

Supplementary Material: Behaviour Change Techniques present in intervention

Supplementary Table 1: Behaviour Change Techniques present in intervention

Intervention	Intervention feature	Behaviour change technique
Literacy-sensitive	The text 'forming plans has shown to improve snacking habits'	Credible source
	Identifying situations for unhealthy snacking	Problem solving
	Identifying an alternative behaviour to enact in snacking situation	Behaviour substitution
	Generation of plan (with images) to reduce unhealthy snacking	Action planning
	Instruction to imagine enacting the plan	Mental rehearsal of a successful performance
Standard	Reminder emails	Prompts/cues
	The text 'forming plans has shown to improve snacking habits'	Credible source
	Identifying situations for unhealthy snacking	Problem solving
	Generation of plan to reduce unhealthy snacking	Action planning
	Reminder emails	Prompts/cues

Note: Behaviour Change Techniques are based on the Behaviour Change Technique Taxonomy v1 (Michie et al., 2013)