

Supplementary Material 1. Selected behaviour change techniques (BCTs) for the Activate intervention and division of BCTs over the consultations

Selected BCTs from BCTTv1	BCTs divided over components intervention					
	Consultations				Between consultations	Workbook
	1	2	3	4		
1. Goal setting (behaviour)	x	x	x	x		
2. Problem-solving (includes barrier identification and relapse prevention)	x	x	x	x	x	
3. Goal setting (outcome)	x				x	
4. Action planning	x	x	x	x	x	
5. Review behavioural goals		x	x	x		
6. Commitment		x	x	x		
7. Feedback on behaviour	x	x	x	x	x	
8. Self-monitoring of behaviour	x	x	x	x	x	
9. Social support (unspecified)	x	x	x	x		
10. Social support (practical)		x	x	x		
11. Information about health consequences	x	x				x
12. Prompt/cues		x	x	x		x
13. Habit formation			x	x		
14. Graded tasks	x	x	x	x		
15. Restructuring the physical environment		x	x	x		
16. Restructuring the social environment		x	x	x		
17. Focus on past success		x	x	x		

Abbreviations: BCTs behaviour change techniques, BCTTv1 Behaviour Change Technique Taxonomy v1.