

Multimedia Appendix 1. Information on methodology.

Ethical approval obtained.		
Participants recruited		
Screened by the research team for inclusion suitability.	<p>Inclusion criteria:</p> <p>Students in the university</p> <p>Active smartphone users</p> <p>>16 years of age</p>	<p>Exclusion criteria:</p> <p>Acute psychiatric illness / unable to undertake moderate exercise</p> <p>Pregnancy</p> <p>Not an owner of a suitable smartphone</p>
Baseline screening meeting:	Participants given study information, signed consent, and smartphone application (app), Accupedo-Pro Pedometer, was downloaded to smartphones step-count display not made visible.	
Week 1:	All participants continued normal activity level; carried smartphone during all waking hours so the app could record baseline step count while remaining invisible to the participant.	
End of week 1:	Randomization code broken; participants assigned to control or intervention groups.	
	<p><i>Intervention group:</i></p> <p>App and step count made visible</p> <p>Given information on benefits of exercise</p> <p>Instructed to increase physical activity (goal of 10 000 steps per day); Encouraged to use app to achieve goal</p>	<p><i>Control group:</i></p> <p>App with step count continues to remain invisible</p> <p>Given information on benefits of exercise</p> <p>Instructed to increase physical activity with a goal of an additional 30 minutes' walking exercise (equivalent to 10 000 steps) per day</p>
BCTs used in each study arm	<p>1.3 Goal setting (outcome)</p> <p>1.6 discrepancy between current behavior and goal</p> <p>2.2 feedback on behavior</p> <p>2.3 Self-monitoring of behavior</p> <p>4.1 Instruction on how to perform a behavior</p> <p>5.1 Information about health consequences</p> <p>6.1 Demonstration of the behavior</p> <p>5.1 Information about health consequences</p>	<p>1.3 Goal setting (outcome)</p> <p>2.3 Self-monitoring of behavior</p> <p>4.1 Instruction on how to perform a behavior</p> <p>5.1 Information about health consequences</p> <p>6.1 Demonstration of the behavior</p>

COM-B model
targets of intervention

Psychological capability

Psychological capability
Reflective Motivation

Intervention
Functions identified
using the Theoretical
Domains Framework

Education

Education
Training
Modelling

After completion of
5-week trial:
Quantitative results
analyzed with SPSS
for outcome

Stepcount for all participants recorded; After trial completion,
all control-group participants shown how to use the app.
mean difference in daily step count between baseline and 8-
week follow up

SPSS = Statistical Package for the Social Sciences.