

Supplementary Table 1. Operational Framework of the Watson-FTS Intervention

Perioperative Phase	Watson Caritas Process	Operational Action
Preoperative(Admission to Day of Surgery)	Process 1, 2 & 8(Loving-kindness, Hope, Healing Environment)	30-minute structured psychological prehabilitation session including guided imagery audio; optimization of ward environment (noise < 40dB at night, privacy screens).
Postoperative(Days 1–3)	Process 4(Developing Trusting Relationships)	Designated stoma nurse conducts daily 20-minute bedside check-ins, focusing on active listening and addressing early stoma anxiety rather than just technical care.
Postoperative(Days 4 to Discharge)	Process 7 & 9(Teaching-Learning Experience & Assisting Basic Needs)	"Teach-back" stoma education protocol implemented; guided mastery for independent stoma bag changes with active verbal persuasion.