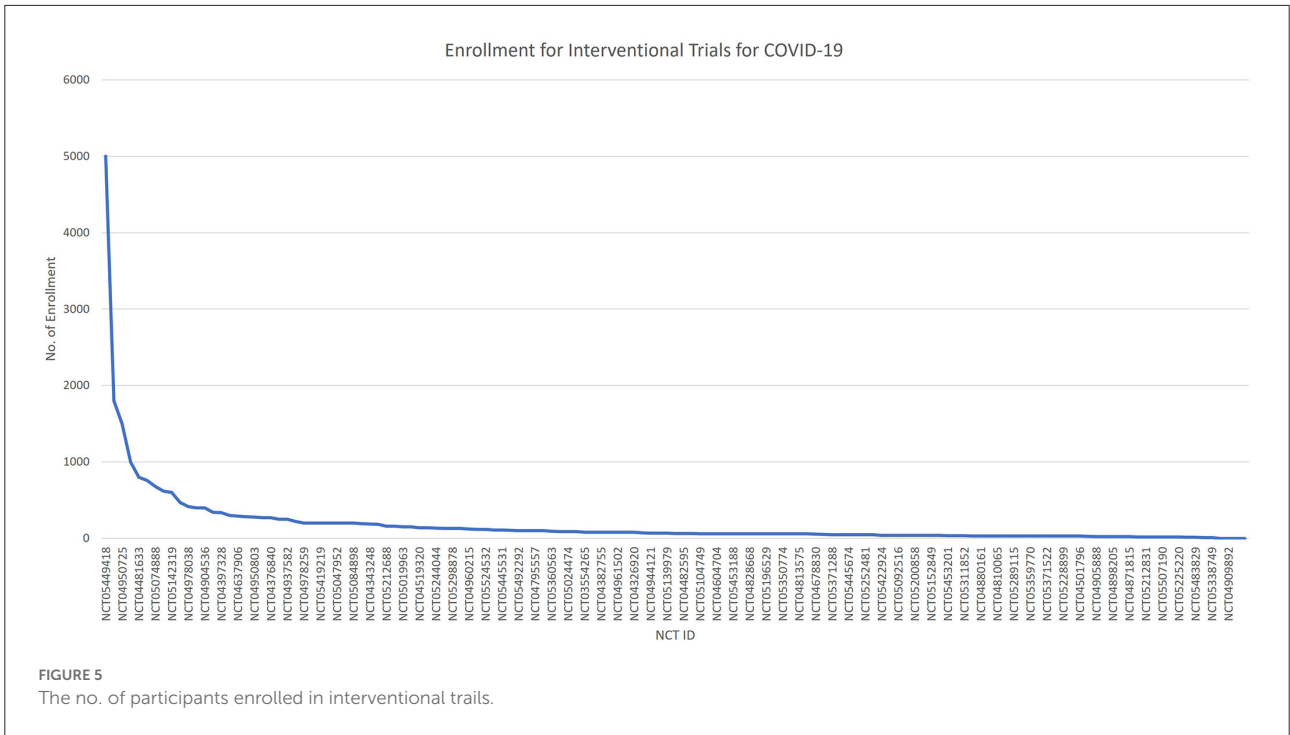
Methodology

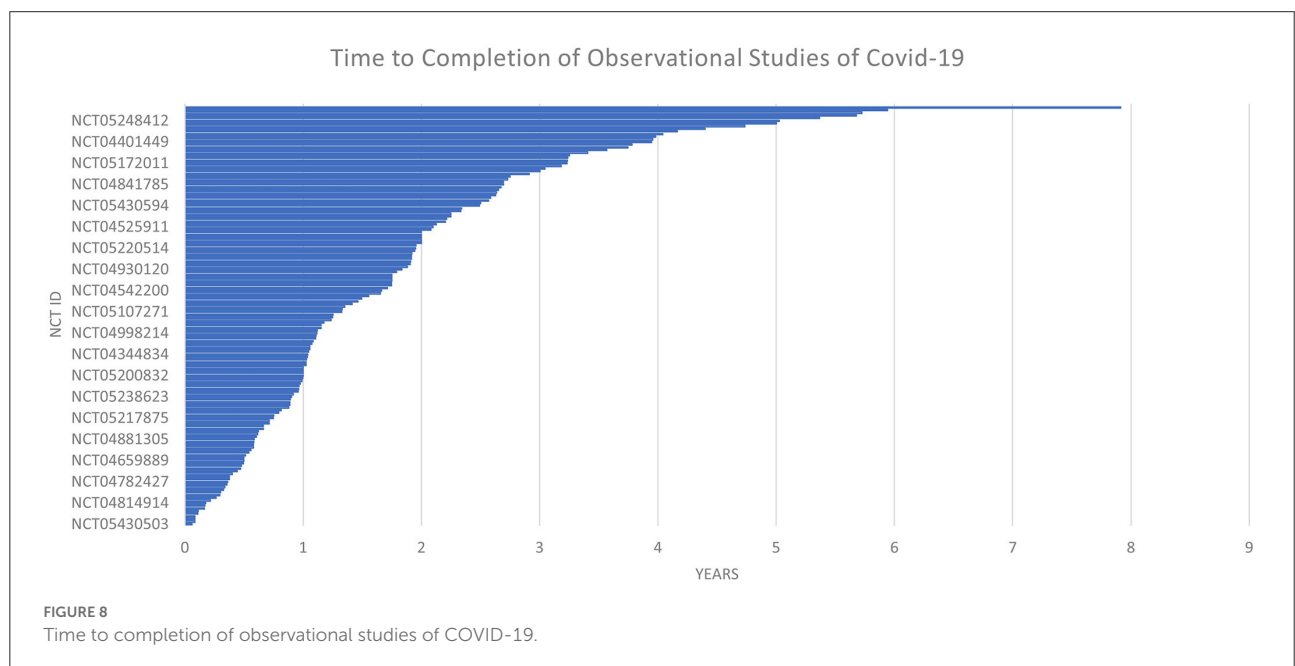
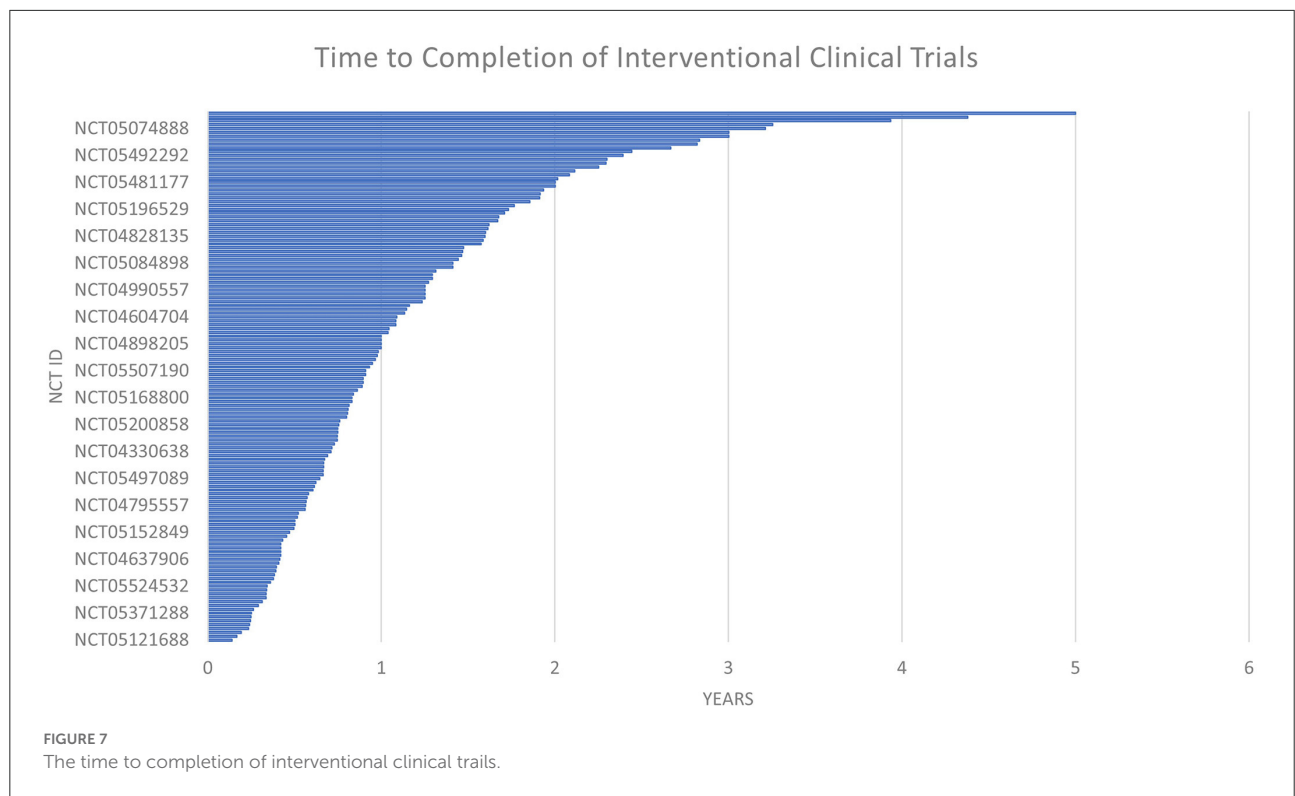
The main goal of this study is 3-fold: First, we raise awareness about the different clinical trials that are being

conducted concurrently on long COVID-19 and how these trials prove beneficial in our understanding of long COVID-19. The trials are curated from [ClinicalTrials.gov](https://clinicaltrials.gov) and chosen with the search term “long COVID-19” (Figure 1A). We mostly analyzed these data using effective data visualization techniques.

Second, we analyzed the recent tweets on long-haul COVID-19 curated from Twitter. The tweets were obtained with the query term #long COVID-19 consisting of 8,436 tweets between 28 August 2022 and 06 September 2022 and gave an overview of the sentiments of the people’s opinions. The data were analyzed with the help of RStudio. The R packages were used to address the analysis of the “twitter,” “syuzhet,” and “tm” (Gentry et al., 2016; Feinerer and Hornik, 2022; Title Natural Language Processing Infrastructure, 2022).

One way to analyze the sentiment of a text is to consider the text as a combination of its individual words and the sentiment content of the whole text as the sum of the sentiment content of the individual words. We utilized the “NRC Emotion





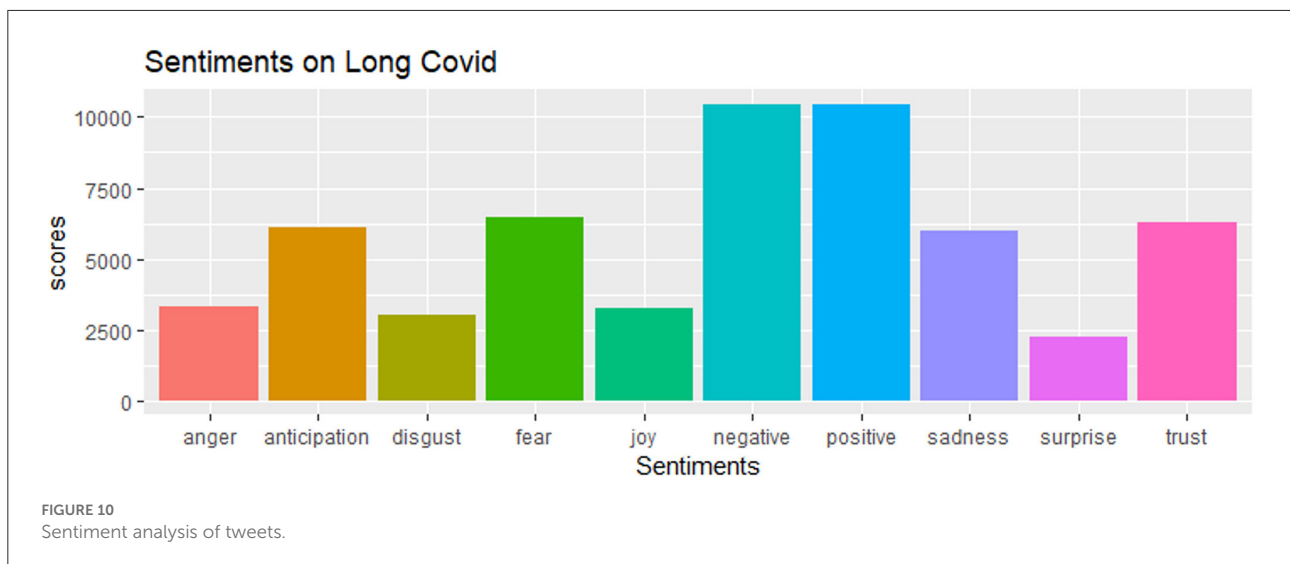
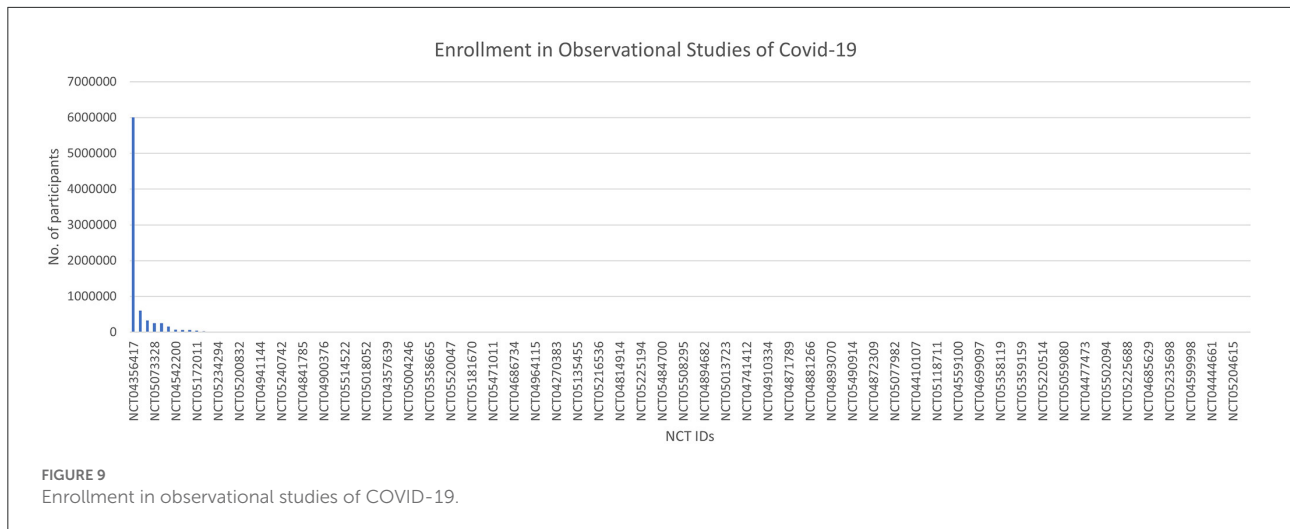
Analysis of tweet sentiments by negative binomial regression model

After obtaining the sentiment scores (SS) for each of the observations (tweets) through the “NRC” method of sentiment analysis, we tested the following hypotheses:

Hypothesis 1: The retweet counts are dependent on the sentiments.

Hypothesis 2: The favorite (like) counts are dependent on the sentiments.

We achieved these through Poisson, negative binomial, and zero-inflated models. Count data regression modeling has received much attention in several science fields in which



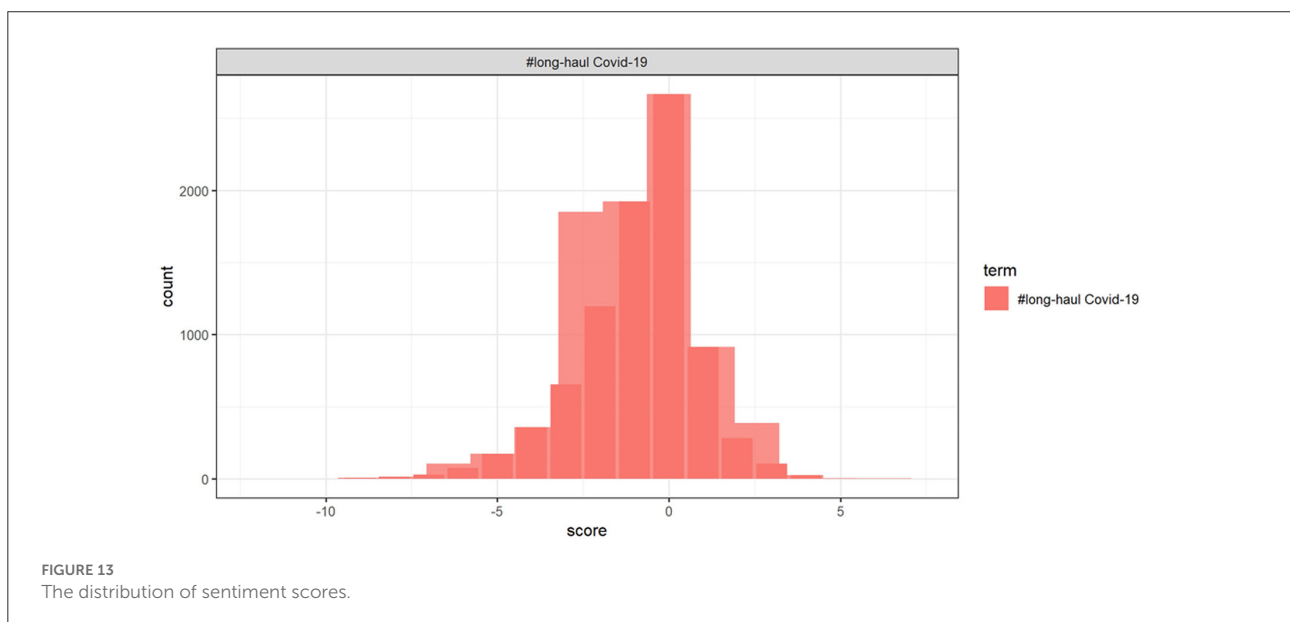
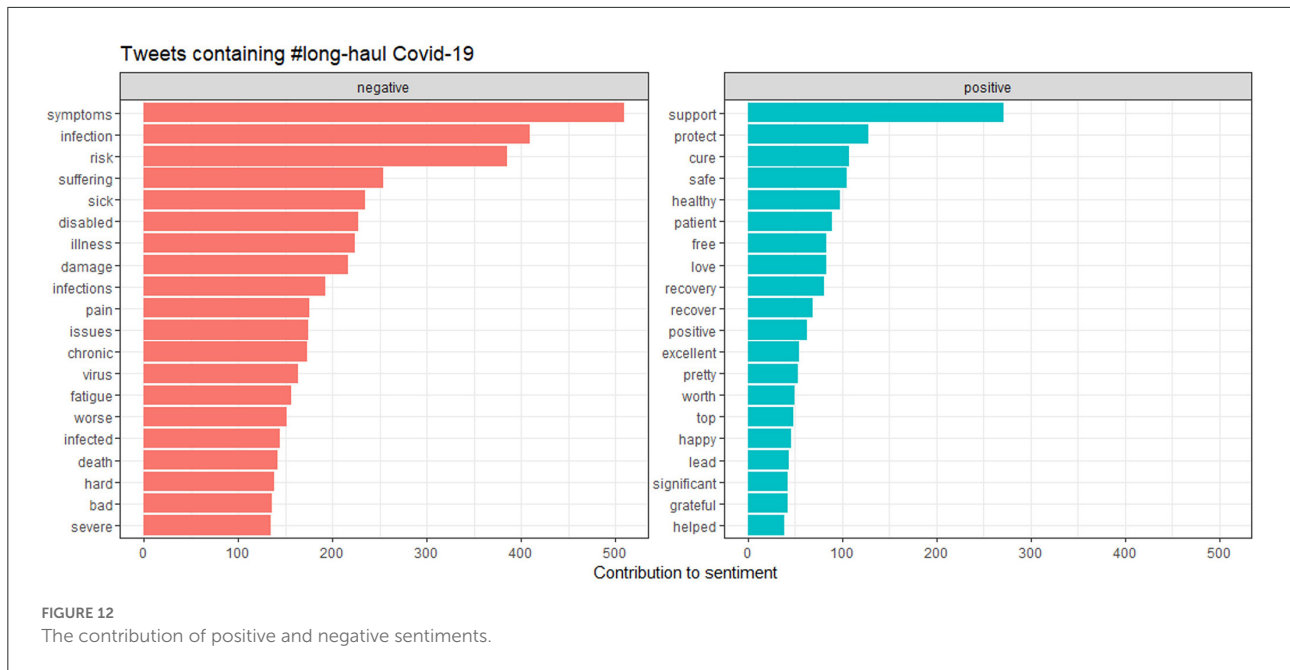
the Poisson, negative binomial, and zero-inflated models are some of the primary regression techniques. Negative binomial regression is applied to modeling count variables, usually when they are over-dispersed. A Poisson distribution is used when the mean is equal to the variance. This situation is often unrealistic. The distribution of counts will usually have a variance that is not equal to its mean. Modeling it as Poisson distribution leads to ignoring under- or over-dispersion, depending on if the variance is smaller or larger than the mean. Also, situations with outcomes having a larger number of zeros require special attention, usually handled using zero-inflated models.

The histogram of the retweet counts and favorite counts is in Figure 14. The histogram shows a high proportion of zeros in the outcome measures. The covariates are “anger,” “anticipation,” “disgust,” “fear,” “joy,” “sadness,” “surprise,” “trust,” “negative,” and “positive.” The results by fitting all the count models are shown in Table 1 with outcomes “retweet counts,” and “favorite

(like) counts.” The details of estimates and *p*-values are listed in Table 2.

Discussion

The study aims to describe the prevalence of long-haul COVID-19 using among the local (US Twitter data regions) and extrapolate our estimates to the global population. For future work, continuous variables can be presented by summary statistics (i.e., mean, median, standard error, range, 95% CI, and correlations) and the categorical variables by frequency distributions (i.e., frequency counts, percentages, and 95% CI). Simple linear regression, logistic regression, and Cox univariable and multi-variable regression analyses can be performed to answer data-specific questions. Survival curves for overall survival probability can be generated using Kaplan–Meier



Identify the subgroups of adult and pediatric patients that are more prone to the long-term effects of COVID-19 and mortality. How anti-virals and current medications be utilized for potential benefit to such long haulers of COVID-19?

The work can help to address several unaddressed research questions, thus, in turn, will help implement such prediction methods to address issues of designs in live clinical trials. The novel techniques and methodologies will help improve efficiency and identify subgroups that could benefit from personalized treatment. Thus, in turn, the hands-on software

can be utilized by clinicians and researchers to recommend doses, sample size, and power and address the shortcomings in current trials, thus contributing to the potential approval of therapies and vaccines for long-term efficacy and prevention. Each design has its pros and cons and assumptions that must be justified and verified. Similarly, who is at risk of long COVID and what the future entails for long COVID patients is important to understand. We possibly will deal with a sicker population in the coming years, and we need healthcare resources to combat the post-pandemic lingering post-acute sequelae of COVID and other healthcare needs.

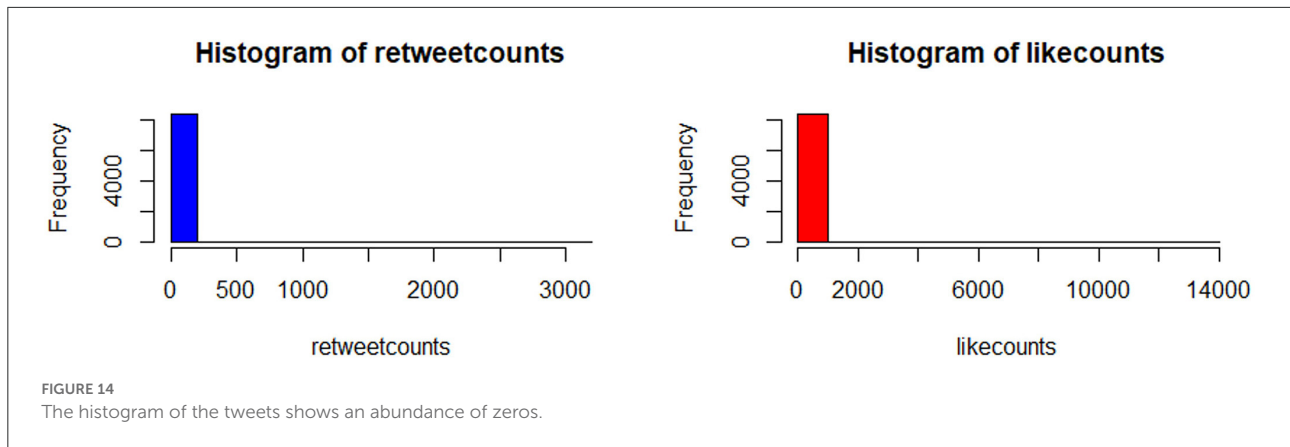


TABLE 1 Variable selection in models of retweet and favorite counts with sentiment scores.

Models	Poisson	Negative binomial	Zero-inflated (binomial logit link)	Comments
Variables found significant for retweet counts	“anger,” “anticipation,” “disgust,” “fear,” “joy,” “sadness,” “surprise,” “trust,” “negative,” “positive”	“disgust,” “joy,” “sadness,” “surprise,” “trust,” “negative,” “positive”	“anticipation,” “joy,” “sadness,” “trust,” “positive”	Negative binomial model seems to be the best performing model.
AIC	401600	33291	N/A	
Variables found significant for favorite counts	“anger,” “anticipation,” “disgust,” “fear,” “joy,” “sadness,” “surprise,” “trust,” “negative,” “positive”	“anger,” “anticipation,” “disgust,” “fear,” “joy,” “sadness,” “surprise,” “trust,” “negative,” “positive”	“positive”	Negative binomial model seems to be the best performing model.
AIC	1462000	57555	N/A	

N/A, Not applicable.

TABLE 2 Estimates (confidence intervals) from negative binomial regression models.

Variables	Outcome = Retweet counts				Outcome = Favorite counts			
	Estimate	2.50%	97.50%	P-value	Estimate	2.50%	97.50%	P-value
(Intercept)	5.189095	4.658966	5.793146	1.51E-218	20.61177	19.03433	22.35081	0
Anger	1.102365	0.970846	1.253846	0.141028043	1.162999	1.053729	1.284773	0.002478
Anticipation	1.065537	0.985909	1.153526	0.149869222	1.102797	1.039483	1.171189	0.003221
Disgust	0.728357	0.632539	0.840187	4.04E-06	0.838794	0.754632	0.933522	0.000688
Fear	0.921362	0.838073	1.013359	0.109780306	0.916722	0.854627	0.983612	0.024308
Joy	0.81454	0.709756	0.935488	0.002939532	0.886361	0.801846	0.980654	0.020245
Sadness	1.212522	1.093228	1.345493	0.00056631	1.215866	1.125497	1.313882	3.53E-06
Surprise	0.709527	0.614592	0.82223	4.02E-06	0.783444	0.702947	0.874976	1.30E-05
Trust	1.109723	1.007908	1.223671	0.027799061	1.086922	1.01049	1.170196	0.019462
Negative	1.181363	1.086161	1.287272	0.00017715	1.134959	1.068147	1.207219	0.000158
Positive	1.140512	1.054933	1.234997	0.000229091	1.093359	1.032497	1.158825	0.000907

The study of long COVID or broadly COVID survivorship is one of the areas where biostatisticians have a great deal to contribute in the coming years (Mukherjee, 2022), targeting a population of more than 100 million affected worldwide, with 44 million people in the United States. According to the current CDC, the current estimates show that 13.3% of the people with COVID-19 have lasting effects at 1 month or longer after infection 2.5% at 3 months or longer, based on self-reporting, and more than 30% at 6 months among patients who were hospitalized. This shows that there is a potential market for drug development in this population with unmet research needs. The health effects of COVID-19 appear to be prolonged and can exert marked stress on the healthcare system. To understand the healthcare needs of the long-haul COVID-19 vulnerable population, research needs, dedicated clinics, and segregation of hospitalization facility needs are imperative to help the millions recovering from this disease. This multidisciplinary research article will encourage conducting clinical trials and channelizing the efforts toward long-term COVID-19-related therapeutic interventions to mitigate the adverse physical and mental health effects among the patients (Yelin et al., 2020).

Conclusion

Long COVID-19 can potentially produce a second public health crisis. It is imperative to take sufficient measures to curb this condition and assess its severity before it escalates and spreads to a higher level. The global health community needs to be aware of the importance of research in long COVID-19.

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Data availability statement

Publicly available datasets were analyzed in this study. This data can be found at: <https://clinicaltrials.gov>.

Author contributions

AB has contributed to the concepts, methods, and authoring of the paper. AS and SR have contributed to the overall writing manuscript through valuable comments and concepts. All authors contributed to the article and approved the submitted version.

Conflict of interest

Author AS was the Vice President of SK Patent Associates, LLC.

The remaining authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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