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