

Appendix A: Behaviour change techniques (BCT) coded to the BCT taxonomy (BCTT V1)

BCT label	BCT no. (BCTT v1)	Example Intervention component
Goal setting (behaviour)	1.1	Participants agree with the CES a goal for a specified period of time, for example walking for 30 minutes twice in the next week
Problem solving	1.2	CES use the SMARTER goal setting sheets to prompt the participant to analyse factors that might get in the way of them achieving a goal and how it can be overcome. For example, if it is raining the participant could perform an online exercise session rather than exercise outside.
Action planning	1.4	CES use SMARTER goal setting sheets to prompt detailed specification of goals include day of the week and time that they will perform a particular behaviour, for example <i>I will have meat free dinners on Monday, Wednesday and Friday</i>
Review behaviour goal(s)	1.5	During each 1-to-1 session the CES reviews behaviour goal(s) with the participants and modifies them collaboratively as necessary, e.g. setting an easier goal if the previous goal was not achievable.
Discrepancy between current behaviour and goal	1.6	When reviewing dietary behaviour, the CES and participant will compare current diet with the WCRF guidelines and identify areas for improvement
Feedback on behaviour	2.2	The CES and participant will reflect and discuss changes to behaviour made during the course of the intervention
Self-monitoring of behaviour	2.3	Participants have an activity diary which they are encouraged to complete throughout the intervention, noting goals set and whether they were achieved
Social support (unspecified)	3.1	The CES provides praise when participants perform a planned behaviour
Social support (practical)	3.2	The CES provides practical support to perform a behaviour, for example providing a live exercise class during the 1-to-1 consultations.
Social support (emotional)	3.3	The CES provides emotional support throughout the intervention and encourages the participant to seek that from others in their social network for continuation of support if necessary/appropriate.
Instruction on how to perform a behaviour	4.1	The CES may for example demonstrate specific exercises live during 1-to-1 video conferencing sessions
Demonstration of the behaviour	6.1	The CES may provide links to online videos of specific resistance exercises for example for participants to use independently
Behavioural practice/rehearsal	8.1	The participant may choose to use a relaxation app before bed each evening if they have difficulties with sleep and/or anxiety

Habit formation	8.3	The participant may plan to eat fruit every morning with breakfast to increase fruit and fibre intake.
Graded tasks	8.7	The CES works with the participant to start with easy to achieve goals, such as walking for 10 minutes 3 times a week, gradually increasing the difficulty overtime
Credible source	9.1	The CES presents as a credible source with in-depth understanding of the benefits of the intervention components which are discussed with the participant
Verbal persuasion about capability	15.1	If the participants express self-doubt about achieving a behaviour the CES will encourage the participant that they are capable of doing so, such as performing resistance exercises if a participant has a stoma
Focus on past success	15.3	The CES will regularly review with the participant the improvements they have made over the course of the intervention