**Supplementary Table 2: Global Quality Score (GQS) for assessing the reliability and quality of video. (Scoring ranges from 1 to 5)**

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| --- | --- |
| **GQS Definition** | **Score** |
| Poor video quality: Specifically, the content is illogical, poorly flowing, with most information missing and useless to patients | 1 |
| Poor quality in general: the specific performance is realized as follows: poor logic of the content, although some information is listed, but still missing more important information, which is of very limited use to patients | 2 |
| Moderate quality: this is demonstrated by the fact that there is some logic and some important information is fully discussed | 3 |
| Good quality: specifically, the video is logical and smooth, with most relevant information covered and useful to patients | 4 |
| Excellent quality: specifically, the video is logical and the content is very smooth and very useful for patients | 5 |