

BCTs used within the intervention in the articles (N=17) reviewed.

Author and publication year	Grouping and BCT categories															
	1. Goals and planning	2. Feedback and monitoring	3. Social support	4. Shaping knowledge	5. Natural consequences	6. Comparison of behaviour	7. Associations	8. Repetition and substitution	9. Comparison of outcomes	10. Reward and threat	11. Regulation	12. Antecedents	13. Identity	14. Scheduled consequences	15. Self-belief	16. Covert learning
"Lower intensity" interventions (n=3 unique studies)																
Jones et al. 2004 [20]; Jones et al. 2005 [21]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]
Park et al. 2015 [22]	[-]	2.3 Self-monitoring of behaviour [++]	[-]	[-]	5.1 Information about health consequences [+++]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]
Winters-Stone et al. 2018 [37]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]
"Lower intensity" interventions that included additional intervention components (n=2 unique studies)																
Gaskin et al. 2017 [34]; Livingston et al. 2015 [33]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]
Pinto et al. 2013 [38]; Pinto et al. 2013 [39]	1.1 Goal setting (behaviour) [++] 1.2 Problem solving [+]	2.3 Self-monitoring of behaviour [++]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]
"Higher intensity" interventions (n=2 unique studies)																
Eakin et al. 2012 [40]	1.1 Goal setting (behaviour) [+++]	2.3 Self-monitoring of behaviour [++]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]
Hatchett et al. 2013 [41]	1.1 Goal setting (behaviour) [+++]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]
"Higher intensity" interventions that included additional intervention components (n=4 unique studies)																
May et al. 2008 [35]	1.1 Goal setting (behaviour) [+++] 1.2 Problem solving [++]	2.3 Self-monitoring of behaviour [++] 2.2 Feedback on behaviour [+++]	[-]	[-]	[-]	[-]	[-]	8.1 Behavioural practice/rehearsal	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]
Midgaard et al. 2013 [36]	1.1 Goal setting (behaviour) [+++] 1.8 Behavioural contract [+++]	[-]	3.1 Social support (unspecified) [+++]	[-]	[-]	[-]	[-]	8.1 Behavioural practice/rehearsal	[-]	[-]	[-]	[-]	[-]	[-]	[-]	[-]
Rogers et al. 2009 [42]; Rogers et al. 2009 [43]; Rogers et al. 2011 [44]	1.1 Goal setting (behaviour) [+++] 1.2 Problem solving [++]	2.3 Self-monitoring of behaviour [+++]	3.1 Social support (unspecified) [+++]	[-]	[-]	6.1 Demonstration of behaviour [++]	[-]	[-]	[-]	[-]	11.2 Reduce negative emotions [++]	[-]	[-]	[-]	[-]	[-]
Rogers et al. 2015 [45]; Rogers et al. 2017 [46]	1.1 Goal setting (behaviour) [+++] 1.2 Problem solving [+++]	[-]	3.1 Social support (unspecified) [+++]	[-]	[-]	6.1 Demonstration of behaviour [+++]	7.1 Prompts/cues	[-]	[-]	[-]	11.2 Reduce negative emotions [++]	[-]	[-]	[-]	[-]	[-]
[-]	Absent															
[+]	Possibly present															
[+++]	Definitely present															