

Supplementary material

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Supplement to: M Zhu, PKH Mo, K Wang, et al. Willingness to pay and preferences for mindfulness-based interventions among patients with chronic low back pain in the Hong Kong public healthcare sector. Hong Kong Med J 2025 Apr;31(2):108-18 | Epub 14 Apr 2025. <https://doi.org/10.12809/hkmj2311445>.

Supplementary Figure. Introduction and explanation of mindfulness-based interventions using a text description and video QR code



靜觀治療介紹

慢性腰背痛症者對靜觀治療的支付意願和偏好研究計劃



掃描右側QR-Code
看靜觀治療介紹影片



簡介：
靜觀治療是一個以靜觀理念為基礎的心理療法，靜觀是指有意識地、不加批判地、留心當下此刻而升起的覺察力。靜觀修習有助培養對當下的專注覺察，讓我們與身心重新連繫，如實地觀察自己內心的狀態和此時此刻的體驗，並學習以開放、接納的態度面對當下的各種經歷。

治療形式：
一般的療程為期八週，每週一節，每節課程約1.5-2.5小時。治療形式通常由具備專業資格的靜觀導師介紹講解靜觀，指導做靜觀練習及小組討論/分享。

內容主要包括：

- 各種正式靜觀練習：包括身體掃描、呼吸空間、靜心伸展、靜坐、靜觀步行等
- 生活中的靜觀 - 非正式練習
- 反思練習、認知練習及瞭解自己面對壓力的反應
- 每堂都有家中練習、練習聲檔及筆記

應用：
科學研究顯示靜觀練習不但能提升心理質素，也能有效地減輕壓力和痛楚。靜觀治療亦應用在幫助慢性腰背痛患者減低疼痛，提高身體功能，對治療慢性腰背痛患者的情緒問題也有顯著的幫助。

聯絡我們
Email: zhumt5@gmail.com



Supplementary Table 1. Reasons for unwillingness to pay for mindfulness-based interventions (n=237)*

Limited knowledge of MBIs	74 (31.2%)
Unwilling to spend money on treatment	58 (24.5%)
Lack of time to attend	27 (11.4%)
Uncertainty about the effects of MBIs	25 (10.5%)
Financially unaffordable	15 (6.3%)
No perceived need for treatment	8 (3.4%)
Minimal pain	5 (2.1%)
Unwilling to spend money on MBIs	3 (1.3%)
Lack of interest in attending	2 (0.8%)
Impatience with attending sessions	2 (0.8%)
Unable to attend due to physical illness	2 (0.8%)
Unwilling to practice yoga or stretching exercises	1 (0.4%)
Availability of free online meditation courses	1 (0.4%)
No immediate need for MBIs	1 (0.4%)
Existing treatments are effective	1 (0.4%)
MBIs cause increased pain	1 (0.4%)
Residence too far from MBI locations	1 (0.4%)
Ability to practice MBIs independently	1 (0.4%)
Inability to practice meditation or yoga due to religious beliefs	1 (0.4%)
Inability to perform stretching exercises	1 (0.4%)

Abbreviation: MBIs = mindfulness-based interventions

* Data are shown as No. (%)

Supplementary Table 2. Results of multicollinearity tests

	Tolerance	VIF
Age	0.47	2.13
Gender	0.84	1.19
Education	0.68	1.46
Employment	0.36	2.81
Personal monthly income	0.32	3.12
Family monthly income	0.52	1.94
General health status	0.74	1.35
Duration of pain	0.90	1.11
No. of treatments for chronic LBP in the past year	0.78	1.28
NRS	0.70	1.43
RMDQ	0.57	1.76
Satisfaction with current treatments for chronic LBP	0.85	1.18
Monthly expenses on chronic LBP treatment	0.82	1.21
Knowledge of MBIs	0.62	1.60
Opinions on the helpfulness of MBIs in treating chronic pain	0.95	1.06
Usage of MBIs (Yes/No)	0.18	5.64*
No. of MBI sessions attended	0.18	5.42*

Abbreviations: LBP = low back pain; MBIs = mindfulness-based interventions; NRS = Numeric Rating Scale; RMDQ = Roland-Morris Disability Questionnaire; VIF = variance inflation factor

* A tolerance value <0.25 or a VIF >4 indicates possible multicollinearity

Supplementary Table 3. Subgroup analysis of factors influencing patients' preferences for mindfulness-based interventions according to a mixed logit model grouped by age

	Age <60 y (n=163)			Age ≥60 y (n=240)		
	β coefficient	SE	P value	β coefficient	SE	P value
Improvement in capacity to perform daily life activities						
Small	Reference			Reference		
Moderate	-0.003	0.094	0.975	0.430	0.105	<0.001
Large	0.165	0.119	0.167	0.595	0.136	<0.001
Risk of adverse events						
0.1%	Reference			Reference		
0.5%	0.064	0.094	0.499	0.171	0.103	0.099
1%	0.010	0.126	0.938	0.028	0.140	0.843
Improvement in pain relief						
Small	Reference			Reference		
Moderate	0.497	0.097	<0.001	1.246	0.115	<0.001
Large	0.974	0.131	<0.001	2.22	0.166	<0.001
Out-of-pocket costs						
	-1.351	0.091	<0.001	-2.673	0.141	<0.001
Treatment frequency						
Once per week	Reference			Reference		
Twice per week	-0.115	0.096	0.234	-0.079	0.103	0.443
Three times per week	-0.051	0.117	0.663	0.123	0.141	0.382
Group size						
1 person	Reference			Reference		
2-6 people	0.029	0.120	0.810	-0.109	0.134	0.418

7-12 people	-0.297	0.120	0.014	-0.034	0.129	0.791
>12 people	-0.215	0.145	0.139	0.012	0.173	0.943
Treatment mode						
Online	Reference			Reference		
Face-to-face	0.320	0.094	0.001	0.383	0.105	<0.001

Abbreviation: SE = standard error

Supplementary Table 4. Subgroup analysis of factors influencing patients' preferences for mindfulness-based interventions according to a mixed logit model grouped by gender

	Female (n=284)			Male (n=123)		
	β coefficient	SE	P value	β coefficient	SE	P value
Improvement in capacity to perform daily life activities						
Small	Reference			Reference		
Moderate	0.114	0.081	0.160	0.442	0.137	0.001
Large	0.347	0.103	0.001	0.407	0.179	0.023
Risk of adverse events						
0.1%	Reference			Reference		
0.5%	0.072	0.079	0.360	0.178	0.146	0.224
1%	-0.047	0.107	0.660	0.192	0.185	0.300
Improvement in pain relief						
Small	Reference			Reference		
Moderate	0.810	0.084	<0.001	0.986	0.145	<0.001
Large	1.524	0.118	<0.001	1.800	0.217	<0.001
Out-of-pocket costs						
	-1.866	0.091	<0.001	-2.376	0.176	<0.001
Treatment frequency						
Once per week	Reference			Reference		
Twice per week	-0.134	0.081	0.099	0.108	0.137	0.429
Three times per week	0.057	0.103	0.580	0.083	0.175	0.638
Group size						
1 person	Reference			Reference		
2-6 people	0.064	0.102	0.528	-0.264	0.177	0.137

7-12 people	-0.106	0.100	0.288	-0.304	0.169	0.072
>12 people	-0.034	0.126	0.790	-0.325	0.224	0.147
Treatment mode						
Online	Reference			Reference		
Face-to-face	0.224	0.079	0.005	0.657	0.143	<0.001

Abbreviation: SE = standard error

Supplementary Table 5. Subgroup analysis of factors influencing patients' preferences for mindfulness-based interventions according to a mixed logit model grouped by family monthly income

	Family monthly income <HK\$30 000 (n=250)			Family monthly income ≥HK\$30 000 (n=92)		
	β coefficient	SE	P value	β coefficient	SE	P value
Improvement in capacity to perform daily life activities						
Small	Reference			Reference		
Moderate	0.257	0.098	0.009	0.071	0.128	0.581
Large	0.380	0.123	0.002	0.298	0.162	0.065
Risk of adverse events						
0.1%	Reference			Reference		
0.5%	0.076	0.098	0.436	0.143	0.122	0.240
1%	-0.029	0.129	0.820	0.165	0.168	0.327
Improvement in pain relief						
Small	Reference			Reference		
Moderate	1.049	0.104	<0.001	0.524	0.128	<0.001
Large	1.796	0.146	<0.001	1.097	0.177	<0.001
Out-of-pocket costs	-2.485	0.132	<0.001	-1.208	0.112	<0.001
Treatment frequency						
Once per week	Reference			Reference		
Twice per week	-0.026	0.096	0.788	-0.200	0.129	0.12
Three times per week	0.137	0.125	0.273	-0.028	0.155	0.859
Group size						
1 person	Reference			Reference		

2-6 people	-0.142	0.126	0.259	0.128	0.151	0.397
7-12 people	-0.170	0.121	0.161	-0.350	0.157	0.026
>12 people	-0.016	0.151	0.916	-0.293	0.195	0.134
Treatment mode						
Online	Reference			Reference		
Face-to-face	0.360	0.098	<0.001	0.177	0.124	0.155

Abbreviations: HK\$ = Hong Kong dollars; SE = standard error

Supplementary Table 6. Subgroup analysis of factors influencing patients' preferences for mindfulness-based interventions according to a mixed logit model grouped by education level

	Primary school or below (n=123)			High school or above (n=281)		
	β coefficient	SE	P value	β coefficient	SE	P value
Improvement in capacity to perform daily life activities						
Small	Reference			Reference		
Moderate	0.020	0.145	0.889	0.25	0.080	0.002
Large	0.188	0.187	0.315	0.43	0.102	<0.001
Risk of adverse events						
0.1%	Reference			Reference		
0.5%	0.113	0.142	0.427	0.124	0.079	0.119
1%	-0.054	0.197	0.784	0.062	0.106	0.560
Improvement in pain relief						
Small	Reference			Reference		
Moderate	1.268	0.161	<0.001	0.710	0.082	<0.001
Large	2.127	0.219	<0.001	1.383	0.118	<0.001
Out-of-pocket costs	-2.602	0.191	<0.001	-1.783	0.088	<0.001
Treatment frequency						
Once per week	Reference			Reference		
Twice per week	-0.001	0.143	0.997	-0.111	0.080	0.167
Three times per week	0.210	0.190	0.270	-0.001	0.100	0.994
Group size						
1 person	Reference			Reference		
2-6 people	0.184	0.187	0.327	-0.090	0.100	0.368

7-12 people	-0.127	0.175	0.467	-0.156	0.100	0.117
>12 people	-0.019	0.224	0.933	-0.120	0.127	0.342
Treatment mode						
Online	Reference			Reference		
Face-to-face	0.166	0.145	0.252	0.380	0.080	<0.001

Abbreviation: SE = standard error