**S4 Table. Summary of the BCTs frequently used in interventions according to duration, intensity, delivery and level of the intervention.**

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| **Interventions** | **Effective interventions;** n=53 | | **Control/ineffective interventions;** n=32 | |
| **Intensity** | 1 session; n= 46 | 1 + 1 boost session; n=7 | 1 session; n=28 | 1 + 1 boost session; n=4 |
| BCTs | Number of BCTs identified: 42 BCTs; Median BCTs: 13 | Number of BCTs identified: 35 BCTs; Median BCTs:10 | Number of BCTs identified: 28 BCTs; Median BCTs: 6 | Number of BCTs identified: 6 BCTs; Median BCTs: 2.5 |
| BCTs frequently\* used | * 1.2 Problem solving (54.3%) * 2.2 Feedback on behaviour (50%) * 3.1 Social support (unspecified) (84.8%) * 4.1 Instructions on how to perform the behaviour (87%) * 5.1 Information about health consequences (84.8%) * 5.3 Information about social and environmental consequences (71.7%) * 6.1 Demonstration of the behaviour (54.3%) * 9.1 Credible source (95.7%) | * Goal setting (behaviour) (71%) * Problem solving (71%) * Action planning (71%) * 1.8 Behavioural contract (57%) * 2.2 Feedback on the behaviour (86%) * 3.1 Social support (unspecified) (100%) * 4.1 Instructions on how to perform the behaviour (86%) * 5.1 Information about health consequences (57%) * 5.3 Information about social and environmental consequences (57%) * 6.1 Demonstration of the behaviour (57%) * 9.1 Credible source (71%) | * 3.1 Social support (unspecified) (89%) * 4.1 Instructions on how to perform the behaviour (75%) * 5.1 Information about health consequences (89%) * 5.3 Information about social and environmental consequences (61%) * 9.1 Credible source (93%) | * 3.1 Social support (unspecified) (100%) * 9.1 Credible source (100%) |
| **Duration** | > 40 min; n=30 | ≤ 40 min; n=23 | ≤ 31 min; n=28 | > 31 min; n=4 |
| BCTs | Number of BCTs identified: 33 BCTs; Median BCTs: 9.5 | Number of BCTs identified: 15 BCTs; Median BCTs: 9 | Number of BCTs identified: 25 BCTs; Median BCTs:5.5 | Number of BCTs identified: 19 BCTs; Median BCTs: 8.5 |
| BCTs frequently\* used | * 1.2 Problem solving (70%) * 2.2 Feedback on behaviour (57%) * 3.1 Social support (unspecified) (90%) * 4.1 Instructions on how to perform the behaviour (87%) * 5.1 Information about health consequences (90%) * 5.3 Information about social and environmental consequences (73%) * 6.1 Demonstration of the behaviour (53%) * 9.1 Credible source (100%) | * 2.2 Feedback on behaviour (52%) * 3.1 Social support (unspecified) (83%) * 4.1 Instructions on how to perform the behaviour (87%) * 5.1 Information about health consequences (70%) * 5.3 Information about social and environmental consequences (65%) * 6.1 Demonstration of the behaviour (56%) * 9.1 Credible source (100%) | * 3.1 Social support (unspecified) (89%) * 4.1 Instructions on how to perform the behaviour (64%) * 5.1 Information about health consequences (79%) * 5.3 Information about social and environmental consequences (54%) * 9.1 Credible source (93%) | * 1.2 Problem solving (50%) * 1.3 Goal setting (outcome) (50%) * 2.2 Feedback on behaviour (50%) * 3.1 Social support (unspecified) (100%) * 4.1 Instructions on how to perform the behaviour (100%) * 5.1 Information about health consequences (100%) * 5.3 Information about social and environmental consequences (50%) * 6.1 Demonstration of the behaviour (50%) * 9.1 Credible source (100%) * 10.4 Social reward (50%) |
| **Delivery** | Health provider-delivered; n=30 | Health provider and multimedia-delivered; n=23 | Health provider delivered; n=26a | Health provider and multimedia delivered; n=5 |
| BCTs | Number of BCTs identified: 46 BCTs; Median BCTs: 10 | Number of BCTs identified: 38 BCTs; Median BCTs: 9 | Number of BCTs identified: 23 BCTs; Median BCTs: 5 | Number of BCTs identified: 18 BCTs; Median BCTs 6.5 |
| BCTs frequently\* used | * 1.2 Problem solving (50%) * 2.2 Feedback on behaviour (63%) * 3.1 Social support (unspecified) (83%) * 4.1 Instructions on how to perform the behaviour (77%) * 5.1 Information about health consequences (80%) * 5.3 Information about social and environmental consequences (63%) * 9.1 Credible source (100%) | * 1.2 Problem solving (65%) * 3.1 Social support (unspecified) (91%) * 4.1 Instructions on how to perform the behaviour (100%) * 5.1 Information about health consequences (83%) * 5.3 Information about social and environmental consequences (78%) * 6.1 Demonstration of the behaviour (74%) * 9.1 Credible source (83%) | * 3.1 Social support (unspecified) (96%) * 4.1 Instructions on how to perform the behaviour (65%) * 5.1 Information about health consequences (81%) * 9.1 Credible source (92%) | * 3.1 Social support (unspecified) (60%) * 4.1 Instructions on how to perform the behaviour (80%) * 5.1 Information about health consequences (100%) * 5.2 Salience of consequences (60%) * 5.3 Information about social and environmental consequences (80%) * 6.1 Demonstration of the behaviour (60%) * 9.1 Credible source (100%) |
| **Level of the intervention** | Individual level; n=37 | Group level; n=16 | Individual level; n=26 | Group level; n=6 |
| BCTs | Number of BCTs identified: 46 BCTs; Median BCTs: 11 | Number of BCTs identified: 22 BCTs; Median BCTs: 7.5 | Number of BCTs identified: 23 BCTs; Median BCTs: 6 | Number of BCTs identified: 13 BCTs; Median BCTs:4.5 |
| BCTs frequently\* used | * 1.2 Problem solving (68%) * 2.2 Feedback on behaviour (65%) * 3.1 Social support (unspecified) (92%) * 4.1 Instructions on how to perform the behaviour (95%) * 5.1 Information about health consequences (86%) * 5.3 Information about social and environmental consequences (62%) * 6.1 Demonstration of the behaviour (57%) * 9.1 Credible source (89%) | * 3.1 Social support (unspecified) (75%) * 4.1 Instructions on how to perform the behaviour (69%) * 5.1 Information about health consequences (69%) * 5.3 Information about social and environmental consequences (88%) * 6.1 Demonstration of the behaviour (50%) * 9.1 Credible source (100%) | * 3.1 Social support (unspecified) (96%) * 4.1 Instructions on how to perform the behaviour (77%) * 5.1 Information about health consequences (96%) * 5.3 Information about social and environmental consequences (54%) * 9.1 Credible source (96%) | * 3.1 Social support (unspecified) (67%) * 5.2 Salience of consequences (50%) * 5.3 Information about social and environmental consequences (50%) * 9.1 Credible source (83%) * 12.5 Adding objects to the environment (50%) |

\* identified in at least 50% of the interventions; a Warner et al. [47] control/ineffective intervention was printed materials-delivered; BCTS= Behaviour Change Techniques