

**Supplementary table 2:** Intervention components and behaviour change techniques employed.

Study (Year)	Study groups	Who delivered it	BCTs <sup>1</sup>	Mode of delivery	No. of sessions	Duration of sessions (in mins)
<b>Kranjčević, et al.</b> <sup>1</sup>	Intervention	GPs	1.3, 2.1, 9.1	Face to face and written materials	5	Unclear
	Control		Unclear	Unclear	Unclear	Unclear
<b>Vetter, et al.</b> <sup>2</sup>	Intervention 1	PCP and lifestyle coach.	1.1, 1.5, 2.3, 8.7, 9.1	Face to face and written materials	32	Visits: 5-7 mins, counselling: 10-15 mins.
	Intervention 2		1.1, 1.5, 2.3, 8.7, 9.1, 11.1	Face to face and written materials	32	Visits: 5-7 mins, counselling: 10-15 mins.
	Control		1.7	Face to face	8	Visits: 5-7 mins.
<b>Lakerveld, et al.</b> <sup>3</sup>	Intervention	Nurse	1.2, 1.6	Face to face and phone sessions.	9	Face to face sessions: 30 mins.
	Control		4.1, 5.1	Written materials.	Unclear	Unclear
<b>Hardcastle, et al.</b> <sup>4</sup>	Intervention	PA specialist and dietician	1.1, 1.5, 9.2	Face to face.	5	20-30 mins.
	Control		5.1	Written materials.	Unclear	Unclear
<b>Tiessen, et al.</b> <sup>5</sup>	Intervention	Practice nurses.	2.2, 2.3, 2.4, 5.1	Face to face.	7	First session: 20 min, other sessions based on patient preference.
	Control		5.1	Face to face and written materials.	One	Unclear.
<b>Parra-Medina, et al.</b> <sup>6</sup>	Intervention	PCP, health educators and nurses	1.1, 1.2.	Face to face and telephone sessions and written materials.	Up to 15	First session: 60 mins. Following sessions: 20 mins.
	Control		1.1	Face to face and written materials.	One	5-10 mins.
<b>Drevenhorn, et al.</b> <sup>7</sup>	Intervention	Nurses	1.1, 1.5, 5.3, 9.2, 10.4, 11.2	Face to face	Unclear	Unclear
	Control		Unclear	Unclear	Unclear	Unclear
<b>Brett, et al.</b> <sup>8</sup>	Intervention	GPs	1.1, 1.3, 2.7	Face to face	5	Unclear
	Control		1.1, 1.3, 2.7	Face to face	2	Unclear
<b>Harris, et al.</b> <sup>9</sup>	Intervention	Health practitioner, dietitian or PT	1.1, 1.2, 2.3, 4.1, 6.1, 9.1	Face to face	6	90 mins/ session.
	Control		Unclear	Unclear	Unclear	Unclear
<b>Mendis, et al.</b> <sup>10</sup>	Intervention	Health-care workers	2.6, 4.1	Face to face and written materials	4	Unclear
	Control		Unclear	Unclear	Unclear	Unclear
<b>Koelewijn-van Loon, et al.</b> <sup>11</sup>	Intervention	Nurses	1.1, 1.2, 1.4, 1.5, 5.1, 9.2	Face to face and telephone sessions	3	Face to face: 10-20 mins, telephone: 10 mins.
	Control		5.1	Face to face	One	Unclear
<b>Eriksson, et al.</b> <sup>12</sup>	Intervention	Dietician, PT and assistants.	1.1, 1.2, 1.3, 1.4, 4.1, 5.1, 8.1, 8.7, 9.1, 9.2	Face to face	56	Unclear.
	Control		9.1	Face to face and written materials.	One	Unclear

<b>Phelan, et al.</b> <sup>13</sup>	Intervention 1	PCP	2.3, 11.1.	Face to face and written materials.	8	5-10 mins.
	Intervention 2	Psychologist	1.5, 2.3, 9.1	Group sessions.	29	90 mins
	Intervention 3	Psychologist, PCP	1.5, 2.3, 9.1, 11.1	Face to face, group sessions and written material.	37	Face to face: 5-10 mins, group sessions: 90 mins.
	Intervention 4	PCP	1.5, 2.3, 9.1, 11.1	Face to face and written materials.	8	5-10 mins.
<b>Harting, et al.</b> <sup>14</sup>	Intervention	Practice assistant and dietician.	1.1, 1.4, 9.1, 11.1	Face to face, telephone sessions and written materials.	Unclear	Unclear
	Control		Unclear	Unclear	Unclear	Unclear
<b>Korhonen, et al.</b> <sup>15</sup>	Intervention	Healthcare centre personnel.	1.1, 1.3, 1.4, 2.3, 2.5,4.1, 9.1	Face to face.	7	Unclear
	Control		Unclear	Unclear	Unclear	Unclear
<b>Baron, et al.</b> <sup>16</sup>	Intervention	Nurse	5.1, 9.1	Face to face, group sessions and written material.	Unclear	30 mins.
	Control		Unclear	Unclear	Unclear	Unclear
<b>Knutsen and Knutsen</b> <sup>17</sup>	Intervention	Physicians and dieticians	1.1, 4.1, 5.1, 6.1, 9.1	Face to face and telephone sessions.	8	Unclear
	Control		Unclear	Unclear	Unclear	Unclear
<b>Nilsson, et al.</b> <sup>18</sup>	Intervention	Nurse, dietician or PT.	1.1, 2.2, 3.1, 4.1, 6.1, 9.1, 12.5	Face to face, group sessions and videotapes.	Unclear	Unclear
	Control		2.2, 5.1	Face to face	One	Unclear
<b>Wood, et al.</b> <sup>19</sup>	Intervention	Nurses	1.1, 2.7, 5.1, 6.2, 9.1	Face to face and written materials	Unclear	First session: 90 mins.
	Control		9.1	Face to face	One	45 mins
<b>OXCHECK Study Group</b> <sup>20</sup>	Intervention	Nurses	1.3, 2.7, 9.1,	Face to face	Unclear	Initial session: 45-60 mins, following sessions:10-20 mins.
	Control		Unclear	None	None	None
<b>Lindholm, et al.</b> <sup>21</sup>	Intervention	Doctors and nurses	2.3, 4.1, 5.1, 6.2, 9.1	Face to face, group sessions and written materials	11	Five group sessions: 90 mins, one group session: all day.
	Control		9.1	Face to face and written materials	5	Unclear
<b>Meland, et al.</b> <sup>22</sup>	Intervention	GPs	1.8, 2.3, 8.7, 9.1, 11.2	Face to face and written materials	4	Unclear
	Control		9.1	Face to face and written materials	4	Unclear
<b>Avram, et al.</b> <sup>23</sup>	Intervention	GPs	1.1, 9.1	Face to face and telephone sessions	21	Face to face sessions:30 mins.
	Control		Unclear	Written materials	None	None
<b>Steptoe, et al.</b> <sup>24</sup>	Intervention	Nurses	1.1, 1.4, 9.1, 11.1	Face to face and telephone sessions	2-3	Face to face sessions:20 mins.
	Control		Unclear	Unclear	Unclear	Unclear
<b>Sartorelli, et al.</b> <sup>25</sup>	Intervention	Nutritionist	1.1, 1.4, 9.1	Face to face and group sessions and written materials.	4	Unclear
	Control		Unclear	Group session and written materials	1	Unclear

<b>Ma, et al.</b> <sup>26</sup>	Intervention	Nurses and dietitians	1.1, 1.2, 1.7, 9.1, 11.1, 11.2	Face to face	8-10	30-60 mins
	Control		Unclear	Unclear	Unclear	Unclear
<b>Tibblin and Åberg</b> <sup>27</sup>	Intervention	Nurses and physicians	2.5, 6.1, 9.1	Face to face, group sessions and videotapes and audiotapes.	15	Unclear
	Control		2.5, 9.1	Face to face	15	Unclear
<b>Gomez-Huelgas et al.</b> <sup>28</sup>	Intervention	Nurses and physicians	1.3, 1.4, 2.5, 4.1, 9.1	Face to face, group sessions and written materials.	27	Health assessment: 15 mins, nursing visits: 30 mins.
	Control		2.5, 9.1	Face to face and written materials	24	10 mins.
<b>Wennehorst et al.</b> <sup>29</sup>	Intervention	Physician and nutritionist	1.4, 3.1, 4.1, 9.1, 11.2.	Face to face, group sessions and written materials.	16	2.5 hrs/ session.
	Control		Unclear	Unclear	Unclear	Unclear
<b>Salisbury et al.</b> <sup>30</sup>	Intervention	Health advisors	1.1, 1.6, 2.4, 5.1, 9.1, 11.1.	Computerised behavioural management programme and telephone sessions.	12	Telephone sessions: an average of 18 mins/session.
	Control		Unclear	Unclear	Unclear	Unclear
<b>Duncan et al.</b> <sup>31</sup>	Intervention	Trained health promoter	1.1, 1.4, 1.5, 2.3, 2.6, 3.1, 8.7.	Face to face group sessions and written materials.	5	60mins/ session.
	Control		2.6	Face to face	unclear	Unclear

<sup>1</sup> as coded in Michie, Richardson et al.<sup>32</sup> taxonomy of behaviour change technique

Note: 1.1 Goal setting (behaviour); 1.2 Problem solving; 1.3 Goal setting (outcome); 1.4 Action planning; 1.5 Review behaviour goals(s); 1.6 Discrepancy between current behaviour and goal; 1.7 Review outcome goal(s); 1.8 Behavioural contract; 2.1 Monitoring of behaviour by others without feedback; 2.2 Feedback on behaviour; 2.3 self-monitoring of behaviour; 2.4 Self-monitoring of outcome(s) of behaviour; 2.5 Monitoring of outcomes of behaviour without feedback; 2.6 Biofeedback; 2.7 Feedback on outcome(s) of behaviour; 3.1 Social support (unspecified); 4.1 Instructions on how to perform a behaviour; 5.1 Information about health consequences; 5.3 Information about social and environmental consequences; 6.1 Demonstration of the behaviour; 6.2 Social comparison; 8.1 Behavioural practice/rehearsal; 8.7 Graded tasks; 9.1 Credible source; 9.2 Pros and cons; 10.4 Social reward; 11.1 Pharmacological support; 11.2 Reduce negative emotions; 12.5 Adding objects to the environment; PT Physiotherapist, PA Physical activity

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