Multimedia Appendix 7. Behaviour change theories, models and frameworks reported (with associated references)

Theory, Model or Framework	Studies (n=18), n(%)	Citations (as referenced in main manuscript)
Social cognitive theory	6 (33%)	[76,109,111,121,129,130]
Behaviour change technique taxonomy	4 (22%)	[48,49,122,129]
Game design theory	3 (17%)	[47,57,125]
Operant conditioning	3 (17%)	[47,98,121]
Self-determination theory	3 (17%)	[48,49,126]
Arousal theories	2 (11%)	[70,113]
Goal setting theory	2 (11%)	[109,121]
Transtheoretical model	1 (6%)	[145]
Control Theory	1 (6%)	[129]
Intrinsic motivation theory	1 (6%)	[113]
Health action process approach	1 (6%)	[109]
Flow theory	1 (6%)	[102]
Persuasive technology	1 (6%)	[47]