## **Supplementary File 1**

## Coding Manual

Theme	Subthemes	Definition	Example quote
Perceived	Current levels of	Weighing up perceived	"I want to know is it safe for me to
risk	virus in circulation	risk of virus based on	go out? You know, what's the
		current infection rates	transmission rate where I live?" (int
			6)
	Perceived likelihood	Likelihood of a	"the biggest concern is just bringing
	of virus entering the	household member or	it in from outside, but I'm not doing
	home	someone outside the	particularly too much to risk that at
		home bringing the virus	the moment, I wouldn't say". (int 9)
		into their home	
	Perceived risk of	Considering how	"I'm fifty-three, going on fifty-four,
	severe consequences	vulnerable household	and the age group is looking not so
	to health	members are to	brilliant now, when I was looking in
		becoming severely ill	press reports. I know they said over
		from the virus	seventy. I'm pretty fit, which is good.
			The only problem is, I have high
			blood pressure, and I'm on
			medication for that". (int 5)
Belief in the	Perceived value of	Perceived need and	"I mean, I always washed my hands
effectiveness	cleaning	motivation to clean	a lot, obviously, working in a tea
of the		surfaces and hands	room, so I had to wash my hands all
protective		based on perceived	the time anyway. So I obviously now
behaviours		effectiveness	wash them for longer, and more
			carefully. And I also am very, very,
			very conscious now of whether I'm
			touching my face or things like
			that." (int 3)
	Perceived value of	Perceived need and	"The thing with the face coverings is,
	face-coverings	motivation to wear	they haven't got any filters in them,
			these cloth ones And I think it

		face-covering based on	could be more infectious, because
		perceive effectiveness	it'll get wet with your breathing. And
			then it's no good to anyone". (int 6)
	Barrier: Virus is	Belief in the potential to	"do everything in my power to
	likely to spread	contain the virus if it	prevent getting it, by assuming that I
	before you know	enters the home	haven't got it, so wearing a mask in
	you're ill		the house, keeping two metres, trying
			to keep the person that's got it in the
			household in a separate room" (int
			9)
	Facilitator: Reducing	Perception that it is	"the less we get in touch- the less we
	all or nothing	worth reducing	have contact with the virus, the safer
	thinking	exposure to minimise	we will be" (int 7)
		viral load, and that even	
		small changes can make	
		a difference	
Acceptability	Barrier: Importance	Includes concerns about	"I'm worried more about like the
of distancing	of time together	own or others' mental	mental health of the other people. So
and isolation		well-being if spending	although we're very careful, and not
		time apart, and the	mixing. So I don't think I could cut
		value placed on time	down on the amount of time I spend
		spent together.	with other people, because they'll get
			lonely" (int 5)
			"Staying 2m from my 11yr old means
			me pushing him away and not
			sharing our only front room seating
			with him." (s18)
	Facilitator: Ways of	Finding ways to	"We have, I had a bit of, as I said, a
	maintaining	maintain emotional	bit of a dry cuddle, like I go over his
	(distanced) intimacy	intimacy when social	shoulders, but I don't breathe on him
		distancing or self-	and he doesn't breathe on me. So
		isolating	

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behaviours   Concise information   I'll have to re-read it and decide, or	behaviours	Concise information	I'll have to re-read it and decide, or

	and validation increases	maybe you can tell me, because I've
	confidence in how to	got no idea now, I'm completely
	perform the behaviours	confused". (int 5)
		"So it's more if that, that's it's
		attractiveness of thinking, 'yes, I
		you know, if that's the kind of thing
		I'm doing and, you know, health
		experts are saying yeah, that's
		<i>right</i> " (int 2)
		"The advice helps to empower you,
		that we are not completely
		defenseless against deadly germs, we
		can be pro- active in stopping these
		germs making us ill" (s110)
Social norms	Includes any	"It starts being more relatable, and
affect	descriptions about	you can start imagining yourself
motivation to	others' perceived	putting those changes into practice.
engage in the	behaviour and its'	Like when the guy said his wife is
behaviours	effect on people's	always going round with the anti-
	willingness to perform	bac, you can sort of imagine yourself
	effortful behaviours	
		doing that." (int 12)