

Additional File 2
Survey instruments

| Physical activity survey instrument | | | |
|--|-----|---|---|
| Measure | No. | Response format | Item wording |
| Knowledge | 6 | Nominal ‘true or false’ scale | Please indicate whether the following statements are true or false. |
| | | | Adults aged 18 - 64 years should engage in at least 150 minutes of moderate intensity (i.e., exercises requiring some effort, but conversation is still possible) physical activity each week. |
| | | | Adults aged 18-64 years should engage in at least 75 minutes of vigorous intensity (i.e., exercises which induce heaving breathing) physical activity each week. |
| | | | An equivalent combination of both moderate and vigorous activities each week is sufficient (e.g., 1.5 hrs of moderate intensity + 1 hr of vigorous intensity exercise) for adults aged 18-64 years. |
| | | | Adults aged 18-64 years should do muscle strengthening activities on at least 2 days each week. |
| | | | 56% of Australian adults aged 18 years and over are either inactive or have low levels of physical activity. |
| Decision Making | 16 | 7-point Likert scale ranging from strongly disagree to strongly agree | Regular physical activity can reduce your risk of cardiovascular disease, type 2 diabetes, and some cancers, but only if it is performed at a moderate-vigorous intensity. |
| | | | Please read the following statements and indicate your level of agreement when it comes to making the decision of whether to exercise or not. |
| | | | I would have more energy for my family and friends if I exercised regularly. |
| | | | Regular exercise would help me relieve tension. |
| | | | I would feel more confident if I exercised regularly. |
| | | | I would sleep more soundly if I exercised regularly. |
| | | | I would feel good about myself if I kept my commitment to exercise regularly. |
| | | | I would like my body better if I exercised regularly. |
| | | | It would be easier for me to perform routine physical tasks if I exercised regularly. |
| | | | I will feel less stressed if I exercise regularly. |
| | | | I would be more comfortable with my body if I exercised regularly. |
| | | | Regular exercise would help me have a more positive outlook on life. |
| | | | I think I would be too tired to do my daily work after exercising. |
| | | | I would find it difficult to find an exercise activity that I enjoy that is not affected by bad weather. |
| I feel uncomfortable when I exercise because I get out of breath and my heart beats very fast. | | | |

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| | | | Regular exercise would take too much of my time. |
| | | | I would have less time for my family and friends if I exercised regularly. |
| | | | At the end of the day, I am too exhausted to exercise. |
| Action Control | 6 | 7-point Likert scale ranging from very untrue to very true | Think about the last four weeks and indicate your level of agreement with the following statements. During the last four weeks I have... |
| | | | Constantly monitored whether I exercise frequently enough. |
| | | | Watched carefully that I exercise for at least 30 minutes at a moderate-intense level. |
| | | | I have had my exercise intention often on my mind. |
| | | | I have always been aware of my planned exercise regime. |
| | | | I have really tried to exercise regularly. |
| | | | Tried my best to act in accordance with my standards (for exercise). |
| Action Planning | 4 | 7-point Likert scale ranging from very untrue to very true | Think about the last four weeks and indicate your level of agreement with the following statements. During the last four weeks I have made a detail planned regarding... |
| | | | When to do my physical exercise. |
| | | | Where to exercise. |
| | | | How to do my physical exercise. |
| | | | How often to do my physical exercise. |
| Habit | 12 | 7-point Likert scale ranging from strongly disagree to strongly agree | Please indicate your level of agreement with the following statements. Physical activity is something... |
| | | | I do frequently. |
| | | | I do automatically. |
| | | | I do without having to consciously remember. |
| | | | That makes me feel weird if I do not do it. |
| | | | I do without thinking. |
| | | | That would require effort not to do it. |
| | | | That belongs to my (daily, weekly, monthly) routine. |
| | | | I start doing before I realise, I'm doing it. |
| | | | I would find hard not to do. |
| | | | I have no need to think about doing. |

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| | | | That's typically "me." |
| | | | I have been doing for a long time. |
| Skills/Competence | 6 | 7-point Likert scale ranging from very untrue to very true | Please indicate which of the following statements most describes you. |
| | | | I do very well at all kinds of physical activities. [Reverse coded] |
| | | | I wish I could be a lot better at physical activities. |
| | | | I think I could do well at just about any new physical activity I haven't tried before. [Reverse coded] |
| | | | In physical activities I usually watch instead of participating. |
| | | | I feel that others my age are generally better than me at physical activities. |
| | | | I don't feel I can do well at new physical activities. |
| Environment | 11 | 5-point Likert scale ranging from strongly disagree to strongly agree | Please read the following statements and indicate your level of agreement. |
| | | | My neighbourhood offers many opportunities to be physically active. |
| | | | Local sports clubs and other similar providers in my neighbourhood offer many opportunities to get exercise. |
| | | | It is pleasant to walk in my neighbourhood. |
| | | | There are enough trees in my neighbourhood to provide shade. |
| | | | My neighbourhood has heavy traffic. [Reverse coded] |
| | | | There are busy roads to cross when out for walks in my neighbourhood. [Reverse coded] |
| | | | In my neighbourhood it is easy to walk to places. |
| | | | There are stores within walking distance of my home. |
| | | | In my neighbourhood, the streets and sidewalk are in good condition. |
| | | | I often see other people walking in my neighbourhood. |
| | | | I often see other people exercising (e.g., jogging, cycling, playing sports) in my neighbourhood. |
| Resources | 8 | Nominal 'yes or no' scale | Please indicate if there are any of the following facilities within a 20-minute walk from your neighbourhood. |
| | | | Public park. |
| | | | Public (or private) sports field, basketball court, or tennis court. |
| | | | Public (or private) pool or beach. |

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| | | | Schools, colleges, or community centres with recreational facilities that are free and open to the public. |
| | | | Gyms, health/fitness clubs, or pools that you must join and pay for. |
| | | | PCYC, YMCA, YWCAs, or similar facilities. |
| | | | Bicycle path in the street or park. |
| | | | Sidewalks. |
| Subjective Norms | 5 | 7-point Likert scale ranging from strongly disagree to strongly agree | Please read the following statements and indicate your level of agreement. |
| | | | Most people in my social network want me to exercise regularly in the next 2 weeks. |
| | | | Most people in my social network would approve if I exercised regularly in the next 2 weeks. |
| | | | Most of my friends exercise regularly, |
| | | | Most of my family members exercise regularly. |
| | | | Most of my co-workers exercise regularly. |
| Social Support | 13 | 7-point Likert scale ranging from never to always | During the past 12 months, how often have your family, friends, and experts... |
| | | | Exercised with me. |
| | | | Offered to exercise with me. |
| | | | Gave me helpful reminders to exercise (“Are you going to exercise tonight?”). |
| | | | Gave me encouragement to stick with my exercise program. |
| | | | Changed their schedule so we could exercise together. |
| | | | Discussed exercise with me. |
| | | | Complained about the time I spend exercising. [Reverse coded] |
| | | | Criticised me or made fun of me for exercising. [Reverse coded] |
| | | | Gave me rewards for exercising (bought me something or gave me something I like). |
| | | | Planned for exercise on recreational outings |
| | | | Helped plan activities around my exercise. |
| | | | Asked me for ideas on how they can get more exercise. |
| | | | Talked about how much they like to exercise. |
| Self-Efficacy | 3 | 7-point Likert scales* | Please read the following statements and indicate your level of confidence or agreement. |

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| | | *Very unconfident to very confident | How confident are you that you will be able to exercise regularly in the next 2 weeks? |
| | | *Very unconfident to very confident | How confident are you over the next 2 weeks that you could overcome obstacles that prevent you from exercising regularly? |
| | | *Very untrue to very true | I believe I have the ability to regularly exercise in the next 2 weeks. |
| PBC | 3 | 7-point Likert scales* | Please read the following statement and indicate the level of agreement or control you feel. |
| | | *Strongly disagree to strongly agree | Whether or not I exercise regularly in the next 2 weeks is entirely up to me. |
| | | *No control to complete control | How much personal control do you feel you have over exercising regularly in the next 2 weeks? |
| | | *Completely beyond my control to very much within my control | How much do you feel that exercising regularly in the next 2 weeks is within your control? |
| Attitudes | 6 | 7-point semantic differential scale | For me, exercising regularly over the next 2 weeks would be... |
| | | | Harmful Beneficial |
| | | | Useless Useful |
| | | | Foolish Wise |
| | | | Boring Interesting |
| | | | Unenjoyable Enjoyable |
| | | | Stressful Relaxing |
| Goals | 12 | 7-point Likert scale ranging from very untrue to very true | Personally, I exercise (or might exercise) ... |
| | | | To spend time with friends. |
| | | | To enjoy the social aspects of exercising. |
| | | | To have fun being active with other people. |
| | | | To make new friends. |
| | | | To help me look younger. |
| | | | To have a good body. |
| | | | To improve my appearance. |
| | | | To look more attractive. |
| | | | To give me goals to work towards. |
| | | | To give me personal challenges to face. |
| | | | To develop personal skills. |

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|--|-----|---|--|
| Measure | No. | Response format | Item wording |
| Intentions | 3 | 7-point Likert scale ranging from strongly disagree to strongly agree | To measure myself against personal standards. |
| | | | Over the next three months I... |
| | | | Intend to engage in at least 30 minutes of moderate intensity physical activity, five times per week. |
| Identity | 9 | 7-point Likert scale ranging from strongly disagree to strongly agree | Determined to engage in at least 30 minutes of moderate intensity physical activity, five times per week. |
| | | | Plan to engage in at least 30 minutes of moderate intensity physical activity, five times per week. |
| | | | The following questions concern your personal beliefs about exercise. Please indicate the degree to which you agree or disagree with each statement when thinking about your exercise participation. |
| | | | I consider myself an exerciser. |
| | | | When I describe myself to others, I usually include my involvement in exercise. |
| | | | I have numerous goals related to exercising. |
| | | | Physical exercise is a central factor to my self-concept. |
| | | | I need to exercise to feel good about myself. |
| | | | Others see me as someone who exercises regularly. |
| | | | For me, being an exerciser means more than just exercising. |
| I would feel a real loss if I were forced to give up exercising. | | | |
| Affect/Emotions | 10 | 5-point Likert scale ranging from never to always | Exercising is something I think about often. |
| | | | Thinking about yourself and how you normally feel, to what extent do you generally feel the following emotions about physical activity. |
| | | | Determined. |
| | | | Attentive. |
| | | | Alert. |
| | | | Inspired. |
| | | | Active. |
| | | | Afraid. |
| | | | Nervous. |
| | | | Upset. |
| Ashamed. | | | |

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| | | | Physical activity survey instrument | |
|----------------------------|---|---|--|--|
| Measure | No. | Response format | Item wording | |
| Reinforcement | 4 | 5-point Likert scale ranging from never to always | Hostile. | |
| | | | Please indicate how often you do the following after exercising. | |
| | | | I reward myself when I exercise. | |
| | | | I try to set realistic goals for myself rather than setting myself up for failure by expecting too much. | |
| Behaviour (IPAQ-SF) | 7 | Ratio and nominal scales | When I exercise, I tell myself that I am being good to myself by taking care of my body in this way. | |
| | | | I do something nice for myself for making efforts to exercise more. | |
| | | | Days per week | During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling? |
| | | | Hours and minutes per day | How much time did you usually spend doing vigorous physical activities on one of those days? |
| | | | Days per week | During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Does not include walking. |
| | | | Hours and minutes per day | How much time did you usually spend doing moderate physical activities on one of those days? |
| | | | Days per week | During the last 7 days, on how many days did you walk for at least 10 minutes at a time? |
| | | | Hours and minutes per day | How much did you usually spend walking on one of those days? |
| Hours and minutes per day | During the last 7 days, how much time did you spend sitting on a weekday? | | | |

Note. See Additional File 1 for measure sources. Abbreviations: IPAQ = International Physical Activity Questionnaire – Short Form; PBC = perceived behavioural control.

An Across Contexts Empirical Examination of the COM-B Model (Willmott et al., 2021)

| Eating survey instrument | | | |
|--------------------------|-----|---|--|
| Measure | No. | Response format | Item wording |
| Knowledge | 8 | Nominal 'true or false' scale | Please indicate whether you believe the following statements are true or false. |
| | | | A balanced diet implies eating all foods in the same amounts. |
| | | | The health benefit of fruit and vegetables lies alone in the supply of vitamins and minerals. |
| | | | The same amount of beef steak and chicken breast contains equally as many calories. |
| | | | The same amount of sugar and fat contains equally as many calories. |
| | | | Fat is always bad for your health. |
| | | | To eat healthily, you should eat less fat. |
| | | | A healthy meal should consist of half meat, a quarter vegetable, and a quarter side dishes. |
| Decision Making | 15 | 7-point Likert scale ranging from strongly disagree to strongly agree | For a healthy nutrition, dairy products should be consumed in the same amounts as fruit and vegetables. |
| | | | Please read the following statements carefully and indicate your level of agreement with each. |
| | | | I would have more energy if I ate healthily. |
| | | | I would be doing something good for my body if I ate healthily. |
| | | | I would 'feel' good if I ate healthily. |
| | | | Eating healthily would help me manage my weight. |
| | | | I enjoy the taste of healthy foods. |
| | | | It takes too much time to prepare healthy foods. |
| | | | I would rather eat sweets or high fat snacks than healthy foods. |
| | | | Healthy foods do not satisfy my hunger for very long. |
| Action Control | 6 | 7-point Likert scale ranging from strongly disagree to strongly agree | Healthy foods are too expensive. |
| | | | I don't like the taste of healthy foods. |
| | | | Think about the last four weeks and indicate your level of agreement with the following statements. During the last four weeks I have... |
| | | | Constantly monitored whether I am eating a healthy diet. |
| | | | Watched carefully that I eat the recommended 2 servings of fruit and 5 servings of vegetables each day. |
| | | | Had my healthy eating intention on my mind. |

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| Eating survey instrument | | | |
|--------------------------------------|-----|---|---|
| Measure | No. | Response format | Item wording |
| Action Planning | 4 | 7-point Likert scale ranging from very untrue to very true | Always been aware of my plan to eat a healthy diet. |
| | | | Really tried to eat healthily on most days of the week. |
| | | | Tried my best to act in accordance with my standards (in relation to eating healthily). |
| | | | Think about the last four weeks and indicate the level to which the following statements are untrue/true for you. During the last four weeks I have made a detailed plan regarding... |
| Habit | 12 | 7-point Likert scale ranging from strongly disagree to strongly agree | When to do my healthy meal preparations for the week. |
| | | | Where to shop for my healthy meal preparations. |
| | | | How I will approach my meal preparation for the week (e.g., cookbook, download recipes from online website, download an app etc.). |
| | | | How often to do my meal preparations (e.g., cook meals for next 2-3 days only OR cook and freeze pre-made meals for the entire week). |
| | | | Please indicate your level of agreement with the following statements. Healthy eating is something... |
| | | | I do frequently. |
| | | | I do automatically. |
| | | | I do without having to consciously remember. |
| | | | that makes me feel guilty if I do not do it. |
| | | | I do without thinking. |
| | | | I find effortless to do (e.g., not eating healthy would require more effort than eating healthy for you). |
| | | | that belongs to my (daily, weekly, monthly) routine (e.g., you eat a healthy diet every day). |
| that requires little thought. | | | |
| I would find hard not to do. | | | |
| I have no need to think about doing. | | | |
| That's typically "me." | | | |
| I have been doing for a long time. | | | |
| Skills/Competence | 7 | 7-point Likert scale ranging from strongly disagree to strongly agree | Please indicate which of the following statements most describes you. |

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| Measure | No. | Response format | Item wording |
| | | | I can cook complicated multi-course meals. |
| | | | I can prepare a lot of meals even without a recipe. |
| | | | I can prepare gratin (basic culinary technique - potato topped with a browned crust). |
| | | | I can prepare a soup. |
| | | | I can prepare a sauce. |
| | | | I can bake a cake. |
| | | | I can bake bread. |
| Environment | 10 | 7-point Likert scale ranging from strongly disagree to strongly agree | Please indicate your level of agreement with the following statements. |
| | | | At work there is a wide variety of healthy food options to choose from. |
| | | | At work there is a wide variety of healthy drink options to choose from. |
| | | | At work there is at least one option where I have healthy selections to choose from. |
| | | | There is a wide variety of fresh fruits and vegetables where I shop. |
| | | | The fruits and vegetables where I shop are at good prices. |
| | | | The fruits and vegetables where I shop are of good quality. |
| | | | At home there are healthy snacks available to eat. |
| | | | At home there are healthy drinks available. |
| | | | At home fruit is always available to eat. |
| | | | At home vegetables are always available to eat. |
| Subjective Norms | 6 | 7-point Likert scale ranging from strongly disagree to strongly agree | Please read the following statements carefully and indicate your level of agreement. |
| | | | Most people in my social network think I should eat a healthy diet in the next 2 weeks. |
| | | | Most people in my social network want me to eat a healthy diet in the next 2 weeks. |
| | | | Most people in my social network would approve if I ate a healthy diet in the next 2 weeks. |
| | | | Most of my friends eat a healthy diet. |
| | | | Most of my family eat a healthy diet. |
| | | | Most of my co-workers eat a healthy diet. |

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|--------------------------|-----|---|---|
| Measure | No. | Response format | Item wording |
| Social Support | 10 | 5-point Likert scale ranging from almost never to almost always | How often in the past month (30 days) has your family or friends done the following? |
| | | | Encouraged you to eat healthy foods. |
| | | | Discussed the benefits of eating healthy foods with you. |
| | | | Reminded you to eat healthy foods. |
| | | | Complimented you on your healthy eating habits. |
| | | | Commented if you went back to old “unhealthy” eating habits. |
| | | | Ate unhealthy foods in front of you. |
| | | | Refused to eat healthy foods with you. |
| | | | Brought home foods you were trying not to eat. |
| | | | Complained about eating healthy foods. |
| Self-Efficacy | 3 | 7-point Likert scales* | Offered me food I’m trying not to eat. |
| | | | Please read the following statements and indicate your level of confidence, difficulty, or perceived ability. |
| | | | *Very unconfident to very confident |
| | | | *Very difficult to very easy |
| PBC | 3 | 7-point Likert scales* | *Very untrue to very true |
| | | | I believe I have the ability to eat healthily in the next 2 weeks. |
| | | | Please read the following statement and indicate your level of agreement. |
| | | | *Strongly disagree to strongly agree |
| | | | Whether or not I eat healthily in the next 2 weeks is entirely up to me. |
| | | | *No control to complete control |
| | | | How much control do you feel you have overeating healthily in the next 2 weeks? |
| | | | *Completely beyond my control to very much within my control |
| | | | How much do you feel that eating healthily in the next 2 weeks is within your control? |
| Attitudes | 6 | 7-point semantic differential scale | For me, eating a healthy diet over the next 2 weeks would be... |
| | | | Good Bad |
| | | | Harmful Beneficial |
| | | | Foolish Wise |
| | | | Unenjoyable Enjoyable |
| | | | Unpleasant Pleasant |
| | | | Stressful Relaxing |

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| Eating survey instrument | | | |
|---|-----|---|--|
| Measure | No. | Response format | Item wording |
| Goals | 10 | 7-point Likert scale ranging from very untrue to very true | In the past month, how often have you set a goal to... |
| | | | Eat more fruits. |
| | | | Eat more vegetables. |
| | | | Eat less sweets. |
| | | | Eat fewer fast food/take-out. |
| | | | Drink more water. |
| | | | Drink less sugar-sweetened drinks. |
| | | | Drink less caffeine. |
| | | | Drink less alcohol (e.g., beer, wine, hard liquor). |
| | | | Eat a balanced diet. |
| Maintain healthy changes that you have already made to your diet. | | | |
| Intentions | 5 | 7-point Likert scale ranging from strongly disagree to strongly agree | Over the next three months I... |
| | | | Intend to eat a healthy diet. |
| | | | Will try to eat a healthy diet. |
| | | | Want to eat a healthy diet. |
| | | | Expect to eat a healthy diet. |
| How likely is it that you will eat a healthy diet over the next three months? | | | |
| Identity | 9 | 7-point Likert scale ranging from strongly disagree to strongly agree | Please indicate your level of agreement with the following statements. |
| | | | I think of myself as a healthy eater. |
| | | | I think of myself as a person who is interested in eating healthy. |
| | | | I think of myself as someone who is concerned about the health consequences of what I eat. |
| Affect/Emotions | 10 | 5-point Likert scale ranging from not at all associated to very strongly associated | Please indicate the extent to which you associate the following emotions with eating. |
| | | | Feeling of anger (e.g., angry/annoyed). |
| | | | Feeling of fear (e.g., anxious/fearful). |
| | | | Feeling of sadness (e.g., sad/depressed). |

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| | | | Feeling of joy (e.g., joyful/happy). |
| | | | Feeling of tension (e.g., tense/excited). |
| | | | Feeling of relaxation (e.g., at ease/relaxed). |
| Motivation | 10 | 7-point Likert scale ranging from very untrue to very true | Please indicate the extent to which the following statements are true for you. |
| | | | I eat when I have feelings of hunger. |
| | | | I eat when I have a desire to eat. |
| | | | I eat when I have bodily symptoms of hunger (e.g., empty feeling in stomach, stomach rumbling). |
| | | | I have a tendency to eat irregularly. |
| | | | I have a tendency to eat sweet food (e.g., chocolate). |
| | | | I have a tendency to eat good tasting food. |
| | | | I have a tendency to enjoy food. |
| | | | I have a tendency to eat to provide distraction. |
| | | | I have a tendency to eat something to relax. |
| | | | I have a tendency to eat to feel better. |
| Reinforcement | 9 | 7-point Likert scale ranging from strongly disagree to strongly agree | Please indicate how often you do the following after exercising. |
| | | | I feel out of control in the presence of delicious food. |
| | | | When I start eating, I just can't seem to stop. |
| | | | It is difficult for me to leave food on my plate. |
| | | | When it comes to foods I love, I have no willpower. |
| | | | I get so hungry that my stomach often seems like a bottomless pit. |
| | | | I don't get full easily. |
| | | | It seems like most of my waking hours are preoccupied by thoughts about eating or not eating. |
| | | | I have days when I can't seem to think about anything else but food. |
| | | | Food is always on my mind. |
| Behaviour | 12 | Nominal, interval, and ratio scales. | |

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| Measure | No. | Response format | Item wording |
| | | 11-point scale ranging from never to > 10 serves | How many serves of vegetables do you eat on a usual day? |
| | | 11-point scale ranging from never to > 10 serves | How many serves of fruit do you eat on a usual day? |
| | | 12-point scale ranging from never to > 10 times per week | On average, how many times per week do you drink soft drinks (including flavoured or mineral water)? |
| | | 12-point scale ranging from never to > 10 times per week | In an average week, how many times would you eat something from a fast-food restaurant like McDonald's, Hungry Jacks, KFC, etc. |
| | | 11-point scale ranging from never to three or more times day | How often do you eat biscuits, cakes, chocolate, lollies, ice cream or crisps? |
| | | I don't eat bread High fibre white bread White bread Wholemeal bread Rye bread Wholegrain or multi-grain bread Gluten/wheat free bread | What type of bread do you usually eat? |
| | | I do not eat rice, pasta or noodles White Brown/wholemeal/wholegrain Gluten/wheat free | What type of rice, pasta or noodles do you mainly choose? |
| | | I do not consume milk Full cream milk (including lactose free) Reduced fat milk (including lactose free) Skim milk (including lactose free) Soy/rice milk | What type of milk do you mainly choose? |
| | | I do not eat fish White (cod, hoki, whiting, etc.) Oily (salmon, sardines, tuna, mackerel, trevally) | What types of fish do you usually choose to eat? |
| | | 12-point scale ranging from never to > 10 times per week | On average, how many times per week do you eat red meat? |
| | | 12-point scale ranging from never to > 10 times per week | On average, how many times per week do you eat meat products (such as sausages, frankfurter, Devon, fritz, salami, meat pies, bacon, or ham)? |
| | | 5-point Likert scale ranging from never to always | How often do you add salt to your food during or after it is cooked? |

Note. See Additional File 1 for measure sources. Abbreviations: PBC = perceived behavioural control.

An Across Contexts Empirical Examination of the COM-B Model (Willmott et al., 2021)

| Sample characteristic questions | |
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| Sociodemographic | Items |
| | What is your age (in years)? |
| | What is your sex? |
| | What is your highest level of education? |
| | What is your current employment status? |
| | What is your total annual household income (before tax)? |
| | What is current relationship status? |
| | Please indicate your ethnicity (i.e., your feeling of belonging and attachment to a distinct group of a larger population that shares your ancestry, colour, language, or religion) from the options provided below. |
| | Please provide your residential postcode (e.g., 4001). |
| BMI | Items |
| | What is your height in centimetres (cm)? |
| | What is your current weight in kilograms (kg)? |

Note. Same items used for both surveys. Abbreviations: BMI = body mass index.