

Behaviour Change Technique Codes																															
Study	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	2.1	2.2	2.3	2.4	2.5	2.6	2.7	3.1	3.2	3.3	4.1	5.1	6.1	6.2	7.1	8.7	9.1	10.3	10.4	11.1	11.2	12.1	12.5
Devi et al. 2014	✓				✓					✓	✓									✓				✓			✓		✓		
Frederix et al. (2015)	✓									✓							✓		✓	✓				✓				✓			
Furber et al. (2010)	✓	✓			✓					✓	✓			✓		✓															
Hansen et al. (2007)	✓																	✓	✓	✓					✓						
Lear et al. (2014)	✓			✓									✓	✓			✓		✓	✓											
Lee et al. (2013)	✓											✓		✓						✓				✓							
Lindsay et al. (2009)																✓	✓			✓											
Maddison et al. (2014)	✓	✓		✓							✓						✓			✓					✓						

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Piotrowicz et al. (2014)	✓											✓	✓	✓					✓	✓											
Reid et al. (2011)	✓									✓	✓					✓	✓		✓												
Scalvini et al. (2009)	✓			✓					✓				✓			✓			✓	✓						✓					
Tomita et al. (2009)											✓	✓			✓	✓	✓	✓	✓	✓						✓			✓		
Varnfield et al. (2014)	✓									✓	✓	✓		✓	✓	✓	✓			✓									✓		
Widmer et al. (2015)			✓							✓	✓	✓			✓	✓	✓			✓				✓	✓		✓				

Note: The behaviour change technique codes listed in table 2 are the BCTs identified in the 23 studies included in the review. These BCTs are part of the Michie's taxonomy of 93 consensually agreed, distinct BCTs. The following are each of the code names; 1.1 Goal setting (behaviour), 1.2 Problem solving, 1.3 Goal setting (outcome), 1.4 Action planning, 1.5 Review behaviour goal(s), 1.6 Discrepancy between current behaviour and goal, 1.7 Review outcome goals, 1.8 Behavioural contract, 2.1 Monitoring of behaviour by others without feedback, 2.2 feedback on performance, 2.3 Self-monitoring of behaviour, 2.4 Self-monitoring of outcome(s) of behaviour, 2.5 Monitoring of outcome(s) of behaviour without feedback, 2.6 Biofeedback, 2.7 Feedback on outcome(s) of behaviour, 3.1 Social support (unspecified), 3.2 Social support (practical), 3.3 Social support (emotional), 4.1 Instruction on how to perform the behaviour , 5.1 information about health consequences, 6.1 Demonstration of the behaviour, 6.2 Social comparison, 7.1 Prompts/cues, 8.7 Graded tasks, 9.1 Credible source, 10.3 Non-specific reward, 10.4 Social reward, 11.1 pharmacological support, 11.2 Reduce negative emotions, 12.1 Restructuring the physical environment, 12.5 Adding objects to the environment.