

Supplementary materials

Appendix 1

Each participant was interviewed individually after the third session was completed in week four by one of the researchers who recorded the caregiver's ratings for each video: (1) acceptance, (2) applicability, (3) helpfulness, and (4) usefulness. Each item was rated on a 10-point scale ranging from 1 to 10, with 1 indicating very unacceptable, very inapplicable, unhelpful, and useless in contributing to the caregiver's family health, and 10 indicating full acceptance, full applicability, very helpful, and very useful to the caregiver's health.

Topics	Acceptability	Applicability	Helpfulness	Usefulness
Video 1: Getting to know strokes				
Video 2: Caregivers' role in helping stroke patients				
Video 3: Psychological adjustment and stress management				

Appendix 2

Consultation sheet

At the consultation stage, the research assistant asked questions to test the respondents' knowledge after receiving the intervention. The research assistant needs to provide repeat material to increase the respondent's knowledge and then ask the respondent to repeat what has been conveyed by the research assistant.

Topics	Problems experienced	Other notes
<i>Video 1: Getting to know strokes</i>		
1. Definition of strokes		
2. Stroke risk factors		
3. Types of strokes		
4. Stroke symptoms		
5. Stroke prevention		
6. Stroke treatment		
<i>Video 2: Caregivers' role in helping stroke patients</i>		
1. ADL support strategies for stroke survivors		
2. Emotional support for stroke survivors		
<i>Video 3: Psychological adjustment and stress management</i>		
1. Why stress management is important		
2. Signs of stress in caregivers		
3. Stress and emotional management strategies		

Appendix 3

Open-ended questions for qualitative interviews

1. What do you think and feel about this intervention experience?
2. What aspects of this intervention did you find helpful/useful?
3. What aspects of the intervention were unhelpful or could be improved?
4. What aspects of the intervention were difficult to understand or apply?
5. Any other suggestions for this intervention?