**S4 Table.** Links between intervention functions and most frequently used Behaviour Change Techniques (BCTs)

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| **Intervention functions** | **Frequently used BCTs**  |
| **Education**  | Information about social and environmental consequencesInformation about health consequencesFeedback on behaviorFeedback on outcome(s) of behaviorPrompts/cuesSelf-monitoring of behavior |
| **Persuasion**  | Credible sourceInformation about social and environmental consequencesInformation about health consequencesFeedback on behaviorFeedback on outcome(s) of behavior |
| **Incentivisation** | Feedback on behaviorFeedback on outcome(s) of behaviorMonitoring of behavior by others without evidence of feedbackMonitoring outcome of behavior by others without evidence of feedbackSelf-monitoring of behavior |
| **Coercion** | Feedback on behaviorFeedback on outcome(s) of behaviorMonitoring of behavior by others without evidence of feedbackMonitoring outcome of behavior by others without evidence of feedbackSelf-monitoring of behavior  |
| **Training** | Demonstration of the behaviorInstruction on how to perform a behaviorFeedback on behaviorFeedback on outcome(s) of behaviorSelf-monitoring of behaviorBehavior practice/rehearsal |
| **Environmental restructuring** | Adding objects to the environmentPrompts/cuesRestructuring the physical environment |
| **Modelling** | Demonstration of the behavior |
| **Enablement**  | Social support (unspecified)Social support (practical)Goal setting (behavior)Goal setting (outcome)Adding objects to the environmentProblem solvingAction planningSelf-monitoring of behaviorRestructuring the physical environmentReview behavior goal(s)Review outcome goal(s) |