

Table S3. Audit-trail snapshot of the analytic process

Stage of analysis	Description of activities and documentation
Data collection	Sixteen semi-structured interviews were conducted in Cantonese or Mandarin by Chen between August and October 2020. Field notes taken after each interview recorded contextual observations and initial impressions.
Transcription and data preparation	Verbatim transcripts were produced in the source language and checked by both first authors for accuracy and anonymity.
Initial engagement with data	Reflexive journals kept by both first authors to document assumptions, emotional reactions, and analytic decisions. These memos informed later discussions and were revisited during the theme refinement process.
Coding and horizontalisation	Significant statements identified and overlapping items removed (Creswell, 2013). Initial codes generated by Chen and reviewed by Cheng for clarity and consistency.
Code–recode check	Transcripts were re-coded after a two-week interval to examine the stability of code application; minor discrepancies were discussed and resolved through consensus.
Theme development	Codes were grouped into meaning clusters and themes through iterative discussions with the author group. Inclusion–exclusion boundaries defined for each theme (see Table S1).
Peer debriefing	Regular author-group meetings were held to review analytic decisions, challenge interpretations, and confirm alignment between data and developing themes.
Verification and synthesis	Negative and deviant cases were examined to refine thematic boundaries. Theme summaries were validated with two participants to confirm accuracy and resonance.
Final documentation	All analytic versions, code lists, and meeting notes are logged in dated folders forming a complete audit trail. The final theme tree (Figure S1) summarises the structure of meanings identified.