

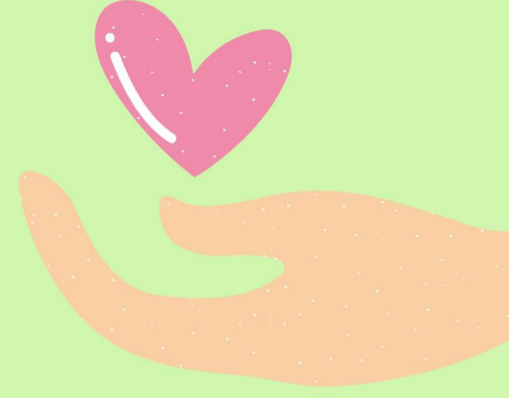
01 Background & Aim



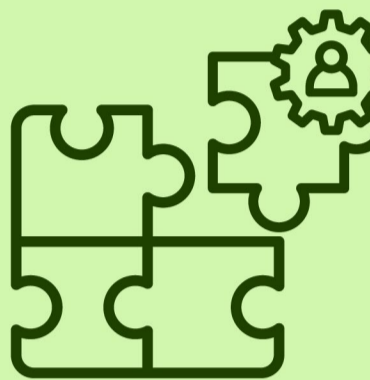
Hong Kong's Rapid Population Ageing

By 2039, approximately **1/3** of the Hong Kong's population will be **aged 65+**

Psychological health is a core determinant of healthy ageing



- VR emerging as therapeutic tool for older adults
- Older adults face emotional challenges: loneliness, low mood, limited access to support



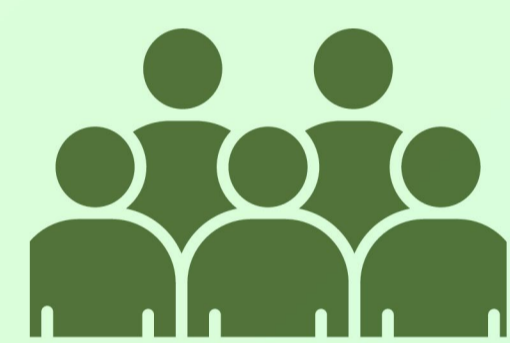
Gap:

No qualitative pilot data from Hong Kong care settings

To explore feasibility, acceptability, and preliminary emotional effects of Cantonese-language VR meditation among older adults in Hong Kong



02 Methodology Overview



Qualitative exploratory pilot study

Older adults aged 65+ in Hong Kong
Nursing homes + Community centre

Phase 1

Fieldwork

23 older adults (informal, voluntary)



16 - Community Centre
7 - Nursing Home

Phase 2

Formal intervention

4 older adults (3 weeks)

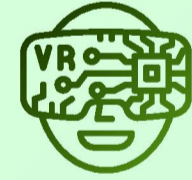


2 - Live Alone
2 - Nursing Home

Intervention



3 weeks VR-guided meditation sessions



Nature-based virtual garden environment



Cantonese voice guidance

VR Scene



Data Collection

- Session debrief interviews
- Final semi-structured interviews



Thematic Analysis

- Braun & Clarke (2006) thematic analysis

03 Preliminary Feasibility Insights

Phase 1 Fieldwork-----Observations

Theme	Community Centre	Nursing Home
Relaxation & Emotional Engagement	93.75% (15/16) completed full session 68.8% (11/16) reported positive emotional & relaxation responses	42.9% (3/7) completed full session All completers gave positive feedback
Active Engagement with Guidance	50% (8/16) showed clear verbal & physical responses	57.1% (4/7) showed active responses despite physical limitations
Practical Barriers	25% (4/16) found headset too heavy No cybersickness	1 early withdrawal due to weight (~3 min) 1 dizziness environmental noise interfered with audio guidance
Disengagement & Resistance	1 withdrew due to objection to meditation 2 found it difficult to immerse	57.1% (4/7) withdrew early, mainly due to physical discomfort or low willingness

Older adults naturally responding during VR meditation sessions



Early observations identified:

- ✓ Positive emotional responses
- ✓ Strong curiosity towards VR technology
- ⚠ Headset comfort concerns
- ⚠ Environmental noise and hearing difficulties
- ⚠ Individual differences in willingness to engage with meditation

These findings informed the refinement of the intervention procedures and interview guide.

04 Main Findings

VR Meditation Experience



Theme 01 Emotional Relaxation and Positive Affect

key findings

- Participants reported feeling relaxed and calm during and after sessions.
- Several participants described feeling happier and more emotionally comfortable.
- Guided breathing exercises supported emotional regulation.

“ I felt more relaxed after each session. I felt calmer afterwards. ”

Theme 02 Immersion and Sense of Presence

key findings

- Participants felt transported into the virtual environment.
- Nature scenes triggered positive memories and emotional comfort.
- Voice guidance enhanced engagement and concentration.

“ It felt like I was walking in a garden. I felt like someone was guiding me. ”

Theme 03 Acceptability and Feasibility

key findings

- All participants expressed willingness to continue using VR meditation.
- Participants would recommend the experience to peers.
- Minor barriers included headset weight and occasional audio difficulties.

FEASIBILITY HIGHLIGHTS



- 4/4 participants completed all 6 sessions
- 100% willing to continue & recommend
- No cybersickness reported
- Cantonese guidance: clear & easy to follow



- Headset weight: noted but manageable
- Environmental noise: challenge in nursing home

05 Cross-Context Observation

Community Participants vs Nursing Home Participants

Community Participants	Nursing Home Participants
More references to personal memories	More references to companionship
Interest in new technology	Appreciation of guided support
Continued use of breathing techniques	Enjoyment of social interaction

06 Practical Implications



VR-guided meditation appears feasible and acceptable among older adults in both community and nursing home settings.

Nature-based immersive environments may support emotional relaxation and positive affect.



廣東 Cantonese voice guidance may enhance accessibility and engagement.

Future interventions should consider headset comfort, environmental noise, and personalised content options.



07 Conclusion

This qualitative pilot study suggests that VR-guided meditation is a feasible and acceptable intervention for older adults in Hong Kong.

Participants reported experiences of relaxation, positive emotional engagement, and immersion within the virtual environment.

Further research with larger samples is needed to evaluate longer-term effects on emotional well-being.

