Additional File 1

Mapping of COM constructs to TDF domains and associated measures

			Physical activity		Eating	
	COM	TDF domain	Measure(s)	Source(s)	Measure(s)	Source(s)
Capability	Psychological	Knowledge	Physical activity knowledge	(1)	Nutrition knowledge	(2)
		Skills	Perceived competence	(3)	Perceived competence	(4)
		Memory, attention and decision processes	Decision making	(5)	Decisional balance	(6)
		Behavioural regulation	Action control	(7) (8)	Action control	(7)
			Action planning	(9)	Action planning Habits	(8) (9)
			Habits			
	Physical	Skills		-	-	-
Opportunity	Social	Social influences	Subjective norms	(10) (11)	Subjective norms	(10, 12) (6, 11)
			Social support		Social support	
	Physical	Environmental context and resources	Perceived environment	(13)	Perceived environment	(6, 14)
Motivation	Reflective	Social/professional role & identity	Identity	(15)	Identity	(16)
		Beliefs about capabilities	Self-efficacy PBC	(10)	Self-efficacy PBC	(10, 12)
		Optimism	-	-	-	-
		Beliefs about consequences	Attitudes (instrumental and affective)	(10)	Attitudes (instrumental and affective)	(10, 12)
		Intentions	Intentions	(10)	Intentions	(10, 12)
		Goals	Physical activity goals	(17)	Dietary goals	(18)
	Automatic	Social/professional role & identity	-	-	-	-
		Optimism	-	-	-	-
		Reinforcement	Reward-based exercise	(19)	Reward-based eating	(20)
		Emotion	Affect (positive and negative)	(21)	Emotional state	(22)

Table footnotes. Objective measurement of physical skills (PA and HE) was not possible; perceived competence was measured as a proxy. A valid measure of optimism (PA and HE) was not sourced. Abbreviations: HE = healthy eating; PA = physical activity; PBC = perceived behavioural control; TDF = theoretical domains framework.

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